Facts About Bullying
(From: Voices for Children)

What is 'Bullying'?

- Bullying is a form of inter-child aggression
- Bullying behaviour is a combination of power and aggression.
- Bullying may be physical; verbal; relational; or reactive.
- Many victims of bullying are different in some way.

Why care about bullying?

- Bullying is a pervasive problem.
- Most bullying goes unreported.
- Boys and girls engage in bullying at approximately the same rate.
- Bullying has an enduring effect on both victim and bully.
- We do not know, yet, however, whether bullying is predictive of later aggressive behaviour.
- Research on aggressive children shows that their prognosis for healthy development is poor.
- Children who become established in the role of victim are often rejected by their peers.

Strategies to stop Bullying

- The power of peer intervention
- Peer Intervention by Adolescents: Why it Works
- What can children and youth do now?
- What can adults do?

What works?

- The best intervention is one which addresses the social context in which bullying occurs.
- The first step in such an effort is a school policy with clearly stated rules against bullying.
- Classroom discussions serve to sensitize children to the problem.
- Increased adult active supervision of playgrounds.