

# Stomp Out Bullying-by Mrs. Mack



Every October, Pride Academy observes National Bullying Prevention Month to remind others that bullying prevention is an issue that must be addressed. In order to effectively have an impact on the effects of bullying, Pride Academy believes that we must educate our communities, our youth, and ourselves in order to provide a safe and structured learning environment where children can flourish. The goal of Bullying Prevention Month is to encourage communities to work together to stop bullying and cyberbullying by increasing awareness of the prevalence and impact of bullying on all children of all ages.

Middle school bullying can be a physical and emotional threat to children and impact their ability to learn. The behavior encompasses physical aggression, threats, teasing and harassment. It is an anti-social behavior that is learned through influences in the environment (i.e. at home, at school, from peer groups, or in the media); however, this behavior can be unlearned or even prevented. Parents play a key role in preventing and ending the bullying of their children. At Pride, we would like to support our families in becoming more aware of the serious consequences of bullying and learning more about what you can do prevent bullying because despite zero tolerance policies, bullying still occurs. Recent bullying statistics including the following facts:

- More than one out of every five (20.8%) students report being bullied
- 64% of children who were bullied did not report
- More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied

The effects of bullying on Middle School-Aged children:

- Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression
- Students who engage in bullying behavior are at increased risk for academic problems, substance use, violent behavior later in adolescence and adulthood
- Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomachaches

**Middle School Bullying Prevention Parent Tips:** The effects of middle school bullying can last well into adulthood. This is why prevention and education are so important. Parents play an important role in helping their children decide to prevent bullying.

- Talk to your child(ren) about what bullying is, be sure they understand it is unacceptable and encourage them to report the bullying to a teacher, parent, or trusted adult.
- Reinforce your child(ren)'s positive behavior patterns and model appropriate interpersonal interactions.
- Help your child(ren) understand how to help others who are being bullied.
- Contact the School Social Worker (Mrs. Mack, ext 224), the School Guidance Counselor (Mrs. Rucker, ext 209), or the Dean of Students (Ms. Brower, ext 203) if your child reports that he/she is being bullied.
- Encourage your children to talk about their day at school. Here are some suggested conversation starters you can use: What was one good thing that happened today? Any bad things? Who do you sit with at lunch? What do you talk about? What is it like to ride the school bus? Anything out of the ordinary happen today on the bus? What are you good at? What do you like best about yourself?

**Middle School Bullying Response Tips:** Here are some tips that you can share with your children so they are prepared to stop a bully if they ever find themselves in a bullying situation:

- Tell the bully to stop in a clear, calm voice.
- Walk away.
- Get help from a teacher or another adult at school
- Stay away from places where bullying occurs and stay near friendly groups whenever possible.

Sources: "Bullying Statistics." Bullying Statistics - National Bullying Prevention Center, Pacer, 8 Dec. 2016, [www.pacer.org/bullying/resources/stats.asp](http://www.pacer.org/bullying/resources/stats.asp). Accessed 20 Sept. 2017.

"Bullying: Facts for Schools and Parents." NASP Center, National Association of School Psychologists, 7 Oct. 2003, [www.naspcenter.org/factsheets/bullying\\_fs.html](http://www.naspcenter.org/factsheets/bullying_fs.html). Accessed 20 Sept. 2017