



# Bullying and Harassment at School

## Warning Signs of Bullying

If your child is exhibiting any of the following warning signs, they may be a target of bullying:

- Physical injuries inconsistent with explanation
- Avoids school or refuses to go to school
- Suddenly loses interest in school
- Their grades start dropping
- Suddenly refuses to take lunch to school
- Changes route to and from school
- Starts stealing parent's money
- Begins to use derogatory language when talking about peers
- Stops talking about peers
- Becomes angry, sad, or scared after a phone call or e-mail
- Withdraws from family and school activities
- Recurring physical symptoms like sleeping problems, stomach aches, or poor appetite
- Has anxiety about going to school

*(2006 Children's Memorial Hospital, Continuing Education, "Bullying in Schools: Pediatricians Role in Identification and Prevention".)*

## What is Bullying?

There are 3 different types of bullying behaviors:

- Physical: Hitting, pushing, shoving, tripping, pulling hair, slapping, wedgies, spitting, throwing something at someone.
- Emotional: calling names, making fun of how someone dresses, how they look or how they talk, stealing someone's lunch, or lunch money, threats of violence.
- Social: leaving someone out of games, gossiping, telling lies, telling a person who they can be friends with, laughing, or making fun of someone in a group.

## Bullying Statistics:

- Nationally, approximately **160,000** students do not attend school **every day** because they are afraid of being harassed. (*U.S. Department of Justice, and the National Assoc. of School Psychologists*)
- **8%** of 6<sup>th</sup>-10<sup>th</sup> graders say they are harassed once a week or more.
- Young people often become bullies by observing adult behaviors.
- Many students who report harassment to adults are told that is just part of growing up.
- **60%** of students identified as bullies in grades 6-9 had a criminal conviction by age 24.
- **40%** of the above identified bullies had at least 3 criminal convictions by age 24.
- In grades 3-8 **78%** reported being bullied within the last month.
- **74%** of 8-11 year olds say teasing and bullying occur at their school, more than smoking or drinking, drugs, or sex. As students get older, 12-15 year olds, the number rises to **86%**, still higher than substance abuse or sex.
- **82%** of students said they noticed the most bullying at lunchtime.
- Children who harass and children who are victimized by harassment often suffer long and short term emotional and behavioral problems. **90%** of those bullied report psychological consequences, including a drop in grades, increased anxiety, and loss of friends or social life.



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