

The bullying as it exists is when a student is exposed, repeatedly and over time, to negative actions on the part of one or more other students.

Forms of bullying:

Verbal bullying

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying

- Exclusion - leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying – the victim's personal boundaries are violated

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Cyber bullying

- Mean text messages or emails
- Rumors by email or social networking sites
- Embarrassing pictures and videos

What the state dept. does to both help victims and to discourage bullying from taking place?

- ALSDE provide training for the local education agencies on bullying prevention.
- The Alabama Student Harassment Prevention Act was implemented and lead by Dr. Yvette Richardson
- The Stop Bullying Now provides a variety of anti-bullying resources for students, parents, teachers, and school administrators
- The Alabama Learning Exchange (ALEX) sponsored an iChallenge Podcast Competition around the theme “Stop Bullying Now!”
- The ALEX web site has a variety of resources for students.
- Alabama Against Bullies web site provides a variety of anti-bullying resources for students.

What are the effects of bullying:

- The **bully** is 6 times more likely than non-bullies to be convicted of a crime and traffic citations by age 24
- The bully is 5 times more likely to have a serious criminal record by age 30
- The bully is more likely to engage in early sexual activity
- Get into fights, vandalize property, and drop out of school
- Abuse alcohol and other drugs in adolescence and as adults
- Be abusive toward their romantic partners, spouses, or children as adults

- The **victims** experience depression, anxiety, sadness, and loneliness.
- The victims have more health complaints
- The victims have decreased academic achievement
- The victims have chronic absenteeism / truancy problems which could lead to them being a drop out
- The victim may become the bully
- Both can experience poverty, academic failure and job termination in their adulthood

Drastic measures:

- Self – harming behaviors such as cutting wrists
- Suicide