

How Can I Help?

Friends Helping Friends™

HELPING A FRIEND
WHO IS BEING
BULLIED



COPYRIGHT 2017 The Florida State Board of Education. All rights reserved.

Corona Brezina

How Can I Help?

Friends Helping Friends™

**HELPING A FRIEND
WHO IS BEING
BULLIED**

Corona Brezina

**ROSEN
PUBLISHING**

New York

Published in 2017 by The Rosen Publishing Group, Inc.
29 East 21st Street, New York, NY 10010

Copyright © 2017 by The Rosen Publishing Group, Inc.

First Edition

All rights reserved. No part of this book may be reproduced in any form without permission in writing from the publisher, except by a reviewer.

Library of Congress Cataloging-in-Publication Data

Names: Brezina, Corona, author.

Title: Helping a friend who is being bullied / Corona Brezina.

Description: First edition. | New York : Rosen Publishing, 2017. | Series: How can I help? Friends helping friends | Includes bibliographical references and index.

Identifiers: LCCN 2016017417 | ISBN 9781499464542 (library bound) | ISBN 9781499464528 (pbk.) | ISBN 9781499464535 (6-pack)

Subjects: LCSH: Bullying—Prevention—Juvenile literature. | Bullying—Juvenile literature. | Bullying in schools—Juvenile literature.

Classification: LCC BF637.B85 B74 2017 | DDC 302.348—dc23

LC record available at <https://lccn.loc.gov/2016017417>

Manufactured in China

CONTENTS

INTRODUCTION	4
CHAPTER 1	
RECOGNIZING BULLYING	7
CHAPTER 2	
UNDERSTANDING THE CONSEQUENCES OF BULLYING	14
CHAPTER 3	
WHY IS YOUR FRIEND BEING BULLIED?.....	20
CHAPTER 4	
ARE YOU THE BYSTANDER?.....	27
CHAPTER 5	
SEEKING SUPPORT	34
CHAPTER 6	
STRATEGIES AND RESOURCES	41
CHAPTER 7	
LESSONS FOR LIFE	47
GLOSSARY	53
FOR MORE INFORMATION	55
FOR FURTHER READING	58
BIBLIOGRAPHY	59
INDEX	61

INTRODUCTION

It's a scenario that's played out every day in the United States, in every state, and probably in your own school. One kid—the bully—is bigger or more popular or more aggressive than most of the other students. He or she targets a victim, perhaps physically, perhaps by taunting or spreading rumors behind the victim's back. Whatever the approach, the victim is unable to defend him- or herself, and the attacks continue. But there's a third role in the scenario: that played by the bystander, or witness. The bystander's actions can be crucial in determining the outcome of the situation. Does the bystander join the bully, remain neutral, or defend the victim?

Bullying is a serious and widespread problem. A 2014 report by the US Department of Education found that 22 percent of students ages twelve to eighteen had experienced bullying. More girls than boys reported that they'd been bullied, but boys were more often the victims of physical bullying. About 7 percent of students reported that they had been the victims of cyberbullying.

If you have a friend who is being bullied, you're undoubtedly anxious, indignant, and saddened on his or her behalf. If this person is a close friend, you may be eager to help him or her but unsure of what you can do. Even



Being bullied can make young people feel like they're utterly alone. Having a supportive friend can help a victim cope through the ordeal.

when you see others bullied who are only casual acquaintances, you may feel guilty about failing to take action to help the victim.

One of the best ways you can help your friend is simply by staying true and continuing to extend your friendship. One common trait of many bullying victims is that they're socially isolated. Maybe they're shy. Maybe they have trouble relating to their peers. Having supportive friends, though, can buffer kids from being bullied.

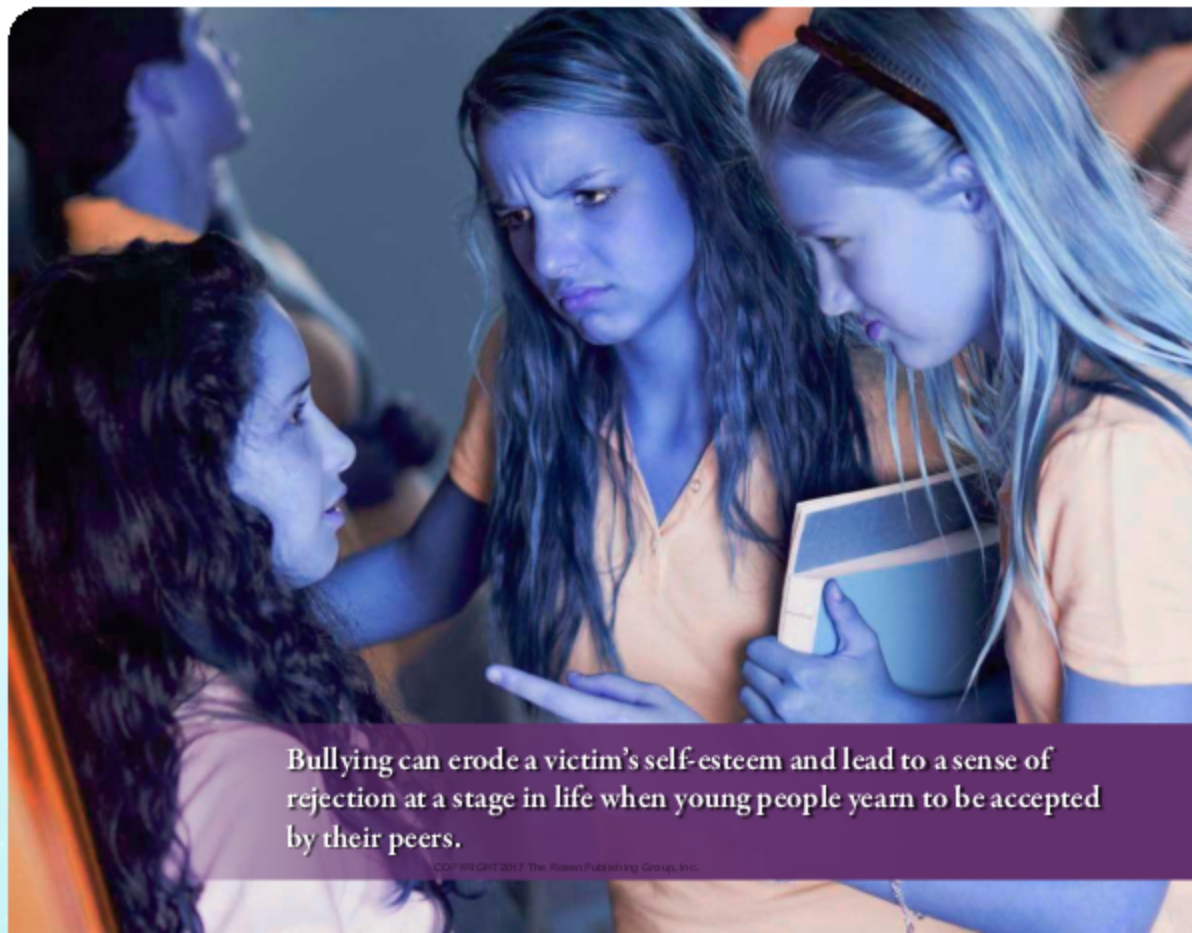
You can also help your friend identify resources and allies that can help him or her recover from the traumatic experience. Kids are sometimes reluctant to “tattle” on their peers. For a serious matter such as bullying, however, informing an adult is not “tattling,” it’s reporting. Bullying can cause both short-term and long-term emotional damage that can have aftereffects that last a lifetime.

Urge your friend to tell his or her parents about the bullying. They can support their child and offer guidance for dealing with the situation. Teachers and school authorities can work to halt the bullying. In extreme cases, the police may get involved, as well. Mental health professionals such as therapists, psychologists, psychiatrists, and counselors can help your friend recover from the bullying.

Timely intervention can help your friend regain his or her confidence and happiness and prevent any lasting impact from the bullying. Promoting a bully-free learning environment, as well, will benefit the entire school.

RECOGNIZING BULLYING

Bullying is aggressive behavior often directed toward targets who are unable to defend themselves or retaliate. Spats and mild teasing are typical among peers, but bullies go out of their way to



Bullying can erode a victim's self-esteem and lead to a sense of rejection at a stage in life when young people yearn to be accepted by their peers.

target specific victims. Some bullying is overt—if you have a friend who has been shoved or taunted, you would certainly acknowledge the behavior as bullying. But what about more subtle attacks, such as malicious gossip or relentless teasing that the perpetrator insists is all in fun? The first step in helping a friend who is being bullied is recognizing the bullying.

Bullying involves a pattern of intentionally hurtful behavior that occurs repeatedly. There's usually an imbalance of power in a bullying situation. The bully may be bigger, older, more aggressive, or more popular. The bullying is deliberate, not the result of thoughtlessness or roughhousing. The bully chooses a specific target, deliberately inflicts hurt, and enjoys seeing the victim suffer. In addition, it's not a one-time occurrence. The bully and target both expect that the bullying will happen again. This prospect can instill a sense of dread in the victim that can't be escaped.

TYPES OF BULLYING

The most recognizable form of bullying is physical. A larger kid may shove, trip, hit, or pinch the victim. He or she might pull the victim's hair or throw spitballs. Physical bullying also includes threatening gestures or intimidation, such as violating personal space. Stealing or damaging property qualifies as physical bullying, too. The bully might demand money or trash a homework assignment. Physical bullying is the type that's most likely to grab adult attention and lead to disciplinary action, because it causes visible signs—injuries and damage to clothing or belongings—as well as mental distress.



Physical bullying is not the same as a fight between two kids. There's an imbalance of power, such as when two boys target someone who's smaller.

A bully doesn't have to use force or even the threat of violence to inflict pain on a victim, though. The most common kind of bullying is verbal abuse, in which the bully uses words as weapons. Verbal bullying includes name-calling, insults, and intimidation. A bully might target someone's appearance, race, sexual orientation, or personal idiosyncrasies. Verbal bullying can be more difficult for teachers and other adults to recognize, and it's easier for the bully to deny. Nonetheless, verbal bullying can be devastating for a kid's confidence and self-esteem.

Another type of bullying is social or relational bullying, in which the victim is isolated and shunned. At an age when young people tend to want to fit in with the crowd,

the victim is made to feel like he or she is all alone. The other kids might exclude the victim from activities, spread rumors behind his or her back, or inflict public humiliation. The bully might pressure the victim's friends into abandoning him or her. If you have a friend who is experiencing relational bullying, you can combat bullying simply by continuing to extend your friendship and refusing to ostracize your friend. As with verbal bullying, it can be hard for the victim to prove that he or she is being singled out for social or relational bullying.

These different types of bullying tend to overlap and escalate. Verbal bullying can lead to physical bullying, for example, or an incident can involve elements of all three kinds of bullying.

IS A FRIEND BEING BULLIED?

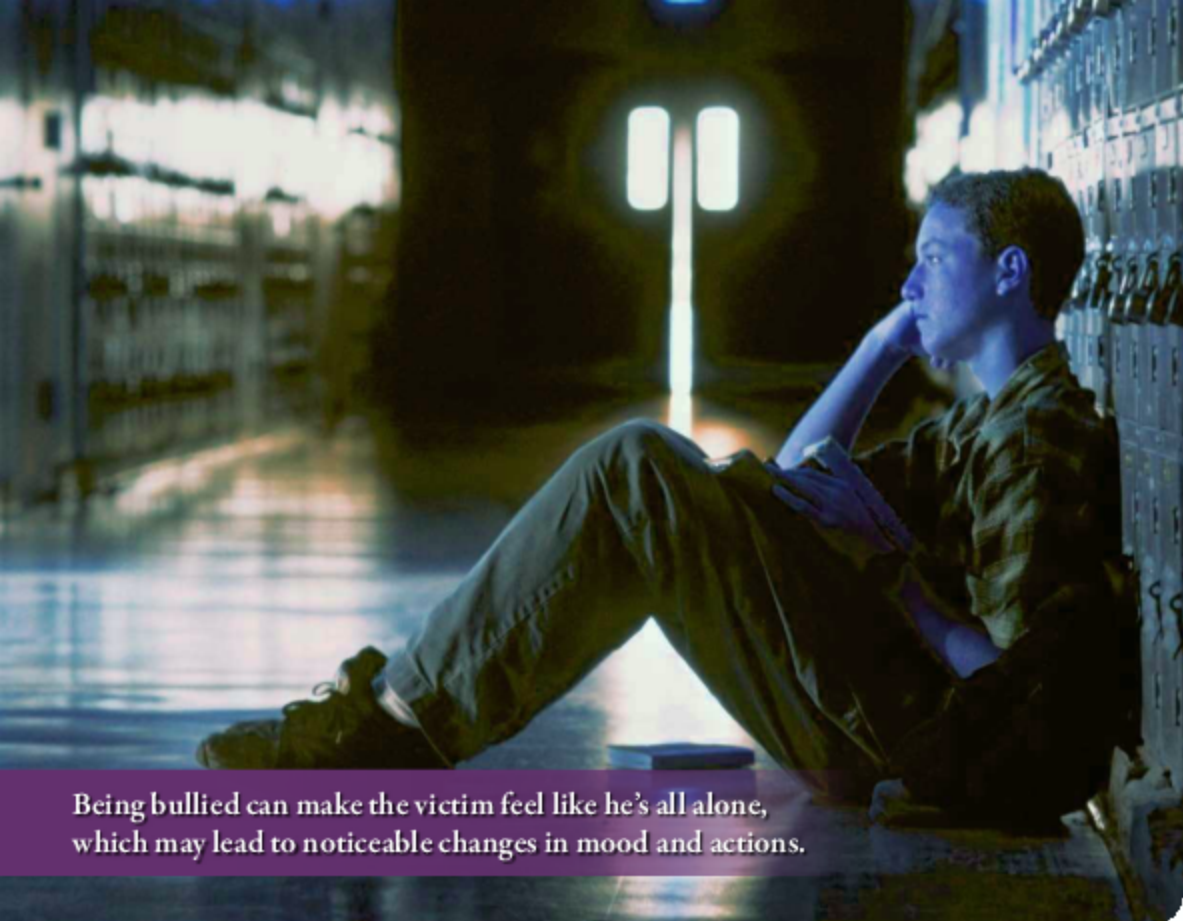
Even if you know enough to recognize the different types of bullying when you see them occur, you still might not realize that your friend is being bullied if you don't witness it directly. Maybe the bullying occurs when you're not around your friend, and he or she is unwilling to tell you about it. There are many reasons that your friend could be reluctant to speak up. It could be that your friend is ashamed of being bullied and is afraid that you might think less of him or her for being unable to put a stop to it. Perhaps your friend is afraid to tell an adult about the bullying and believes that you might urge him or her to report it.

Kids respond to bullying in various ways depending on their personality. Some young people fight back, while

CYBERBULLYING

Until the past couple of decades, young people could escape bullies once they were out of sight. This practice has changed with the internet age and the new phenomenon of cyberbullying, in which the bullies use technology to target their victims. Cyberbullying often occurs through social media such as Facebook and Twitter; other means include texts, email, instant messaging, chat rooms, message boards, and various cell phone apps. Cyberbullies often harass their victims by sending taunting messages and spreading rumors—much like verbal bullying—but technology provides new weapons for bullies. They can post hurtful photos and videos that are difficult to remove once published and shared. The internet offers anonymity as well. Cyberbullies can hide their identity, impersonate the victim online to humiliate him or her, or pose as someone else in order to trick their target. Cyberbullying can be devastating for the victim, and the consequences of cyberbullying are likely to become ever more prevalent as electronic media become more and more important in kids' daily lives.

others accept the bullying and become withdrawn. There are many other warning signs that a kid is a victim of bullying, as well. You might notice bruises or ripped clothes or observe his or her possessions go missing. Your friend might suddenly change routine, probably to avoid places and



Being bullied can make the victim feel like he's all alone, which may lead to noticeable changes in mood and actions.

situations where he or she might fear being targeted by a bully. Kids who are being cyberbullied may appear anxious when they check their social media accounts or texts. If you observe any of these changes in your friend's behavior, it could be a reaction to being bullied.

The psychological stress inflicted by bullying can take a toll on the victim's health, and your friend might start suffering from unexplained illnesses such as stomachaches or other types of pain. When bullying is really bad, kids sometimes start skipping school or think about running away.

MYTHS **AND** FACTS

MYTH: Getting bullied toughens kids up, or bullying builds character.

FACT: Bullying can cause serious damage to a young person's self-esteem. It can make it harder for him or her to cope with the daily problems of life. Bullying weakens and harms the targets.

MYTH: Bystanders are neutral.

FACT: If you witness bullying and do nothing about it, you are participating in it. Bullies enjoy an audience.

MYTH: Telling an adult about bullying will only make the situation worse.

FACT: Parents, teachers, and other adults can intervene and support the victim. Adults have a responsibility to help a victim who feels isolated, helpless, hopeless, and miserable because of a bully's behavior.

UNDERSTANDING THE CONSEQUENCES OF BULLYING

Even if you recognize bullying, you might tell yourself that it's not a big deal. Bullying is a rotten experience, but plenty of kids go through it with no harm done, right? On the contrary, bullying can cause damage persisting over a lifetime. Even some celebrities—from comedian Chris Rock to actress Jennifer Lawrence—look back at the experience of being bullied as an obstacle that they had to overcome on their path to success. In some extreme cases, however, bullying can lead to tragedy. If you have a friend being bullied, your support could mean a lot to him or her.

DAMAGE DONE BY BULLYING

In the short-term, bullying can make the victim physically sick. Bullying causes stress, and the body responds to stress with the “fight or flight” response. Human beings developed this reaction in order to provide extra strength and awareness in times of acute danger. The heart rate accelerates and pupils dilate, for example, to provide peak physical

UNDERSTANDING THE CONSEQUENCES OF BULLYING

performance. Once the threat abates, the body returns to normal. But modern-day stressors such as bullying can create a state of chronic stress. A young person who is being bullied can't relax and destress. That's why bullying victims report physical symptoms such as loss of appetite, fatigue, and headaches.

Bullying victims also experience psychological and emotional consequences. Kids who are bullied feel anger, frustration, hopelessness, and bewilderment. Shy kids may become even more withdrawn; outgoing kids may erupt in rage easily. Bullying victims are at a higher risk for mental health issues such as anxiety, panic attacks, and depression. The bullying also eats away at their confidence and



Bullies tend to pick on peers who react fearfully on being confronted. A confident attitude can help a target avoid becoming a frequent victim of bullying.

self-esteem. Bullying victims sometimes develop “learned helplessness,” in which they believe that they have no means of changing their situation, even if it isn’t true.

THE CONSEQUENCES FOR THE BULLY

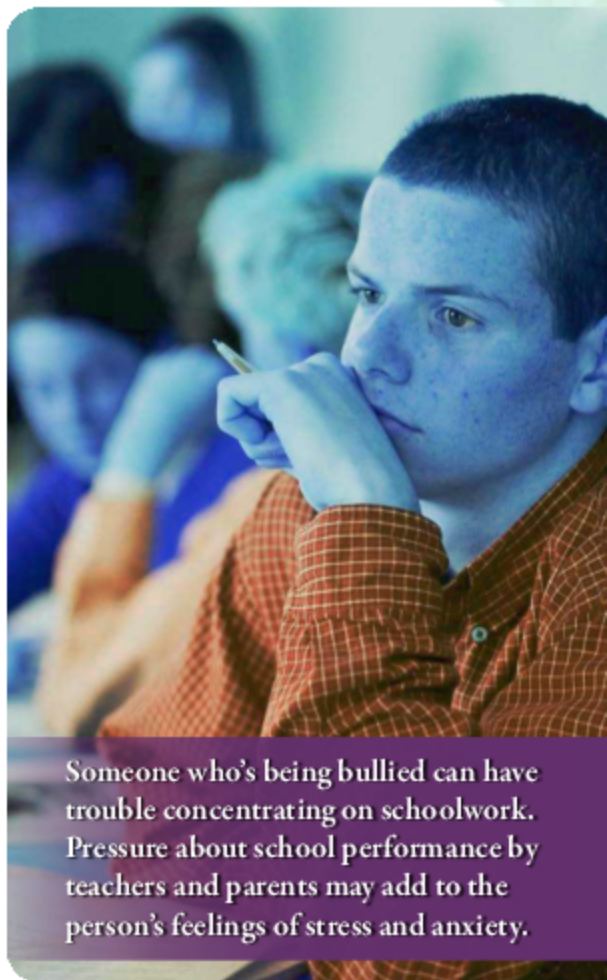
Believe it or not, bullies suffer repercussions from their own behavior as well. Most discussion of bullying focuses on the harm done to the victim, and it’s hard to feel sympathy for someone who takes pleasure in inflicting pain on vulnerable peers. But bullies are also subject to long-term negative consequences associated with bullying others.

There’s no single reason that explains why kids turn into bullies. Often, though, bullies come from family environments in which bullying occurred, and they follow the example shown during their upbringing. Bullies sometimes have trouble building healthy relationships with their peers, and they tend to overstep the boundaries of rules and social norms.

At school, bullies might get away with this behavior. Later in life, they face the consequences. Former bullies are at a higher risk of abusing drugs and alcohol, and they tend to engage in sexual activity at an earlier age. They’re more likely to get into fights, drop out of school, commit vandalism or other crimes, and abuse their future partners and children. All of these factors can limit future career and life opportunities as adults.

Bullying also has social consequences for the victim. Kids who are being bullied feel alienated and isolated from their peers. As the persecution continues, they find it hard to trust other kids or the adults who failed to prevent the bullying. A bullying victim might push away friends, or he or she may have problems making friends. Prolonged bullying can impact a kid's ability to form interpersonal relationships. If you have a friend who is retreating into silence and dejection, especially if you've witnessed him or her being bullied, try to reach out and find out what's wrong.

These physical, emotional, and social consequences can affect a student's performance at school. For a bullying victim, schoolwork may start to seem like a low priority compared to planning strategies to ensure personal safety. He or she may feel too sick and anxious to concentrate on homework and too intimidated to participate in class activities. The victim's grades may start to slip. He or she might start skipping school. Studies have shown that kids who are bullied are more likely to drop out of school.



Someone who's being bullied can have trouble concentrating on schoolwork. Pressure about school performance by teachers and parents may add to the person's feelings of stress and anxiety.

HELPING A FRIEND WHO IS BEING BULLIED

Some bullying victims are damaged for life by the experience. Adults who were bullied as children remain at a higher risk for anxiety and depression. They may tend to be loners or have trouble forming close relationships. They may be overly sensitive to criticism and aggressiveness. Low grades during high school can lead to academic difficulties in college and even affect career prospects.

EXTREME CASES

Bullying can sometimes drive victims to take drastic actions. Young people who have been bullied are more likely to have suicidal thoughts and feelings, and some bullying victims



In 2013, fifteen-year-old Jadin Bell of Oregon killed himself after being bullied. Here, his father, Joe, prepares to walk across the United States to spread an antibullying message.

even take their own lives. These cases are very rare, although such incidents of “bullycide” tend to be widely reported and discussed in the media. Nonetheless, bullying generally isn’t the sole contributing factor in such deaths. The victims tend to struggle with other issues, such as family trouble or mental illness. But bullying can make these difficult situations even worse.

There is also a link between bullying and school shootings. A study by the US Secret Service found that one of the few common factors among school shooters was a background of being bullied. Once again, it’s very rare for bullying victims to retaliate with this degree of violence.

These incidents are rare occurrences, but they vividly demonstrate the damage that can be done by bullying. If you have a friend who mentions suicidal thoughts or talks about taking drastic revenge on bullies, tell a teacher, parent, or other school official. It’s important that your friend get help.

WHY IS YOUR FRIEND BEING BULLIED?

“**W**hy me?” a bullying victim might ask. Victims often experience feelings of anger, frustration, and hopelessness without really understanding why they were being singled out for bullying in the first place. Sometimes, kids put on a brave face to peers and pretend that nothing is wrong even when they’re hurting inside.

You may know your friend to be a talented and engaging individual, but to the bully, he or she is just a target. Maybe the bully fixates on specific personal traits, or maybe your friend was just in the wrong place at the wrong time. Regardless, there’s no valid justification for bullying—kids should never suffer simply for being different.

IT’S ALL ABOUT POWER

Bullying involves an imbalance of power between the bully and victim. The bully sees the victim as vulnerable—he or she may be small, quiet, or sensitive. When most people envision a bullying scenario, they picture a larger boy physically

WHY IS YOUR FRIEND BEING BULLIED?

tormenting a smaller one. But size and strength isn't the only advantage a bully holds over the victim. A bully might possess information hurtful to the victim and be willing to share it by spreading rumors. A cyberbully can make the victim feel like there's no place or time where he or she can ever feel safe.

Bullies often pick on the kids who are different from the rest of the crowd. They may single out targets based on their race, ethnicity, or sexual orientation—lesbian, gay, bisexual, or transgender (LGBT) youth are at a high risk of being bullied. Kids might be targeted for their physical traits; academically gifted students might be bullied for being brainy. Low-income kids are at a higher risk of being



Electronic devices and social media provide convenient means of staying connected with friends, but they can also be misused by cyberbullies targeting victims from a distance.

bullied. They aren't targeted specifically for being poor, but they might not wear brand-name clothes or be able to afford school trips or activities such as sports. Children

IT REALLY DOES GET BETTER FOR LGBT YOUTH

LGBT youth are at a higher risk of bullying than average adolescents, and it can take a toll on their well-being. LGBT teens are also more likely to suffer from depression, substance abuse, and suicidal thoughts. In a supportive environment, however, LGBT students thrive.

In 2010, author and gay activist Dan Savage posted an online video telling young people that “it got better” in time. He was motivated to spread the message after high-profile suicides of LGBT youth who had been bullied. As he wrote in a column, “I wish I could have talked to this kid for five minutes. I wish I could have told Billy that *it gets better*.” Subsequently, many more activists, celebrities, and ordinary people posted their own It Gets Better videos—even Barack Obama assured kids that “it gets better.”

Since then, It Gets Better has grown into an organization dedicated to fighting intolerance. The project's mission is “to communicate to lesbian, gay, bisexual, and transgender youth around the world that it gets better, and to create and inspire the changes needed to make it better for them.”

WHY IS YOUR FRIEND BEING BULLIED?

with physical or mental abilities often find themselves the targets of bullies. They may stand out because of their appearance or behavior—people with autism may have trouble reading social cues, for example.

Regardless of the reason for choosing a target, the bully takes advantage of the victim's fear. If the victim responds fearfully during the first encounter, the bully is more likely to pick on the victim repeatedly. If the victim instead reacts assertively or walks away without showing fear, he or she may be able to avoid escalation of the bullying.

As mentioned, victims often become passive and withdrawn as a result of bullying. Some victims, however, react by lashing out. These confrontational victims tend to



Experts advise against trying to fight back against a bully, but an assertive reaction can sometimes demonstrate to a bully that his or her target isn't intimidated by the behavior.

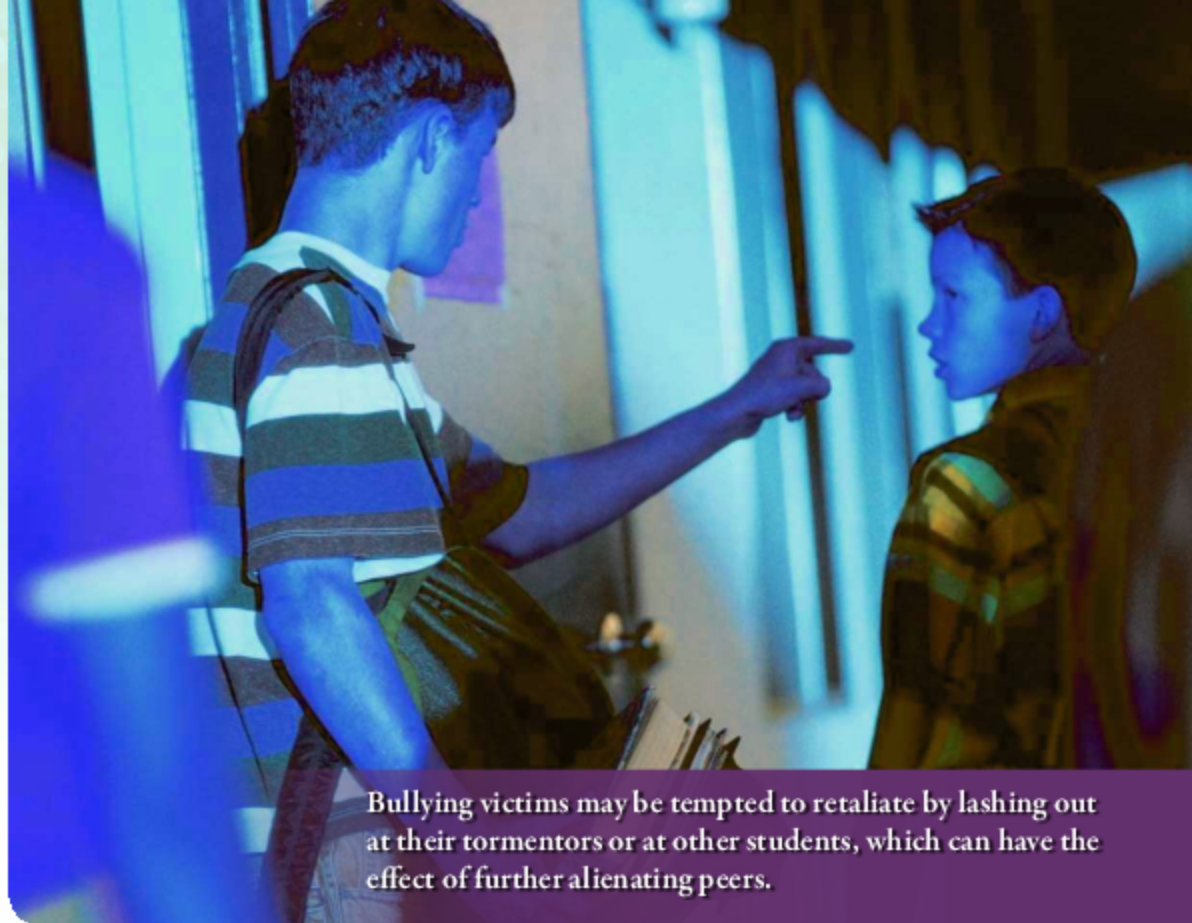
be disruptive and have trouble connecting with peers, who may believe that the victim was asking for trouble through his or her behavior.

A common factor for bullying victims is social isolation. Whatever the reason, they lack the support of friends. Bullying can create a cycle of alienation for the victim, since it becomes harder for him or her to make new friends. Other kids may start to see the victim as a target, as well.

For many bullying victims, life gets easier once they're out of high school and can choose their own college and social circle. There, friends and peers will recognize them as special, talented individuals, not "different" people to single out for bullying. If you have a friend who is being bullied because of his or her identity or personal traits, remind your friend not to allow the bully's actions to affect his or her sense of self-worth.

BULLYING ROLES

Bullying scenarios are more complicated than just "bully" versus "victim." The federal government's website on bullying, stopbullying.gov, suggests referring to "the child who bullied" and "the child who was bullied" rather than describing them as "bully" and "victim." These labels send the message that their roles are fixed. The "bully" might be less likely to try to change his or her behavior. The "victim" might be less likely to reach out for support or try strategies for coping. In addition, both individuals involved are more complex than merely being "bully" and "victim."



Bullying victims may be tempted to retaliate by lashing out at their tormentors or at other students, which can have the effect of further alienating peers.

Labels oversimplify the real dynamics among peers. Roles can change and kids can take on different roles in different contexts. An unfortunate aspect of bullying is that victims sometimes respond by becoming bullies themselves. These “bully-victims” seek revenge on their tormentors by taking on some of the same behaviors that hurt them in the first place. Later in life, they tend to have more severe psychological difficulties than either bullies or victims on their own. If you have a friend who reacts to bullying by bullying others, urge him or her to resist the temptation to lash out. Tell your friend that there are resources that can help him or her recover from the experience.

10 GREAT QUESTIONS TO ASK A GUIDANCE COUNSELOR

- 1 HOW DO BULLIES CHOOSE THEIR TARGETS?
- 2 WHAT IS THE DIFFERENCE BETWEEN A PHYSICAL CONFLICT AND PHYSICAL BULLYING?
- 3 IS THERE A DIFFERENCE BETWEEN VERBAL BULLYING AND TEASING?
- 4 WHAT ARE THE SIGNS OF RELATIONAL BULLYING?
- 5 HOW CAN I PROTECT MYSELF AGAINST CYBERBULLYING?
- 6 WHAT CAN A BYSTANDER DO TO HELP IN A BULLYING SITUATION?
- 7 WHAT RESOURCES DOES MY SCHOOL PROVIDE FOR BULLYING VICTIMS?
- 8 WHERE CAN I GET A COPY OF MY SCHOOL'S POLICY ON BULLYING?
- 9 HOW CAN BULLYING VICTIMS HEAL AND RETURN TO A NORMAL LIFE?
- 10 WHAT IS THE DIFFERENCE BETWEEN BULLYING AND HARASSMENT?

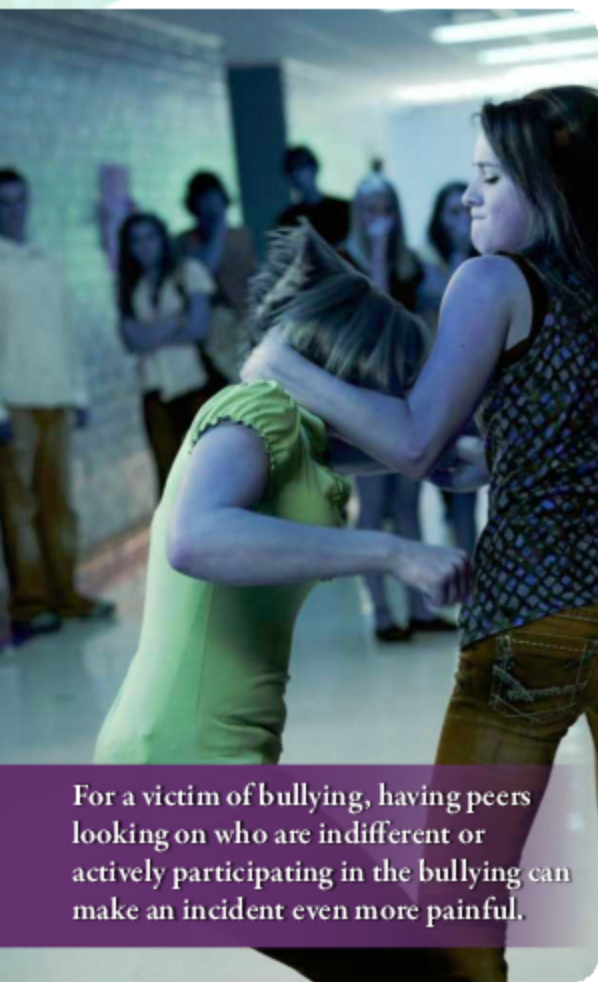
ARE YOU THE BYSTANDER?

In many bullying situations, other kids look on while the bully goes after his or her victim. The bystander plays the third role in a bullying situation. If there are other young people present, the bully often puts on a show for the audience. He or she expects that the bystanders will either encourage the behavior or at least avoid taking sides. In turn, if nobody speaks up to condemn the behavior, the bystanders will be more likely to think that bullying is OK and imitate it.

If you see a friend being bullied, you may be tempted to think that there's nothing you can do to help. But because failing to speak up reinforces the message that bullying is acceptable, the bystander's role is very important. After all, a bystander has to make the decision not to intervene.

NOT JUST STANDING BY

Most bystanders aren't altogether neutral. Bystanders can play a number of roles, ranging from sidekicks of the bully to defenders of the victim. Many observers



For a victim of bullying, having peers looking on who are indifferent or actively participating in the bullying can make an incident even more painful.

feel uncomfortable watching a bully target a victim, but they end up participating against their will. It's sometimes said that there are no innocent bystanders in a bullying situation.

Some bystanders are allies of the bully. They follow the lead of the bully and join in tormenting the victim. These henchmen don't start the bullying themselves, but they act as backup and take direction from the bully. These assistant bullies sometimes band together in their own social group with insiders who look down on the outsiders.

Encouragers act as an appreciative audience

although they do not take part in bullying the victim themselves. They might prod the bully to pick on the victim or laugh at the victim's humiliation. They may pretend to approve of the bullying just to guarantee that they don't antagonize the bully and become the next victim.

Disengaged observers don't take sides and try to act indifferent toward the scenario going on before them. They try to ignore the bullying and expect that the situation will be resolved without their involvement. Bullies, however,

interpret their neutrality as acceptance or even approval of their actions. And when the victim is surrounded by people who either enjoy the spectacle or act as if they don't care, it makes him or her feel even more isolated.

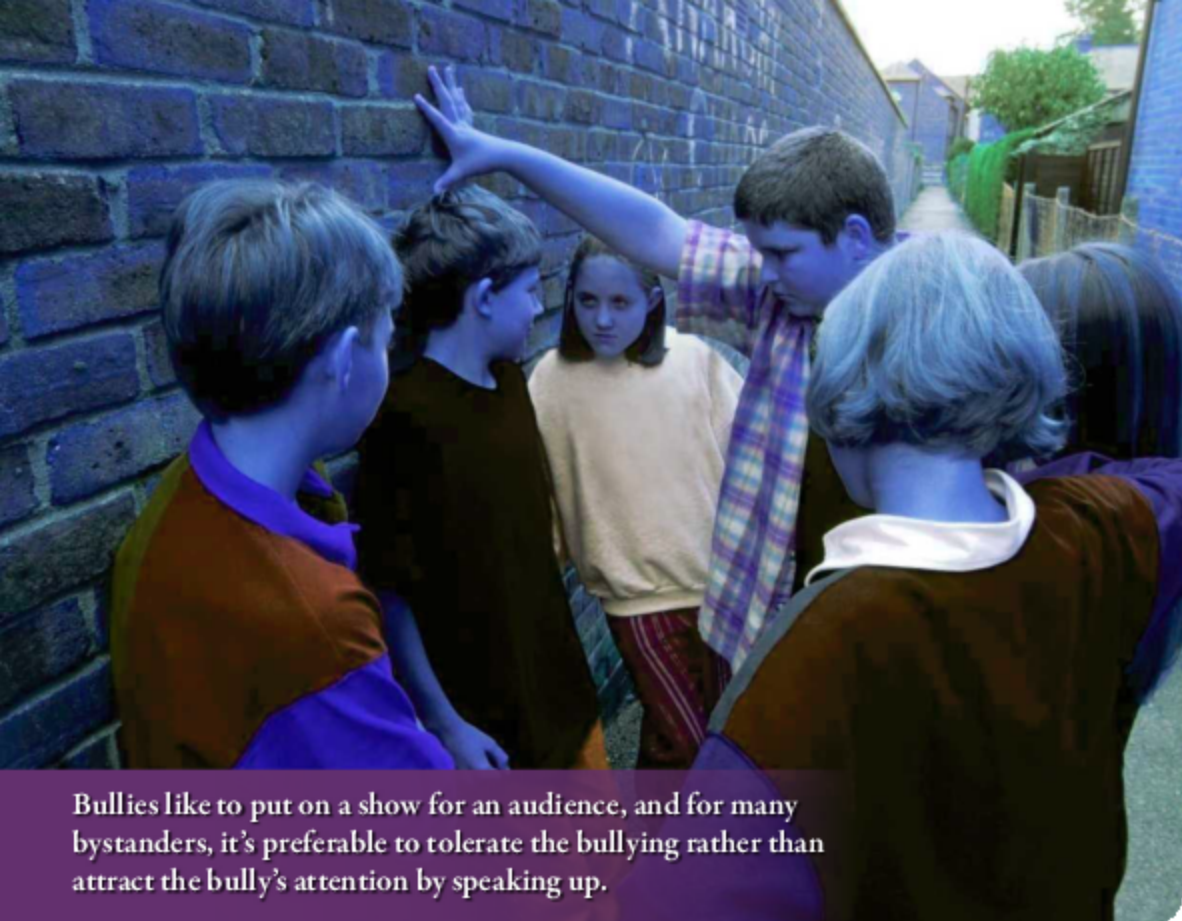
Potential allies also avoid taking sides, but they're upset by the bullying and feel guilty about standing by without taking action. They may be afraid that the bully will target them next if they speak up, or they lack confidence in themselves, believing that they are powerless to help. Subtle peer pressure is also a factor—after all, nobody else is objecting to the bullying, so why should they act any differently? Potential allies may consider telling a teacher or other adult, but they don't want to be labeled a tattletale, or they don't think that it would do any good.

Then there's a final group: defenders or helpful witnesses. These kids act to intervene or get help. But before discussing the ways to support a friend in a bullying situation, one should examine why so many kids fail to act.

FINDING INCENTIVES TO ACT

It can be difficult to make the decision to intervene in a bullying situation. Most kids have witnessed friends or other peers being bullied and had to wrestle with the dilemma of whether they should stand by or take action.

There are a lot of reasons that bystanders fail to stand up for the victim. As mentioned, sometimes kids fear that they'll become the one the bully targets next. They might also be afraid that if they try to stand up to the bully, they'll just exacerbate the situation and make things



Bullies like to put on a show for an audience, and for many bystanders, it's preferable to tolerate the bullying rather than attract the bully's attention by speaking up.

worse. They might even fear that they themselves will get hurt for drawing attention to themselves, or that they would be stigmatized for speaking out amid a crowd of supporters and neutral observers. Perhaps they fear they could lose friends for taking the victim's side. Some bystanders may think that the situation is just none of their concern. It could even be as simple as not knowing what to do to try to help.

By not acting, bystanders contribute to a hostile environment conducive to bullying. Bystanders have more power than they realize. In general, bystanders contribute to the problem by staying silent. If you have a friend being bullied, you're hurting him or her by standing by, even if

THE REASONS VICTIMS DON'T TELL

You might think that if you have a friend who's being bullied, he or she would tell an adult if things started to get really bad. But the truth is that victims often remain silent even if the bullying is making them miserable.

There are many reasons that victims don't tell. They may feel that being bullied means that they're weak, and they're ashamed to admit it to others. They may be afraid that the bully will retaliate, or that other kids will reject them for being a tattletale. They may even think that they deserve the bullying because of their own shortcomings. Also, recall that victims may develop "learned helplessness." They may believe that they can't do anything to help themselves, that adults won't be able to do anything either and, perhaps, that they won't even try.

A victim might subscribe to the myth that bullying is a normal part of growing up, as well, and believe that he or she has no choice but to endure the torment. This isn't true—bullying is a serious problem. It doesn't "toughen kids up," and it can cause emotional scars that can persist long after the victim and bully have parted ways.

you don't think there's any way you can help. When you see a friend being bullied, you can either take direct action or tell an adult about what's happening.



It might not be easy to decide to be a bullying victim's defender, but even receiving support after the incident can help a friend who is being bullied cope.

If you decide to step in or speak up, make sure beforehand that you're in no danger of getting hurt as a result. If that's a possibility, leave the scene and tell an adult instead.

There are many ways you can intervene in a bullying situation. You can simply tell the bully to stop. Other kids who were afraid to speak up may join you. You can create a distraction to draw attention from the bullying. Another possibility is trying to help the victim away from the scene, perhaps by inviting him or her to join another activity or by saying that the teacher wants to talk to him or her. Whatever you do, don't resort to violence.

If you would prefer to avoid drawing attention to yourself, there are also ways that you can support your friend

ARE YOU THE BYSTANDER?

without directly confronting the bully. After the incident is over, you can talk to him or her personally or send a text expressing support. Tell your friend that you're on his or her side and that you're there if your friend would like to talk. A bullying victim will cope much better with a supportive friend—be sure to include your friend in activities and invitations.

In addition, you can try talking to the bully afterward, because he or she may be more willing to listen in private rather than in front of a crowd. Tell the bully that you're not happy with how he or she has been treating your friend. Try to present your reasons without being accusatory so that you can discuss the situation calmly rather than exchange insults.

You can't solve your friend's problems on your own, however. One of the most important actions you can take is to encourage him or her to get help from parents, school administrators, and mental health professionals who are experienced in guiding victims of bullying.

SEEKING SUPPORT

You can help a bullied friend a lot just by continuing to extend your friendship. In 2012, the critically acclaimed documentary *BULLY* played in theaters across the country. The movie profiled victims of bullying and dispelled the idea that bullying is just a rite of passage that's no big deal. A companion book by the same name pointed out the importance of having the support of

a friend: "Kids who have even one friend to confide in can deal with bullying better than those on their own."

Maybe your friend is grateful to have a friend willing to listen about his or her troubles. On the other hand, it could be that your friend is reluctant to discuss the bullying he or she is experiencing. It could be that your friend believes that you would think less of him or her if you knew about how much the bullying



The movie *BULLY* profiled the stories of real-life kids and teens who battled bullying. Alex, a boy with Asperger's syndrome, experienced years of victimization.

was affecting them. Or your friend is convinced that nothing can be done to make things better, so talking about the painful subject won't do anything more than bring up unpleasant associations.

If you're concerned about the effects that bullying is having on your friend, try to bring up the subject tactfully to help him or her open up. Instead of asking directly if a certain person has been bullying him or her, for example, try mentioning that the individual sometimes treats other kids badly.

Remember that your friend doesn't want pity—he or she wants your support and friendship. Assure your friend that you're not going to abandon him or her because of the bullying. Treat your friend with respect. If you're discussing approaches to stop the bullying, don't try to impose your opinions on your friend without considering his or her views. The bullying may have left your friend feeling powerless, and it will benefit him or her to devise a strategy and put it into action. Emphasize to your friend that he or she isn't helpless and has options to deal with the bullying.

One thing is certain: you should urge your friend to talk with an adult about the problem. Kids sometimes make the mistake of thinking that there's nothing adults can do—that they don't really understand kids' lives at school and would just make things worse by intervening. In reality, adults have the authority, knowledge, and experience for dealing with bullying situations.

YOUR ADULT ALLIES

Your friend may be unwilling to inform adults about the

bullying he or she is experiencing. One reason may be fear that your friend will be labeled a “tattletale” and shunned. Reassure your friend that there’s a difference between tattling and telling. Kids tattle for petty reasons—to get someone else into trouble, perhaps, or to get attention. When there is a genuine problem that needs to be rectified, or if someone’s well-being is in danger, informing an adult qualifies as telling or reporting the problem. Bullying is a situation that requires action by the adults responsible for keeping kids safe.

Parents can help your friend take steps to “bully-proof” themselves. Learning that their son or daughter has been a bullying victim can be an incentive to spend more quality time together and to listen and respond to his or her concerns. They can offer encouragement to their son or daughter to improve his or her self-esteem, confidence, and social skills. They can also help a child work out strategies for handling situations that might lead to bullying. Parents can arrange activities that can provide an antidote to the bullying and provide a chance to form social relationships, whether it’s something small like having friends over or a larger commitment such as signing up for martial arts classes. Parents can also contact school personnel, mental health professionals, other parents, and, if necessary, law enforcement.

Teachers and school personnel can implement antibullying policies that promote a healthy learning environment and support individual victims of bullying. Teachers can intervene and shut down a bullying situation. Ideally, they know the children involved and will be able to determine whether a bully has been targeting a specific victim. They

SEEKING SUPPORT

can take practical measures to prevent further bullying, such as putting together a new seating chart or keeping an eye on the victim during less structured activities. Teachers and school administrators will also take action about the bully. Your friend shouldn't be discouraged if the bully isn't disciplined severely, however. Some schools try to intervene with bullies and try to change their behavior rather than punish them. They may be required to write a letter of apology or perform a good deed for the victim or the school. If the bully persists in targeting others, however, the consequences will be more severe.

Your friend's parents or teacher may recommend that he or she see a school counselor, psychologist, or other mental health professional. Your friend may be reluctant to consent because of the stigma sometimes associated with



Many schools support antibullying programs to promote healthy learning environments. Here, a high school student discusses bullying with a group of middle school students.

WHEN THE BULLY IS THE TEACHER

The prevalence of bullying in schools has been widely discussed, but many people are unaware that teachers can be bullies, too. In one notorious 2011 incident, a Tennessee teacher taunted a kindergarten student for his messy work area and encouraged the other students to “oink” at him. According to WebMD, a survey of teachers found that 45 percent admitted to bullying a student. Some target a specific individual for unfair criticism. Others belittle students who ask questions about lessons, telling them that they are stupid for not understanding the material.

If you have a friend who is being bullied by a teacher, urge your friend to tell his or her parents about the situation. They can take actions such as talking with the teacher, contacting administrators, reporting abusive behavior, and documenting communications with the teacher. School officials are sometimes reluctant to challenge a teacher who is bullying a student, however. Your friend will appreciate your support while the situation is being resolved.

mental health issues. Assure your friend that it's completely normal for people to see a therapist when experiencing serious challenges in their lives. A therapist or other professional can help your friend build his or her sense of self, improve social skills, practice assertiveness, learn to resolve

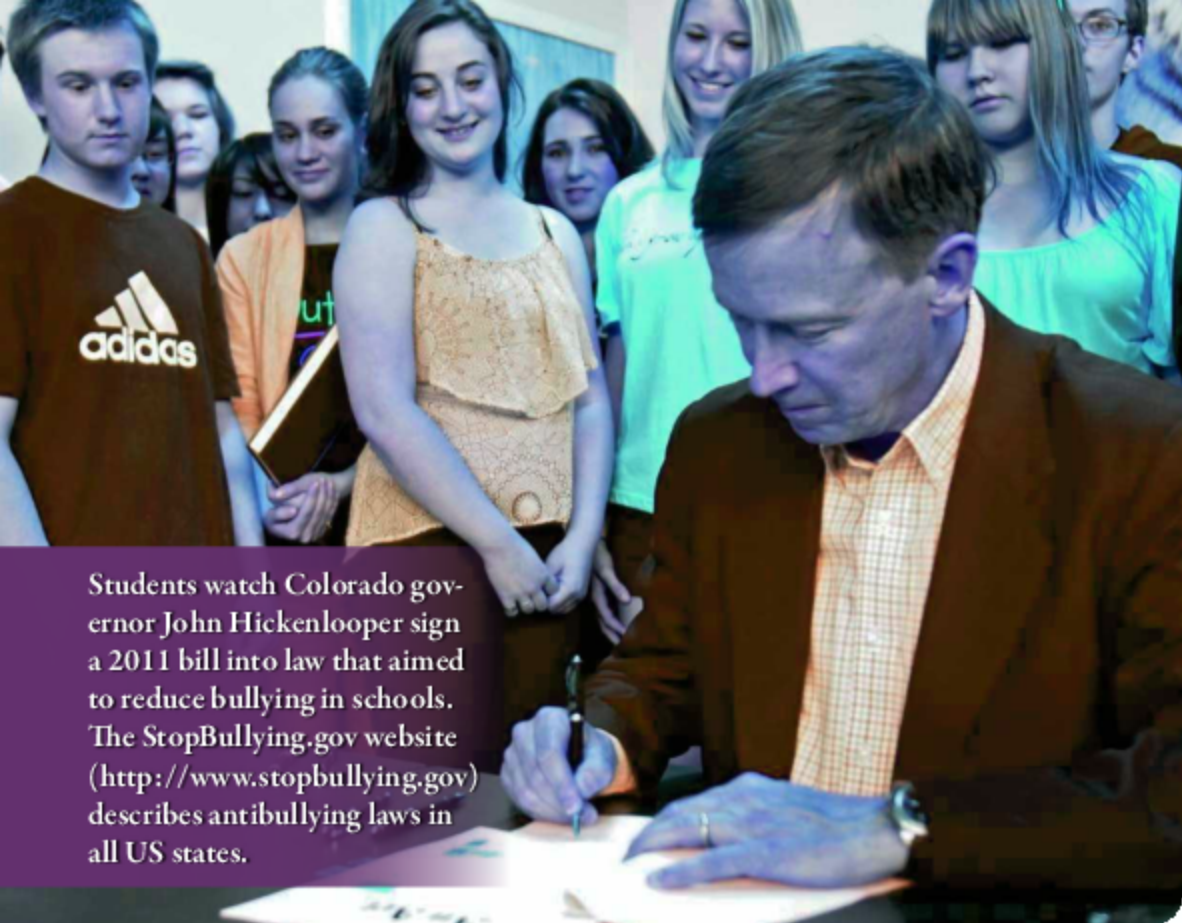
conflicts, and deal with feelings of pain and anger, as well as address issues such as depression or anxiety. Your friend will gain the strength to deal more confidently with bullying situations and reach out to form friendships.

Adults can be indispensable allies in surviving bullying, but unfortunately, some adults fail to recognize or address bullying. Parents or teachers may act dismissive when a young person reports bullying. Don't give up, though—the government's official stopbullying.gov site recommends telling a “trusted adult” and that you “Try talking to as many adults as possible if there's a problem—teachers, counselors, custodians, nurses, parents. The more adults they involve, the better.”

KNOWING THE LAW

As a victim of bullying, your friend probably has the law on his or her side. Most states have laws and policies intended to combat bullying. There is no national law addressing bullying, but in 2011, President Barack Obama held the first White House Conference on Bullying Prevention. Subsequently, the US Department of Education has released guidelines on bullying policies and issued reports on different approaches.

Today, most states have antibullying laws and antibullying policies that serve as models for districts developing their own rules. The states address bullying through both education law—such as in state education codes—and criminal law, which approaches bullying as a criminal matter. These laws establish procedures for responding to, investigating, and disciplining bullying. Your friend can ask for a copy of your school's



Students watch Colorado governor John Hickenlooper sign a 2011 bill into law that aimed to reduce bullying in schools. The StopBullying.gov website (<http://www.stopbullying.gov>) describes antibullying laws in all US states.

anti-bullying policy and check the relevant state laws.

Many antibullying procedures allow anonymous reporting to counteract the stigma of “tattling.” For example, some schools have hotlines or confidential email reporting systems that guarantee that nobody will find out the identity of the witness.

Law enforcement is also involved in antibullying policies. Police and other law enforcement personnel participate in bullying prevention initiatives, educate the community on state antibullying laws and policies, supervise problematic locations and events, investigate bullying incidents, and meet with students and parents. If the bullying involved a crime, such as assault or a hate crime, the bully could face criminal charges.

STRATEGIES AND RESOURCES

It's easy for the victim of a bully to feel isolated, helpless, and hopeless. You can help your friend realize that he or she is not alone and that you can both take steps to boost your friend's confidence in dealing with bullying. There are many guides and supportive websites available to help deal with bullying and the aftermath. Your friend can survey some of these resources and learn what advice works best for him or her. There's no single proven solution that can make everything better, but with persistence and confidence, your friend will find effective help and become happy and healthy once again.

GET THE INFO

Bullying victims can be worn down by the bully's torment until they feel that there's nothing they can do to help themselves. You should encourage your friend to take advantage of resources that can help him or her understand and thwart bullying. Stop by your school or public library and check out books about bullying that can provide you with information



Young people who are bullied sometimes have trouble fitting in with the crowd. You can help your friend recognize his own talents and strengths and develop confidence in dealing with peers.

and guidance. Many are told from a teen's point of view. They also provide contacts for organizations and lists of websites. Memoirs and other personal accounts describe how other people survived being bullied, and plenty of novels address bullying, as well.

Your friend can consult the internet for reputable websites that educate about bullying and offer tips for dealing with bullies. Sites provide a wealth of information as well as antibullying advocacy opportunities.

Do not forget about the resources readily available at

your school. Your friend can request a copy of your school's antibullying policy and ask about any antibullying programs offered.

You can also talk over strategies for dealing with bullies with your friend. Books and websites provide a great deal of general information, and discussing it can help your friend determine what approaches are most effective for him or her. For example, some of the typical settings for bullying are hallways, classrooms before lessons, locker rooms, buses, and the cafeteria. In which places does your friend most fear bullying? Experts generally advise that bullying victims act

assertive, but avoid fighting back. What approach would work the best with the person or group targeting your friend? Try out role-playing scenarios with your friend so that he or she can practice possible responses to a bully.

Don't treat your friend as if you think he or she is fragile. Your friend doesn't want delicate treatment—he or she just wants life to be normal. Also, your friend shouldn't try to change who he or she is as a response to bullying. Kids shouldn't be ashamed of being themselves. But your friend can develop new strengths and tactics to deal with bullying.

GETTING ON WITH LIFE

Bullying doesn't define your friend, but bullying can cause your friend to retreat inward and lose interest in favorite activities. If your friend has been severely affected by bullying, urge him or her to make a purposeful effort to reach out and rebuild a healthy lifestyle. Experts sometimes refer to this as a healing process. Ideally, school personnel and teachers will work to resolve the bullying situation affecting your friend, and he or she will be able to draw on the support of parents as well as the guidance offered by a counselor or therapist. But these people can't fix your friend's well-being any more than you can do so. Your friend needs to resolve it to make the most of life despite bullying.

Bullying victims often take up practices that can help build confidence, overcome negative thoughts, and deal with stress. Examples include journaling, exercise, meditation, and positive self-talk. This means, for example, that when your friend starts to get nervous before entering a classroom

where he or she has been bullied, your friend will tell him or herself, “I can manage this, and I’m going to do my best in class today.”

Extracurricular activities, hobbies, and other pursuits will give your friend a chance to make and sustain friendships as well as participate in new interests. Examples include school clubs, electives such as art classes at a community center, music lessons, or student government. Perhaps your friend can look into specific interests—LGBT teens

Many bullying victims find that writing down their feelings can help them cope with the experience. Writing poetry or stories can also offer a means of release.

might consider an LGBT youth group or gay-straight alliance; a kid tormented for being a nerd might join a science club. Some bullying victims take up martial arts, not for self-defense but because of the self-confidence it imparts. Kids who have been bullied often benefit from activities that help others, as well, such as working with a community organization or walking dogs for a local animal shelter.

You and your friends could also get involved in antibullying programs at your school. If you discover that the antibullying policies and resources are ineffective,



AMANDA TODD'S LEGACY

Sadly, antibullying reforms are sometimes spurred by tragedy. On September 7, 2012, Amanda Todd, a fifteen-year-old Canadian student with a learning disability, posted a video titled “Amanda Todd: Struggling, Bullying, Suicide, Self Harm, Fighting” in which she held up a series of flashcards showing her handwritten story. She had been targeted online by a pedophile in seventh grade. He had persuaded her to post a topless photo of herself, and, later, he asked for her to “put on a show” for him. When she refused, he sent the photos to her family and friends. Instead of supporting her, her classmates taunted and physically bullied her. The internet stalking and bullying by her peers followed her as she switched schools multiple times. Amanda began suffering from depression and anxiety, and she resorted to substance abuse and self-harm. A month after posting her video, she killed herself. After widespread publicity over the incident, legislators introduced antibullying measures in the Canadian parliament.

Other high-profile suicides linked to bullying have also led to outcry and action. After thirteen-year-old Ryan Halligan experienced cyberbullying and killed himself in 2003, Vermont enacted a Bully Prevention Law. In 2006, thirteen-year-old Megan Meier killed herself after being deceived and tormented online, prompting Missouri’s “Megan’s Law” criminalizing cyberbullying.



Bullying victims sometimes find strength through activism. There are lots of opportunities available, from attending a rally to circulating an antibullying petition at school.

you could take steps to draw awareness to the issue. You could urge the school to adopt an antibullying pledge, for example. Other possible ideas include introducing measures to track incidents of bullying, offering peer counseling, or screening and discussing the documentary *BULLY*.

LESSONS FOR LIFE

Incidences of bullying tend to decrease at higher school grades—young children are much more likely to experience bullying than high school upperclassmen. The time will come when your friend is free of school bullying and can leave that painful stage of life behind. Nevertheless, bullying is essentially an abuse of power, and it's possible that you or your friend may encounter bullies further on in life.

MOVING ON

Being a victim of bullying is a traumatic experience. As described earlier, many adults retain emotional scars from childhood bullying. If it is not addressed, bullying can have a long-term impact on personal life choices and career trajectories. But as the “It Gets Better” project emphasizes, the bullying will eventually end and life will indeed get better in the future, particularly if supportive adults and loyal friends help the bullying victim throughout the experience.

SEXUAL HARASSMENT OR BULLYING?

If your friend has been targeted by unwanted, malicious behavior from peers, is it a case of bullying or is it actually harassment? Although the two situations tend to overlap, the definition of harassment is narrower. According to stopbullying.gov, “harassment is unwelcome conduct based on a protected class (race, national origin, color, sex, age, disability, religion) that is severe, pervasive, or persistent and creates a hostile environment.” If a bully targets your friend, it’s bullying, but if a bully picks on your friend because of his or her race, gender, or other status, it’s also harassment. Victims of harassment have recourse to a variety of federal and state laws.

Sexual harassment—sometimes also called “gendered bullying”—is unwelcome behavior based on gender and sexual orientation. Unwanted touching can qualify as physical harassment; unwanted sexual comments or advances can be considered verbal harassment. Homophobic insults can also count as sexual harassment, and both males and females can be victims of sexual harassment. Cyberbullying can involve sexual harassment, as well.

Sexual harassment is often overlooked in schools. Peers and even teachers may think that it’s just flirting or categorize aggressive attention as bullying rather than harassment. As with bullying, victims of sexual harassment are sometimes reluctant to come forward.

Individuals who do report an incident to their school have recourse to federal laws protecting against sexual harassment.

Still, memories of the bullying will occasionally arise. An aggressive confrontation might suddenly remind the former victim of childhood bullying. There's nothing unusual about such incidents. When it happens, your friend should just remember that he or she is not a victim anymore and that bullies in any context don't have any control over him or her.

Some former victims even gain a sense of personal empowerment from their success in overcoming the experience of being bullied. These individuals learn about their own strengths and the value of getting up and trying again after facing adversity. They are able to claim to have a strong sense of self because their belief in themselves has been tested. Chances are, they also came to appreciate the value of true friendship and of the help offered by others while getting their lives back on track.

BULLYING IN THE ADULT WORLD

Bullying doesn't necessarily stop after you're out of school. Bullying can be an issue for adults, as well. It can occur within families and among neighborhoods and communities. It can happen online, as well—adults can be cyberbullies. When Megan Meier was bullied online, one of the villains was the mother of a peer.

Adult bullying is not widely addressed, but the form that generates the most discussion is workplace bullying. Workplace bullying is similar to school bullying in many ways. It involves an imbalance of power between the bully and victim and the bullying is repeated over time. Kids are torn between working to succeed in school and giving up because of the pain of bullying; adults do their best to perform their job even as bullying makes the experience miserable. Workplace bullying can damage the victim's emotional health and career prospects. It also contributes to a hostile work atmosphere and costs employers financially in terms of absenteeism and reduced performance by bullied workers.

A 2010 survey cited by *SFGate* found that 35 percent of workers have been bullied at work. The bully in the workplace is often the boss. Instead of providing leadership, a bully boss may create a toxic work environment. The bullying can be obvious, such as unfair criticism or insults, or it can be more covert, such as cutting off communication or sabotaging projects. Co-workers can be bullies, too, and may target a victim by spreading rumors or excluding him or her from job-related social events. Many adult bullies were formerly bullies, or even bully-victims, at school.

As with playground bullying, adult victims of workplace bullying sometimes don't realize that they're being bullied. The bullying is usually verbal or relational, and adults can be more subtle than kids. When victims recognize the behavior as bullying, they sometimes don't know what to do or may be unwilling to risk their jobs by complaining. An adult being bullied in the workplace should document instances of bullying and report it to a manager or human



Workplace bullying is a pattern of abusive behaviors that can lead to health consequences for the victim and contribute to a stressful work environment for all employees.

resources department. When the manager is the bully, however, the situation is more difficult to resolve.

If you're a former bullying victim, or if you helped a friend take a stand against bullying, you're well equipped for dealing with an adult bully. You'll be able to recognize the situation and refuse to play the part of a beaten-down victim. You will be familiar with procedures for reporting bullying and recourses for recovering from the consequences of the experience. Workplaces, like schools, can benefit from awareness of bullying and a refusal to let bullying take a toll.

GLOSSARY

AGGRESSIVE Acting in a confrontational or overly forceful manner.

ALLY A supporter; a person or organization willing to help or cooperate with another.

ANXIETY An emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

ASSERTIVE Acting in a confident and self-assured manner.

BULLYING Unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

BYSTANDER A peer who witnesses bullying.

CONSEQUENCE A result or outcome of some previous occurrence.

CYBERBULLYING Bullying that takes place using electronic technology, including devices and equipment such as cell phones, computers, and tablets, as well as communication tools such as social media sites, text messages, instant messaging, and websites.

DEPRESSION A mental illness in which feelings of sadness, loss, anger, or frustration interfere with everyday life for an extended period of time.

FRUSTRATION A feeling of annoyance or dissatisfaction, especially because of unresolved problems or an inability to

HELPING A FRIEND WHO IS BEING BULLIED

accomplish something.

GUIDANCE Advice or help, especially from someone in a position of expertise or authority.

HARASSMENT Unwelcome conduct based on a protected class (race, national origin, color, sex, age, disability, religion) that is severe, pervasive, or persistent and creates a hostile environment.

INTERVENE To come between parties involved in a dispute to mediate or help settle it.

NEUTRAL Not taking sides in a dispute.

OBSERVER Someone watching what is going on.

PEDOPHILE An adult who is sexually attracted to young children.

POLICY A course of action adopted by a government, business, or other group.

RELATIONAL BULLYING Bullying that targets someone's reputation or relationships.

SUICIDE The act of intentionally taking one's life.

VICTIM Someone who is hurt or who has suffered as a result of another person's actions.

FOR MORE INFORMATION

Boys Town

National Headquarters

14100 Crawford Street

Boys Town, NE 68010

(402) 498-1300

Hotline: (800) 448-3000

Website: <http://www.boystown.org>

Boys Town works to give at-risk children and families the love, support, and education they need to succeed. In addition, the Boys Town National Hotline has helped millions of teens, parents, and families on the brink of disaster.

BullyingCanada

471 Smythe Street

PO BOX 27009

Fredericton, NB E3B 9M1

Canada

(877) 352-4497

Website: <https://www.bullyingcanada.ca>

BullyingCanada offers information, help, and support to everyone involved in bullying—the victim, perpetrator, bystander, parents, school staff, and the community at large.

The BULLY Project

18 West 27th Street, 2nd Floor

New York, NY 10001

(212) 725-1220

Website: <http://www.thebullyproject.com>

The BULLY Project is the social action campaign inspired by the award-winning film *BULLY*.

HELPING A FRIEND WHO IS BEING BULLIED

Crisis Call Center

PO Box 8016

Reno, NV 89507

(775) 784-8085

Hotline: (800) 273-8255

Website: <http://www.crisiscallcenter.org>

Crisis Call Center's twenty-four-hour crisis line often serves as the first point of contact for individuals who are seeking help, support, and information.

It Gets Better Project

110 South Fairfax Avenue, Suite A11-71

Los Angeles, CA 90036

Website: <http://www.itgetsbetter.org>

The It Gets Better Project works to communicate to lesbian, gay, bisexual, and transgender youth around the world that it gets better, and it offers a message of hope. It encourages change and inspires people to stop harassment and bullying around the world.

Kids Help Phone

300-439 University Avenue

Toronto, ON M5G 1Y8

Canada

(416) 586-5437

Hotline: (800) 668-6868

Website: <http://www.kidshelpphone.ca>

Kids Help Phone is Canada's only 24/7 counseling and information service for young people who are ages twenty and under. The professionally-trained counselors provide a service that is anonymous, confidential, and nonjudgmental.

WEBSITES

Because of the changing nature of internet links, Rosen Publishing has developed an online list of websites related to the subject of this book. This site is updated regularly. Please use this link to access the list:

<http://www.rosenlinks.com/HCIH/bully>

FOR FURTHER READING

- Blume, Judy. *Blubber*. New York, NY: Atheneum Books for Young Readers, 2014.
- Hanson-Harding, Alexandra. *How to Beat Physical Bullying* (Beating Bullying). New York, NY: Rosen Publishing, 2013.
- Landau, Jennifer. *Dealing with Bullies, Cliques, and Social Stress* (The Middle School Survival Handbook). New York, NY: Rosen Publishing, 2013.
- Landau, Jennifer. *How to Beat Psychological Bullying* (Beating Bullying). New York, NY: Rosen Publishing, 2013.
- Langan, Paul. *Bullying in Schools: What You Need to Know*. West Berlin, NJ: Townsend Press, 2011.
- Lohmann, Raychelle Cassada, and Julia V. Taylor. *The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying*. Oakland, CA: Instant Help Books, 2013.
- Manrock, Aija. *The Survival Guide to Bullying: Written by a Teen*. New York, NY: Scholastic, 2015.
- Medina, Meg. *Yaqui Delgado Wants to Kick your Ass*. Somerville, MA: Candlewick Press, 2013.
- Metcalf, Dawn. *Dear Bully: Seventy Authors Tell Their Stories*. New York, NY: HarperTeen, 2011.
- Meyer, Stephanie, et al. *Bullying Under Attack: True Stories Written by Teen Victims, Bullies and Bystanders*. Deerfield Beach, FL: Health Communications, 2013.
- Porterfield, Jason. *How to Beat Social Alienation* (Beating Bullying). New York, NY: Rosen Publishing, 2013.
- Scherer, Lauri S. *Cyberbullying*. Farmington Hills, MI: Greenhaven Press, 2015.
- Sonneborn, Liz. *How to Beat Verbal Bullying* (Beating Bullying). New York, NY: Rosen Publishing, 2013.

BIBLIOGRAPHY

- Brown, Kristen V. "Workplace Bullying More Common than Most Think." *SFGate*, November 6, 2013 (<http://www.sfgate.com/health/article/Workplace-bullying-more-common-than-most-think-4958484.php>).
- Carpenter, Deborah, and Cristopher J. Ferguson. *The Everything Parent's Guide to Dealing with Bullies*. Avon, MA: Adams Media, 2009.
- Coloroso, Barbara. *The Bully, the Bullied, and the Bystander*. New York, NY: HarperCollins, 2008.
- Dombeck, Mark. "The Long Term Effects of Bullying." *Mental-Help.net*, July 24, 2007 (<https://www.mentalhelp.net/articles/the-long-term-effects-of-bullying/>).
- Fowler, Bob. "Kindergarten Teacher Has Kids Oink at Student Who Was Messy." *Knoxville News Sentinel*, April 13, 2011 (<http://www.knoxnews.com/news/local/kindergarten-teacher-has-kids-oink-at-student-who-was-messy-ep-405060263-357926321.html>).
- Goldman, Carrie. *Bullied: What Every Parent, Teacher and Kid Need to Know about Ending the Cycle of Fear*. New York, NY: HarperCollins, 2012.
- Hirsch, Lee, Cynthia Lowen, and Dina Santorelli, eds. *Bully: An Action Plan for Teachers, Parents, and Communities to Combat the Bullying Crisis*. New York, NY: Weinstein Books, 2012.
- Kam, Katherine. "Teachers Who Bully." *WebMD*, 2016 (<http://www.webmd.com/parenting/features/teachers-who-bully>).
- Kuykendall, Sally. *Bullying*. Santa Barbara, CA: Greenwood, 2012.
- Middelton-Moz, Jane, and Mary Lee Zawadski. *Bullies: Strategies for Survival*. Deerfield Beach, FL: Health Com-

HELPING A FRIEND WHO IS BEING BULLIED

- munications, 2002.
- Pappas, Stephanie. "The Pain of Bullying Lasts into Adulthood." *LiveScience*, February 20, 2013. (<http://www.livescience.com/27279-bullying-effects-last-adulthood.html>).
- "Prevent Bullying." StopBullying.gov, 2016 (<http://www.stopbullying.gov/prevention/index.html>).
- Robers, Simone, Arlan Zhang, Rachel E. Morgan, and Lauren Musu-Gillette. "Indicators of School Crime and Safety: 2014." US Department of Education, 2015 (<http://nces.ed.gov/pubs2015/2015072.pdf>).
- Savage, Dan, and Terry Miller, eds. *It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living*. New York, NY: Dutton, 2011.
- Steele, Ann. "The Psychological Effects of Bullying on Kids & Teens." MasterInPsychologyGuide.com, 2016 (<http://mastersinpsychologyguide.com/articles/psychological-effects-bullying-kids-teens>).
- Strauss, Susan L. *Sexual Harassment and Bullying: A Guide to Keeping Kids Safe and Holding Schools Accountable*. Lanham, MD: Rowman & Littlefield Publishers, Inc., 2012.
- Subramanian, Mathangi. *Bullying: It Happened to Me*. Lanham, MD: Rowman & Littlefield, 2014.
- Szalavitz, Maia. "The Tragic Case of Amanda Todd." *Time*, October 16, 2012 (<http://healthland.time.com/2012/10/16/the-tragic-case-of-amanda-todd/>).

ABOUT THE AUTHOR

Corona Brezina has written numerous books for young adults. Several of her previous works have focused on health and legal issues concerning teens, including *Being a Foster Child* and *Alcohol and Drug Offenses: Your Legal Rights*. She lives in Chicago, Illinois.

PHOTO CREDITS

Cover © iStockphoto.com/Georgia Court; p. 5 Moxie Productions/Blend Images/Getty Images; p. 7 Steve Debenport/E+/Getty Images; pp. 9, 25 SW Productions/Photodisc/Getty Images; p. 12 David Young-Wolff/The Image Bank/Getty Images; p. 15 Thinkstock/Stockbyte/Getty Images; p. 17 Ghislain & Marie David de Lossy/The Image Bank/Getty Images; pp. 18, 40 © AP Images; p. 21 Sylvie Bouchard/Shutterstock.com; p. 23 Photographe.eu/Shutterstock; p. 28 Weston Colton/Getty Images; p. 30 Ace Stock Limited/Alamy Stock Photo; p. 32 Juanmonino/E+/Getty Images; p. 34 © Weinstein/Courtesy Everett Collection; p. 37 David S. Holloway/Getty Images; p. 42 Jacobs Stock Photography/Photodisc/Getty Images; p. 44 Marilyn Angel Wynn/Nativestock/Getty Images; p. 46 © Janine Wiedel Photolibrary/Alamy Stock Photo; p. 51 © Burger/Phanie/The Image Works; cover and interior pages background images © iStockphoto.com/chaluk.

Designer: Brian Garvey; Photo Researcher: Cindy Reiman
Editor: Kathy Kuhtz Campbell

Book Index



Helping a Friend Who Is Being Bullied

Helping a Friend Who Is Being Bullied *Corona Brezina. How Can I Help? Friends Helping Friends New York, NY: Rosen Publishing, 2017. 64 pp.*

In this book, readers discover the consequences of bullying both as a target and as a bystander. They also consider ways to intervene in a bullying situation, how to seek adult help, and how to be empowered and recover from bullying.

Index

A

adult allies

1:35–39

alcohol

1:16

anxiety

1:15 | 1:18 | 1:38–39 | 1:45

Asperger's syndrome

1:34

autism

1:23

B

Bell, Jadin

1:18

Bell, Joe

1:18

bullies

1:4

bosses as

1:50

consequences of being

1:16

teachers as

1:38

BULLY

1:34 | 1:46

Bully Prevention Law

1:45

“bullycide,”

1:19

bullying,**in the adult world**

1:49–52

affects of

1:14–19

of boys

1:4

bystanders of

1:4 | 1:13 | 1:27–33

decrease with age

1:47

definition

1:8

of girls

1:4

laws addressing

1:39–40 | 1:45

link to school shootings

1:19

physical

1:8

rates of

1:4

reason behind

1:20–25

social/relational

1:9–10

and substance abuse

1:16 | 1:22 | 1:45

and suicide

1:22 | 1:45

v. harassment

1:48–49

verbal

1:9

warning signs of

1:10–12

ways to avoid

1:23

workplace

1:50–52

“bully-victims,”

1:25

C**cyberbullying**

1:4 | 1:11 | 1:45 | 1:48

D**depression**

1:18 | 1:39 | 1:45

drugs

1:16

F**Facebook**

1:11

“fight or flight” response

1:14–15

G**“gendered bullying,”**

1:48

H**Halligan, Ryan**

1:45

harassment

1:48–49

hate crimes

1:40

Hickenlooper, John

1:40

human resources

1:50–52

I**isolation**

1:24

It Gets Better

1:22 | 1:47

L**law enforcement**

1:36 | 1:40

“learned helplessness,”

1:15–16 | 1:31

LGBT youth

1:21–22 | 1:44

M**martial arts**

1:36 | 1:44

Meier, Megan

1:45 | 1:49

Megan's Law

1:45

Missouri

1:45

O**Obama, President Barack**

1:22 | 1:39

P**police**

1:6 | 1:40

R**reasons victims don't speak out**

1:31

rumors

1:4 | 1:10 | 1:11 | 1:21 | 1:50

S**Savage, Dan**

1:22

school shootings

1:19

self-esteem

1:9 | 1:13 | 1:15–16 | 1:36

sexual harassment

1:48–49

SFGate

1:50

social media

1:11–12 | 1:21

stopbullying.gov

1:24 | 1:39–40 | 1:48

stress

1:12 | 1:14–15 | 1:17 | 1:43 | 1:51

substance abuse

1:16 | 1:22 | 1:45

suicide

1:22 | 1:45

T

“tattling” v. telling/reporting

1:6 | 1:36 | 1:40

Todd, Amanda

1:45

Twitter

1:11

U

US Department of Education

1:4 | 1:39

Book Index



Helping a Friend Who Is Being Bullied

Helping a Friend Who Is Being Bullied *Corona Brezina. How Can I Help? Friends Helping Friends New York, NY: Rosen Publishing, 2017. 64 pp.*

In this book, readers discover the consequences of bullying both as a target and as a bystander. They also consider ways to intervene in a bullying situation, how to seek adult help, and how to be empowered and recover from bullying.

Index

V

Vermont

1:45

W

WebMD

1:38

White House Conference on Bullying Prevention

1:39

workplace bullying

1:50–52