

Bullying

Provided by the Fairfield County Prosecuting Attorney's Office – Kyle Witt
Office of the Victim Assistance Division

What Is It?

Bullying is when a person or persons deliberately repeat(s) to hurt or threaten someone else. It is an assertion of power through aggression. Someone can be bullied in school, on a playground, by sexual harassment, gang attacks, date violence, an assault, marital violence, child abuse, workplace harassment or elder abuse. Anyone can be bullied and it can be carried out in many ways.

Physical bullying may include shoving, pushing, hitting, where words and non-verbal behavior can also hurt someone, like spreading rumors, gossiping, threatening with looks, notes or pictures.

Bullies may pick on someone because of their size, race, gender or because they are different in some way. Being a victim of bullying is not your fault. You have the right to be safe.

Bullying takes many forms, it could be:

- Physical violence
- Verbal taunts, name-calling, put-downs
- Threats and intimidation
- Extortion or stealing of money and possessions
- Exclusion from the peer group

Effects of Bullying:

Bullying has serious and lasting effects.

People who are Bullied:

- Have higher risk of depression
- Typically have changes in their sleep or eating habits
- More likely to have health complaints
- Decrease in academic achievement or school participation or loss of interest in other activities
- Have increased thoughts of suicide
- Are more likely to retaliate with violent measures.

People who Bully Others:

- Have a higher risk of abusing alcohol or other drugs
- Are more likely to get into fights, vandalize property, drop out of school
- Are more likely to have criminal and traffic citations.
- Are more likely to be abusive toward their romantic partner, spouse or children

What to do When Bullying Continues:

- Tell your parent or someone you can trust
- Contact your teacher/principal/superintendent
- Call Law Enforcement
- Contact a counselor or health professional
- Contact a suicide prevention hotline

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