



# Bullies and Victims: A Primer for Parents

BY KATHY ROBISON, EDS, NCSP

Approximately 10% of children are bullies, 10% are victims, and 10% are bullies/victims (Robison, 2001).

## BULLYING IS A SERIOUS PROBLEM

Bullying is a serious problem that affects millions of children each year. It can have long-term effects on the victims' mental and physical health.

### Types of Bullying

There are three main types of bullying: physical, verbal, and social. Physical bullying involves hitting or pushing. Verbal bullying involves name-calling or teasing. Social bullying involves spreading rumors or excluding someone from a group.

### Consequences of Bullying

Bullying can lead to a variety of negative consequences, including depression, anxiety, and low self-esteem. It can also lead to physical health problems and even suicide in severe cases.

### Challenges to Stopping Bullying

There are several challenges to stopping bullying, including the reluctance of victims to report the behavior and the difficulty of identifying bullies in large groups.

## FOR PARENTS: BULLIES AND VICTIMS

Parents play a crucial role in identifying and addressing bullying. It's important to talk to your child about bullying and to work with the school if necessary.

### Characteristics of Bullies

Bullies often have certain characteristics, such as being aggressive and having a high sense of power. They may also have a history of being bullied themselves.

N  
 N  
 N  
 N  
 N

**Characteristics of Victims of Bullying**

A  
 N  
 N  
 NA  
 NA  
 A

