



Teasing and Bullying

While everyone expects to be teased once in a while, bullying has become a problem that children of all ages may be subject to in school, at home or in the community. Only recently has this issue been recognized and taken seriously by parents and other adults. Children who experience bullying are more likely to have feelings of depression, anxiety, are more likely to engage in violent activities and have suicidal thoughts or tendencies. In 2001 the National Institute of Child Health and Human Development conducted a survey that found “16% of United States school children are bullied during the school term. Ten percent reported being bullied but not bullying others, and six percent admitted bullying and being bullied.” (Pappano, L “No quick fix where bullies sit” 2003)

What is Bullying?

Repeated negative or hurtful behavior - emotional, physical or verbal. Typically there is unequal power - the child bullying has more power than the child being bullied.

Suggestions for your children if they're being bullied.....

1. Stay in a safe place
2. Stick with groups
3. Be confident (or act confident)
4. Ask me, a teacher or someone else you trust for help when you need it.

What can you do to prevent bullying?

1. Talk openly with your child about bullying behavior they've seen or experienced and encourage them to tell you or others about it.
2. Take bullying seriously
3. Get involved with your child's school or start an anti bullying program.

This information was adapted from the **Stop Bullying Now Organization**:
www.stopbullyingnow.net

Band- aids and Blackboards is a resource for children and adolescents with special needs to share personal experiences. In addition to helpful information, resources and suggestions about living with special needs, this site features a section dedicated to teasing and how to deal with bullies. There are also several helpful links to other sites about teasing and bullying. This is a very family friendly site with great information for children with special needs!

Resource for Children, Adolescents and Adults

If your child is being bullied or has been bullied in the past there is an international web site for children to share feelings and emotions. There are separate sections for children, adolescents and adults and there are varied ways to submit materials to help express feelings and frustrations and get support from others (i.e. drawings, music, poems, stories, and multimedia). Go to **bullying** www.bullying.org

Family Voices at the Federation for Children with Special Needs ✉ 1135 Tremont Street, 4th Floor, Boston, MA 02120 ✉ Tel (617) 236-7210 / Fax (617) 572-2094. **Volume 3, Issue 4 - Fall 2003**