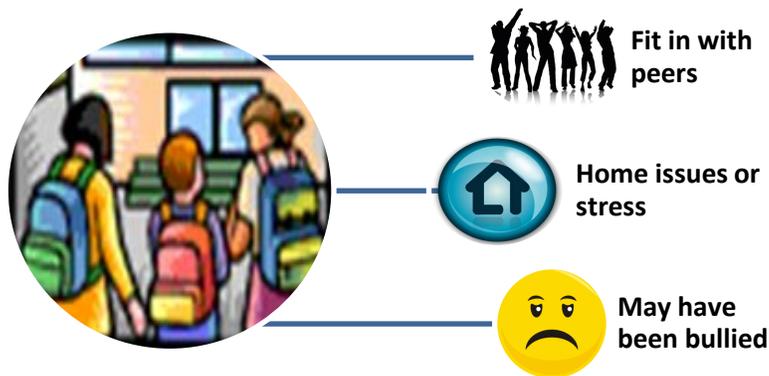


# BULLYING

## WHAT YOU NEED TO KNOW



## Why Do Kids Bully?



Bullying is a serious problem that affects kids nationwide, and **ALL ADULTS AND YOUTH HAVE A ROLE IN HELPING TO STOP IT.** Capital Area Human Services District has partnered with local organizations to raise awareness about the problem of bullying and support the youth and families of the Greater Baton Rouge area in taking action to stop it.

In the Capital Area, the rate of middle school students that reported being bullied at school:

**1 out of 4 students in the 6<sup>th</sup> grade**

**1 out of 5 students in the 8<sup>th</sup> grade**

20% of middle school students didn't feel safe at school and 10 % of students reported avoiding school because of bullying.

All kids involved in bullying whether they are bullied, bully others, or witness bullying can be affected. It is important to support all kids involved to make sure that the bullying doesn't continue. The goal of bullying intervention is to help the child who bullied take responsibility for harming others, see how their actions affect others, and repair the situation. It is important for everyone in the community to work together to send a unified message against bullying.

**Capital Area Human Services District** provides mental health, substance abuse and developmental disability services for the greater Baton Rouge area. See [www.realhelpbr.com](http://www.realhelpbr.com) for more information about clinic/school-based treatment and prevention services or call the clinic access number at 225-925-1906 or 800-768-8824.

Contact local schools for additional resources. To learn more about bullying prevention, visit [stopbullying.gov](http://stopbullying.gov)



### Kids Who Are Bullied Are More Likely To Have:

- Depressive symptoms
- Harmed themselves
- High levels of suicidal thoughts
- Attempted suicide

### Kids Who Are Bullied Are More Likely To:

- Want to avoid school
- Have lower academic achievement

Remember to always be aware of warning signs and if someone you know is in suicidal crisis or emotional distress, Call the PHONE, a 24-hour Crisis and Suicide Prevention hotline, at 225-924-3900

### Kids Involved In Bullying Are More Likely To Experience:

- Headaches, backaches
- Sleep problems
- Poor appetite and stomach pain
- Bed-wetting

### Kids Who Bully Others Are More Likely To:

- Exhibit delinquent behaviors
- Dislike school or drop out
- Bring weapons to school
- Think of suicide and attempt suicide
- Drink alcohol and smoke
- Hold beliefs supportive of violence

## BE MORE THAN A BYSTANDER

Many times, when kids see bullying, they may not know what to do to stop it. Youth who witness bullying or are being bullied should always tell a trusted adult. Help is available to handle bullying incidents and provide support for all kids involved. When adults respond quickly and consistently to bullying they send the message that it is not acceptable. To report bullying when it happens anonymously, Call CrimeStoppers: 344-STOP (7867) or [www.crimestoppersbr.com](http://www.crimestoppersbr.com) (go to anonymous tip screen). Text: cs225, or message to CRIMES (274637). Once a call is made, the investigation and intervention process starts. Schools are required to follow strict guidelines to address suspected bullying.

### Simple Steps Adults Can Take to Stop Bullying On the Spot

Intervene immediately and separate the kids involved.

Make sure everyone is safe and address any immediate medical or mental health needs.

Stay calm. Model respectful behavior when you intervene. Reassure the kids involved, including bystanders.

Contact law enforcement for serious threats of violence, including use of a weapon.