

What Does Bullying Behavior Look Like?

Adapted from David Fitzgerald: *Bullying in our Schools*

- Aggressive attitude and dominate behaviors toward others
- Sullen, secretive and difficult to approach
- Received a number of reports from other children about fighting or bullying
- Regularly has jewelry, clothes or money which cannot be accounted for
- Seen a particular child deliberately hurt another child
- Have evidence that a child has vandalized or damaged someone's property
- Likes to use others to get what he/she wants
- Constantly tells lies about his/her behavior
- When questioned, the child justifies the inappropriate behavior in the most strident and often surly terms and refuses to admit to doing anything wrong or accepting blame
- When admitting wrongdoing, there is no real remorse or sense of empathy
- Appears to enjoy hurting others and seeing them suffer, viewing weaker siblings as *prey*
- Tells stories or makes malicious remarks (blames, criticizes, and false allegation) about others that are untrue in order to get them into trouble
- Other children are intimidated by being nervous or silent in the particular child's presence
- Has changed friends and demonstrates more aggressive and deviant behaviors
- Other children tell lies to protect a particular child
- Like to use others to get what they want
- Lacks foresight to consider consequences of his/her behavior
- Refuses to take responsibility for actions (external locus of control)

What Does Victim Behavior Look Like?

Adapted from David Fitzgerald: *Bullying in our Schools*

- Unhappiness in school and reluctance to get up in the mornings
- Feeling apprehensive leaving school while taking unusual routes home
- Complaining about feeling sick in the mornings without visible physical signs
- Deteriorating work accompanied by a lessening of interest in school/work
- Becoming upset or emotional for the smallest reason
- Cuts or bruises on the body where the explanations are not really credible
- Rushes to bathroom when gets home and reluctant to go out and play
- Being unusually negative about issues
- Making comments and statements that downgrade oneself
- Has stomachaches, headaches, panic attacks, or unexplained injuries
- Has poor social-emotional skills with few or no friends
- Cannot account for missing school books, clothing, toys
- Develops a sudden interest in self-defense activities and to join a club
- Becomes uneasy and unnecessarily upset when peers at school are mentioned
- Does not appear like usual self and feels powerless
- Is sad, sullen, angry or scared after phone call or emailing
- Has a low self-concept and appears unhappy