

# What can you do?

## Students:

- Tell your parent or other trusted adult, like a teacher, counselor, or principal; it's not tattling.
- Be assertive and confident; students who bully like to see they upset you.
- Calmly tell the student to stop, or say nothing and then walk away.
- Avoid areas where there are not many students or teachers around.
- Surround yourself with friends and those who are not involved in bullying.
- If you find bullying hard to talk about, write it down, and give it to a parent.
- Don't participate in taunting and teasing others, even other bullies.



## Parents:

- Don't tell your child to ignore it because they have likely tried it already.
- Be a good listener; make it clear that it's not your child's fault.
- Learn as much as you can about the incidences and the bully.
- Don't contact the parents of another child or advocate physical retaliation.
- Talk to your child's teacher or principal and follow up to make sure the bullying stops.
- Do not erase any evidence of cyberbullying; keep it for documentation.
- Encourage your child to make new friends who are not involved in bullying.
- Make your home a safe and loving space for your child.



# Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



Pima County Board of Supervisors: Ramon Valadez, Chair District 2; Ann Day, District 1;

Sharon Bronson, District 3; Raymond J. Carroll, District 4; Richard Elias District 5;

Pima County Administrator: C. H. Huckelberry

This project was supported with grant funds awarded by the

U.S. Department of Justice, Office of Justice Programs.

Rev. 05/2011



Pima County  
Sheriff's Department

*Keeping the Peace and Serving the  
Community Since 1865*

# BULLYING

## A GUIDE FOR PARENTS AND CHILDREN



**Clarence W. Dupnik, Sheriff**

1750 E. Benson Highway  
Tucson, Arizona 85714

[www.pimasheriff.org](http://www.pimasheriff.org)



# What is Bullying?

Bullies are aggressors who repeatedly physically or emotionally abuse, torment, or victimize less assertive, smaller, weaker, or younger children. Why? It may be their way of getting attention or being popular or to make themselves look tough, or just because they're jealous of the person they're bullying.

## Why is it a problem?



Bullying is against school rules and can be dangerous. Bullying can also seriously

affect the academic work and physical health of those targeted. Victims of bullying may feel they need to take matters into their own hands by bringing weapons to protect themselves.

Young people who bully are more likely than those who don't to get suspended or drop out of school. They are also more likely to smoke, drink alcohol, get into fights, vandalize or steal property, carry weapons and have a future criminal conviction.

# Signs of Bullying

## Is your child being bullied?

Do they...



- come home with torn, damaged, or missing pieces of clothing, books, or other belongings;
- have unexplained bruises, cuts, or scratches;
- seem afraid of going to school, walking to and from school, riding the school bus or taking part in organized activities with peers;
- appear sad, moody, teary, or depressed when they come home from school;
- frequently seem anxious and/or suffer from low self-esteem.

## Characteristics of a bully:

- impulsive, hot-headed, dominant
- easily frustrated
- difficulty following rules
- views violence in a positive way
- shows little concern for the feelings of others
- acts aggressively toward other people, including adults
- may hit or push other children
- may not be popular with other children around their same age



Bullying behavior is a "red flag" that a child has not learned to control their aggression and may need counseling to learn healthy ways to interact with people.

# Cyberbullying

Cyberbullying is the same aggressive and intentional act as traditional bullying, but instead, the group or individual uses electronic forms of contact against a victim.



**Forms:** Emails, instant messages, text/picture messaging, social network sites, web pages, blogs, chat rooms/discussion groups, etc.

Cyberbullying differs from traditional bullying in some key ways that can make it more dangerous. Messages and images can be distributed quickly to a wider audience, and people can be anonymous when cyberbullying, making it difficult to trace.



Children who are victims of cyberbullying should save all correspondence as it may serve as evidence in a civil or criminal case.



## Report it!

- If you believe your child is being bullied, talk to someone at the school and document the incident.
- You can also contact the Sheriff's Department at 351-4900 or by calling 9-1-1.