



Empowered
BY HORSES



CREATING BULLY FREE COMMUNITIES

WHAT IS BULLYING?

“Bullying is a conscious, willful, and deliberate hostile activity intended to harm, induce fear through the threat of further aggression, and create terror.”

Bullying is a learned behavior that can be observed in children as young as 5 years old. There are changes and **warning signs** that you need to be aware of to prevent your daughter from experiencing ongoing bullying.[^]

Warning Signs #1: CHANGES IN SCHOOL

- ❖ She loses interest or refuses to go to school.
- ❖ She takes unusual routes home from school or to activities.
- ❖ Her grades begin to decline.

Warning Signs #2: CHANGES AT HOME

- ❖ Withdraws from family activities and wants to be left alone.
- ❖ Is taking money from you and is making up confusing reasons and excuses on where it went.
- ❖ Appears sad, sullen, scared or angry after receiving an email, text or phone call.
- ❖ Does something out of character.
- ❖ Stops talking about peers and everyday activities.
- ❖ When she does talk about peers, she uses derogatory or demeaning language.

Warning Signs #3: PHYSICAL CHANGES

- ❖ She is hungry after school saying she lost her lunch money or wasn't hungry at lunch.
- ❖ When she gets home from school makes a dash for the bathroom (she feels the bathroom in the school is not a safe place to be).
- ❖ Her clothes are disheveled, torn or missing.
- ❖ She has physical injuries that are not consistent with her explanations.
- ❖ She has stomachaches, headaches, panic attacks, anxiety, sleeps a lot or very little and is exhausted.



Empowered
BY HORSES



To understand the scope of bullying let's look at the elements that define bullying... Power, Intention and Aggression often leading to Terror.

1) Imbalance of Power

The bully may be bigger, older, stronger, higher up the social ladder, different race, and different gender or in the context of sheer numbers. It is **NOT** sibling rivalry or **two equally matched** kids in conflict.

2) Intent to Harm

The bully **intentionally** inflicts emotional or physical pain with the expectation that it will cause pain, and he enjoys observing with pleasure. It is clearly no accident or mistake. ‘

3) Threat of Further Aggression

Bullying isn't intended to be a one time event. Both the bully and the bullied know that other situations can and will likely **occur again**.

... And when bullying escalates it brings a fourth element: **Terror**.

Bullying is systematic violence used to intimidate and maintain dominance. Over time once terror is created, the bully acts without fear and terror has been created in the heart of the child. At this point the bullied feels so powerless she is unable to fight back or tell anyone about it. Often the third participant in this vicious cycle, ***the bystanders*** are encouraged to join in and the cycle of violence continues.

*** Please pay attention to any of these changes. Many parents will observe these changes and believe that it is just a phase. Whether it actually is a bullying situation or not, something is going on that requires your attention. Most children DO NOT report being bullied. Please talk to your daughter and listen to what she may be experiencing. Communication and building confidence are keys to positive change.***

^ Based on the research of Barbara Coloroso - international bestselling author and on parenting, teaching, school discipline, positive school climate, bullying, grieving, nonviolent conflict resolution and restorative justice.