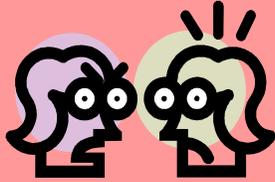


## IT'S EVERYONE'S JOB TO STOP BULLYING!



### WHY?

Girls bully to gain more popularity, while lowering the status of the victim.

### WHO?

Bullies tend to be already popular girls who are well liked by teachers in the school. Sometimes the "nice" girls at school can be the most aggressive.

**IMAGINE...** Your daughter is invited into a chat room by her "friends" only to be teased, or is sent an anonymous email telling her she needs to lose weight, or is called nasty names in the hallway, or has her tires slashed in the parking lot... These are all real events that happen to girls everyday. Relational aggression is common in schools but is most extreme in middle schools. Currently, "cyberbullying", or using instant messages, e-mail, and websites to spread rumors is the new trend. Girls seem to like cyberbullying, because they never have to face the victim or identify themselves, and it can immediately spread malicious information worldwide.



## Relational Aggression: *GIRL BULLIES*

### What is Relational Aggression?

A type of aggression in which harm is caused through damage to relationships or social status within a group rather than physical violence.

**Get your school involved in a program!** If your school does not have a bully prevention program, be the advocate to adopt one, or start one with other parents and teachers. If your school does have a program, stay informed about the program, the school's policy towards bullying, consequences, and any updates.

*"160,000 students each year fail to attend school out of fear of relational aggression"*  
*National Association of School Psychologists*

### SCHOOL CONSEQUENCES

At school girls may appear gloomy, moody, or inattentive. Activities such as finding a seat in the lunch room or finding a partner in class may cause severe anxiety. Furthermore, interactions with girls in the locker room, buses, or hallways can exacerbate the problem and lead to physical aggression.



### WHAT YOU CAN DO FOR YOUR DAUGHTER

- ◆ Teach her to solve problems without relational aggression and praise her when she does. Further, teach by example; do not bully or gossip to your daughter or other people in front of her.
- ◆ Listen to your daughter when she tells you that she is being bullied and take her seriously. Also, listen to her when she talks about other girls to make sure that she is not bullying.
- ◆ Talk to your children about their friends and school day; let them know that you are a safe and supportive person to talk to.
- ◆ Encourage your daughter to support other girls who are being bullied and to make friends with them.
- ◆ Make it known to your daughter that there are counseling services available at school if she feels comfortable and wants to discuss her bullying problems. Encourage and support her to see a counselor or the school psychologist.
- ◆ Many girls do not want to get the bullies in trouble for fear of more severe repercussions. Take the wishes and feelings of your daughter into account before making a decision about how to proceed.