

FACT SHEET

The Bully

Characteristics of the Bully

- Is mean, violent, manipulative, and/or coercive with others to get his way
- Gets into physical/verbal fights with others
- May manipulate or cause others to do his bidding
- Has extra money, badges, patches, emblems
- May be in trouble a lot
- Is quick to blame others
- Will not accept responsibility for his own actions
- Has friends that bully others
- Desires to win or be perceived as the best
- May be the past target of bullying or may have been abused at home

Who is At Risk for Bullying Others?

Some people who are at risk for bullying others are well-connected to their peers, have social power, and at least one of the following:

- Are overly concerned about their popularity
- Like to dominate or be in charge of others

Others at risk for bullying others are more isolated from their peers and may have any of the following:

- Are depressed or anxious
- Have low self esteem
- Are less involved in school
- Are easily pressured by peers
- Do not identify with the emotions or feelings of others

Other risk factors for bullying others include the following:

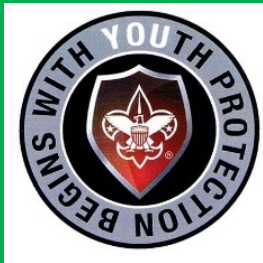
- Being aggressive
- Have less parent involvement
- Think badly of others
- Are impulsive
- Are hot-headed and easily frustrated
- Have difficulty following rules
- View violence in a positive way

What Does Not Increase Risk:

Location. There are no differences in rates of bullying for urban, suburban, or rural communities. Bullying happens everywhere.

School Size. The overall percentages of students being bullied does not vary based on school size, although bullying does happen more often in larger schools.

Gender. Boys and girls are just as likely to be involved in bullying. Forms of bullying may vary by gender; for



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instance, some research has found that girls are more likely to bully others socially.

Long-term Effects

- Has a higher risk for abusing drugs and/or alcohol
- More likely to get into fights, vandalize property, drop out of school
- More likely to engage in sexual activity at an early age
- More likely to have a juvenile criminal record

****Factoid: 60% of boys who bully in middle school have a criminal record by age 24 and are more likely to be abusive to girlfriends, wives, people with disabilities.***

How Can I Help a Scout Who is Bullying Others?

- Raise the cost of the bullying behavior and help the Scout consider alternatives to their behavior through consequences that are:
 - inevitable,
 - consistent,
 - non-hostile, and
 - escalate in severity.
- Hold the Scout who bullies fully accountable for his or her actions and confront excuses that minimize the behavior.
- Help the Scout develop empathy and learn to understand other people's perspectives.
- Help families and peers hold the Scout fully accountable for their actions by not suggesting or allowing rationalizations.
- Recognize and affirm the gradual progress the Scout makes toward nonaggressive behavior.
- Encourage the Scout to get involved in pro-social activities where they can learn to use power in socially appropriate ways (e.g., focusing their energy on causes they care about)
- Assess if there is another reason for the bullying behavior including impulsivity, poor social skills, or academic problems and use appropriate techniques to address these behaviors.

You can find the contact information for your local council Scout executive at www.Scouting.org/YouthProtection