Bullying Myths

- Only boys bully.
- Girls bully as often as boys.
- Fewer than 10% of children are involved in bully/victim behavior.
- Once a bully, always a bully.
- There is more bullying at larger schools or in larger classes.
- There is more bullying in middle than elementary grades.
- Bullying is a result of competition and the struggle to achieve good grades at school.
- Students are usually victims of bullying because of physical characteristics.
- A bully is anxious and insecure under the surface.
- There is a connection between bullying others or being bullied and the family’s socioeconomic level.
- Personal traits or ways of reacting in combination with physical weakness or strength in boys are of great significance for the development of being bullied or bullying others.
- Bullies have low self-esteem.
- Bullies are agitated and aggressive.
- Aggressive behavior of bullies can be attributed to their reactions to frustrations in school.
- Most bullying happens away from school such as on the bus and at the bus stop.
- Standing up to a bully by fighting back will deter the bullying behavior.
- The best way to handle a bully is to avoid or ignore the problem.
- Schoolyard bullies usually outgrow aggressiveness.
- Bullies should be encouraged to mediate their conflicts with their victims.
- A bully usually works alone.
- There are more provocative victims than passive victims.
- Bullying is harmless and is a right of passage.
- Bullying is an inherited behavior.
- Most bullying is physical in nature.
- Most bullying happens in metropolitan cities.
- Screen-time (television, internet, and video games) has no impact on aggressive behavior of students.

Classroom Rules by Olweus

**Rule One:** We will not bully other students.

**Rule Two:** We will help students who are bullied.

**Rule Three:** We will make it a point to include all students who are easily left out.

**Rule Four:** When we know someone is being bullied, we will tell a teacher or an adult at home.