



Working in the Community to Prevent and Reduce Bullying

Bullying is a form of youth violence. The CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

Helping youth who bully

- Take all accusations of bullying seriously. Violence is a learned behavior. So, what is learned can be unlearned.
- Communication is key. Every individual is unique and there are many factors that can contribute to bullying behavior. Talk with youth who bully to see why they engage in the behavior. Routinely talk with youth and caregivers about solutions to bullying.
- Ask yourself if someone at home is bullying the youth. Often, kids who use bullying are mistreated themselves by a parent, family member, or another adult.
- Get help. Ask a teacher or a school counselor if youth who bully are facing any problems at school, such as struggling with a particular subject or has difficulty making friends. Ask them for advice on how you can help.
- Teach coping skills. Establish partnerships with mental health professionals and individuals who are trained to help youth regulate EBD. Help youth develop social-emotional skills. Encourage help-seeking behaviors.

Resources

[Why Some Youth Bully – Stopbullying.gov](#)

[The Roles Kids Play in Bullying – StopBullying.gov](#)

[Prevention and Intervention: Multi-tiered Approaches to Bullying - StopBullying.gov](#)

[Social and Emotional Learning Bullying Prevention- StopBullying.gov](#)

[Teach kids not to bully – Kids Health](#)

[Helping Students Who Bully - Preventnet](#)