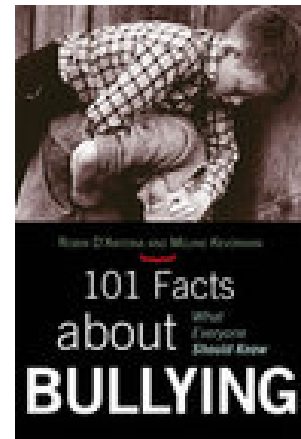


# 101 Facts about Bullying: What Everyone Should Know

By Meline Kevorkian and Robin D'Antona

Everyone involved with the care and welfare of children and young adults is confronted with the issue of bullying, which is one of life's major pressures facing children. Bullying behaviors create an uncomfortable, threatening, and even hostile environment that make it difficult for children to learn.

*101 Facts about Bullying: What Everyone Should Know* is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. D'Antona and Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying, debunking myth and unclocking the facts about bullying and its prevention.



## Know the Facts and Debunk the Myths

### 5 Facts that Debunk Bullying Myths

1. *Myth: Hitting back is a good solution to bullying.*  
**Fact # 29 – Students who fight back are more likely to be victimized.**
2. *Myth: We can allow children to resolve bullying because children who bully will outgrow the behavior.*  
**Fact # 38 A lack of adult intervention reinforces bullying behavior.**
3. *Myth: The long-term effects of bullying impact both the bullying and the victim.*  
**Fact # 42 – Elementary school children who witness bullying are at risk for long-term troublesome and depressive behaviors.**
4. *Myth: Most students realize that even though Cyberbullying is impersonal it can have the same impact as other forms of bullying.*  
**Fact # 58 – Even though there is clear intent to hurt the target of Cyberbullying, most of the time students do not realize the true impact of what they are doing.**
5. *Myth: Physical bullying is more serious than verbal bullying.*  
**Fact # 71 – Sticks and stones will hurt you.**

**Robin D'Antona, Ed.D.** is a founding *Board Member of the International Bullying Prevention Association*. She is a *Certified National Olweus Bullying Prevention Trainer* and works with school districts, after school programs and other groups training parents, teachers, coaches and practitioners about bullying prevention. You may contact her at [rcdantona@aol.com](mailto:rcdantona@aol.com) or visit her website: [www.stopbullyingma.org](http://www.stopbullyingma.org)