BULLYING: AGREE OR DISAGREE?

Mark each item agree, disagree, or unsure.

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1. Bullies act the way they do because of low self-esteem.
   While self-esteem can be an issue, recent research indicates that many bullies do not have feelings of inadequacy. Bullies may be capable, accomplished, and popular, with strong leadership skills.

2. Victims of bullies bring it on by their own behavior.
   Victims are never to blame for the torment inflicted on them. They do tend to have certain qualities that attract bullies. Many are targeted because they are timid and defenseless. Others, termed “provocative victims”, have poor social skills and are pesty and annoying.

3. Bullies grow out of their aggressive behavior.
   Not always. Many bullies have a very poor prognosis. As adults they are more likely to become abusive of their partners and children, and to be incarcerated.

4. More boys than girls are bullies.
   The data say that this is true. This is not to say that girls don’t bully. They do.

5. Girls' bullying is verbal and social, not physical.
   For the most part, yes. There has been an increase over time in physical bullying and harassment by girls. Girls are most likely to be violent when their social group supports it.

6. The best advice to give a child who is bullied is to physically fight back.
   Many victims can't follow that advice – they are timid and see themselves as weak. Also, physical fighting can be dangerous if the bully is stronger, is backed by a group, or has a weapon.

7. Bullying is an inevitable part of life.
   It does appear to be inevitable that some powerful children will victimize weaker ones. But even if bullying is bound to happen, that does not mean we are powerless to deal with it.

8. Adults should insist that victims work out problems with bullying by themselves.
   By definition, there is a large power gap between bullies and victims. To expect a victim to overcome this power difference without help is not reasonable. Victims need adult help.

9. Children can learn skills and attitudes that help protect them against bullying.
   Children can learn assertiveness skills, friendship skills, and other strategies that help them avoid being bullied and deal with bullying when it occurs. Bullies tend to bypass kids who have good social skills and high confidence.