

Beyond Survival

Summer 2011

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The Effects of Bullying

"Every 7 minutes a child is bullied"

"280,000 students are physically attacked in secondary schools each month"

This is just one of many stories of "Bullycide"

April's light will always shine.

April was born in Poteau OK and was a student in the 8th Grade at Carmichael Middle School in Richland Washington. April enjoyed painting, singing, choir, gardening and spending time with her family and friends.

April had a wonderful sense of humor and was a fun loving, but sensitive girl who enjoyed laughter and playing with her pet bird, Curious George...

On the morning of February 14th, (Valentine's Day), April Himes was told by her Middle School; Go to school (where she had been teased, harassed and taunted by classmates) or appear before a truancy board and maybe go to "juvie" jail.

April made another choice.

An hour after the phone call with Carmichael Middle School, April hung herself in her bedroom, leaving a devastated and grief stricken family behind.

Grief was not all that April's community was left with, but questions about how such a kind gentle girl could feel so hopeless in her pain, and how could April be so forgotten by her school. Prior to her suicide, April had missed 53 days of school and attempted suicide once before, using pills. April's parents had found her counseling but without the harassment ending at her school there was no resolving her basic problem, "bully peers". School officials had been told what was going on with April and why she was missing so much school but they were of no help.

April was no different than many other teenagers her age but she was very tender hearted. Despite being of normal weight, April was teased as if she were "fat" and having minor acne was another "flaw" harassers verbally used to hurt her. Physical pushing by bullies only made it worse. Physical abuse can hurt but adding emotional abuse can cause depression. Depression is what killed April!

April enjoyed a good joke and had a wonderful sense of humor. She was very active and enjoyed painting, skiing and roller-skating. Animals were April's specialty and she had talked about becoming an animal groomer. She had a special love for her pet bird, George, and George loved her too, waiting for her to come home when she was gone from her house. Soon after April died, George also died... of a broken heart.

The Effects of Bullying (continued)



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Unfortunately, April's story is not uncommon. Suicide is the third leading cause of death in youth, ages 15-24.

One out of four students will be bullied by another youth.

Bullying has serious and lasting effects. While these effects may also be caused by other factors, research has found

bullying has significant effects for those who are bullied;

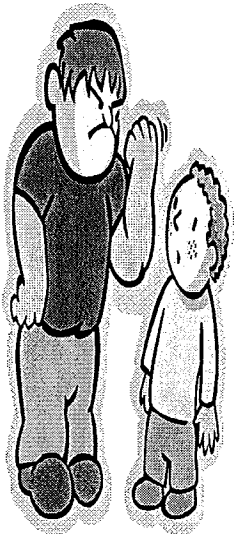
People who are bullied;

Have higher risk of depression and anxiety, including the following symptoms;

- Increased feelings of sadness and loneliness,
- changes in sleeping

and eating patterns,

- loss of interest in activities,
- increased thoughts of suicide
- More likely to have health complaints
- Decreased academic achievement
- More likely to miss, skip or drop out of school



What is Bullying?

Bullying is physical, verbal or psychological attacks or intimidation against a person who cannot properly defend himself or herself. It includes two key components: (1) repeated harmful acts

and (2) imbalance of power.

The most common types of bullying are hitting, threatening, intimidating, maliciously teasing and taunting, name-calling, making sexual remarks,

stealing or damaging belongings or more subtle, indirect attacks such as spreading rumors or encouraging others to reject or exclude someone. This includes online bullying or cyber bullying.

Cyber Bullying



Instead of happening face to face, cyber bullying happens through the use of technology such as cell phones, computers and other electronic devices.

Examples of cyber bullying include;

- Sending hurtful, rude or mean text messages to others, including sexually explicit images, "sexting",
- spreading rumors or lies about others by e-mail or on social networking sites, or

Cyber Bullying (continued)

- Creating websites, videos or social media profiles that embarrass, humiliate or make fun of others.

Bullying online is very different from face to face bullying because images can be sent 24 hours a day, 7 days a week, 365 days a year,

they can be shared to a widespread audience and they can be sent anonymously.

Research on cyber bullying has found that students involved are more likely to be;

- Unwilling to attend school
- Receive poor grades

- Have lower self-esteem and,
- Have more health problems.

160,000 students miss school each day for fear of being bullied.

77% of students are bullied mentally, verbally and physically. Cyber bullying statistics are rapidly approaching similar numbers.

Below are resources for prevention and intervention strategies.

Resources

Beyond Survival-
533-9751.

www.ghteenhelp.org

Grays Harbor Youth Center-
589-3259

www.cops.usdoj.gov

www.keepschoolssafe.org

www.stopbullying.gov

www.bullypolice.org

If you or someone you know is being bullied, there is help. Tell a teacher, counselor, friend or family member. You do not have to go through it alone!

For more information on bullying laws in Washington State, visit the legislatures web site for the following;

RCW 28A.300.285

RCW 28A.600.480

RCW 28A.635.090

RCW 28A.635.100

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BEYOND SURVIVAL

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About Us



Beyond Survival is a fully accredited Sexual Assault Resource Center and is a member of the Washington State Coalition of Sexual Assault Programs. We provide free and confidential assistance for primary and secondary male, female, adult, and child victims of sexual violence. Beyond Survival provides prevention education for our schools

and community organizations on sexual abuse/assault and the impacts of sexual violence. Our mission is to eliminate sexual violence and oppression through education, services and social change. We are committed to serving and empowering all individuals regardless of race, color, national origin, gender, sexual orientation, age, religion,

socioeconomic status, marital status, pregnancy, veteran status, disability or any other basis prohibited by state, federal or local law.

Other services we provide include medical advocacy, legal advocacy, the cost for therapy for individuals who are uninsured or underinsured. We also have a 24-hour response line to provide crisis intervention at (888) 626-2640.