

¶ 11 La Shanda Trimble won't have to resort to the courts. Next year she'll be attending the Alliance School, founded to create a safe atmosphere for students who feel unwelcome in traditional settings. Says co-founder Tina Owen, an English teacher: "A lot of adults think 'Sticks and stones may break my bones, but words will never hurt me.' But these students seemed to be hurting really bad."

¶ 12 47% of sixth-graders said they were bullied at least once in the course of five school days. What can you do?

¶ 13 • WHAT IS BULLYING?

Not every push on the playground qualifies as bullying. But rough behavior crosses the line when it's deliberately aggressive, persistent and intended to scare or hurt another person. Bullying can involve hitting, taunting, name calling, rumor spreading, social exclusion, extortion and insulting e-mails.

¶ 14 • IF YOUR CHILD IS BEING BULLIED

LISTEN: Don't blame your child; do empathize. Don't suggest ignoring the *bully* or hitting back, since that rarely works.

REACH OUT: Report bullying to the teacher or principal, not the *bully's* parents, who may deny that the problem exists.

SUPPORT: Help your child develop confidence and make friends. Explain that there is no shame in seeking a teacher if things get threatening.

¶ 15 • IF YOUR CHILD *BULLIES* OTHERS

MONITOR: Supervise your child's activities whenever possible. Set clear, consistent rules forbidding bullying and defining the penalty. Strictly enforce them.

SUPPORT: Spend more time with your child. Offer praise for good behavior. Don't demonstrate bullying behavior yourself.

Percentage source: Adrienne Nishina, UCLA, in the March/April 2005 issue of Child Development. Box source: Susan Limber, Clemson University and stopbullyingnow.hrsa.gov

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