

about

BULLYING AND CYBERBULLYING IN FAIRFAX COUNTY

Fairfax County Youth Survey
8th, 10th, and 12th grade self-reported behavior

what you need to know...

In Fairfax County, bullying is more common in the middle school years, but overall more than half of students reported being bullied in the past year. Eighth-graders reported the highest rates of bullying and cyberbullying.

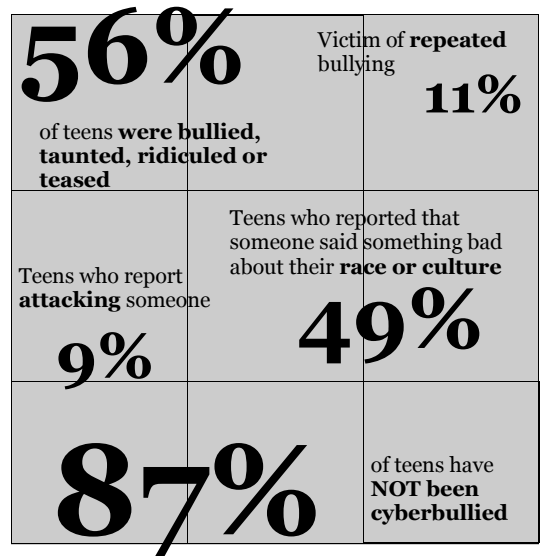
Bullying is when one or more students, of greater strength or power, repeatedly tease, threaten, spread rumors about, hit, shove, or hurt another student.

It is not unusual for a teen to be both an aggressor and a victim. Seventy-five percent of teens who report bullying others have also been a victim of bullying.

Electronic or cyberbullying is bullying through email, chat rooms, instant messaging, social networking websites, or text messaging.

Boys report higher rates of bullying others (55%), though 44% of girls report bullying someone in the past year. The same percentage of girls and boys (56%) report having been the victim of bullying.

Being cyberbullied is reported by only 13% of students surveyed; however, victims of cyberbullying suffer from depression and substance abuse more than those who have not been cyberbullied.



what can you do?

build bullying resiliency

- Help your teen develop self-confidence through talents and positive outlets such as music, athletics, art and volunteerism.
- Encourage contact with peers.
- Teach safety strategies and how to seek help. **Telling is not tattling!**
- **Teach your teen not to be a bystander.** Don't watch. Don't laugh. Join with others to stop the bullying.
- **Make and enforce rules** about phone and computer use. Discuss what is appropriate, be aware of where they are going online and encourage them to tell you immediately if they observe cyberbullying.

know the signs of bullying

- Torn, damaged, missing clothes or belongings.
- Unexplained cuts, bruises and scratches.
- Isolation from or lack of friends.
- Fear of going to school or participating in peer activities.
- Frequent headaches, stomachaches, other ailments.
- Moodiness, sadness, depression.
- Trouble sleeping or frequent bad dreams.
- Anxiety and low self-esteem.
- Loss of appetite.
- Decreased school performance/grades.

if you are concerned ...

- Stay calm and talk with your teen. Let him/her know you are concerned.
- Let your teen know that bullying is not his/her fault and that **bullying is never ok.**
- Investigate. Ask your teen to describe who was involved, tactics used, when and where the bullying happened, and if there were witnesses.
- Document. Print and save any electronic messages. Keep a record of all incidents.
- Block cyber contact with bullies.
- Partner with school staff to share information and find a solution.
- Check back with your child and the school to make sure the bullying has stopped.

Source: adapted from

stopbullying.gov

[Virginia Department of Health Tip Card](http://www.vdh.virginia.gov)

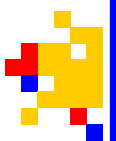
who can help?

Fairfax County Public Schools (FCPS) teacher, counselor, administrator, nurse, psychologist, or social worker

[Fairfax County Public Schools Student Safety and Wellness Office](http://www.fcps.edu/dss/ips/ssaw)
www.fcps.edu/dss/ips/ssaw | 571-423-4270

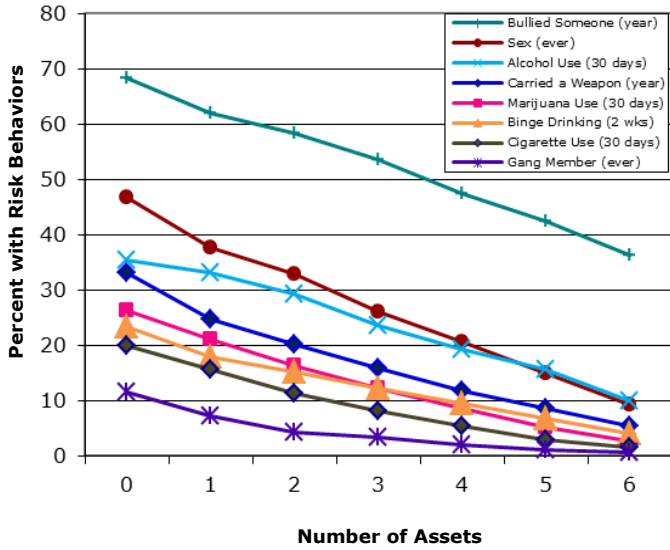
Fairfax Partnership for Youth
www.FairfaxYouth.org

National Suicide Prevention
Lifeline 24 hours/7 days
1-800-273-TALK (8255)



THREE TO SUCCEED

Thriving in Fairfax



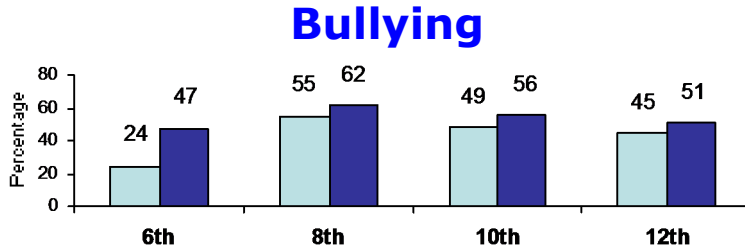
Three to Succeed is based on the Youth Survey analysis that shows having **just three assets** dramatically **reduces risk behaviors** and **promotes thriving youth**.

Assets are strengths in young people, their families, friends, schools and communities that help them thrive in health, in school, in daily life, and in a safe environment. The more assets a person has, the fewer

risk behaviors they report and the Youth Survey shows that every asset makes a difference.

Young people in Fairfax County report positive influences from the people and other assets in their lives, though there are disparities that make it more challenging for some to thrive. Take action to be an asset in any young person's life and help build a stronger, more positive community that benefits ALL children.

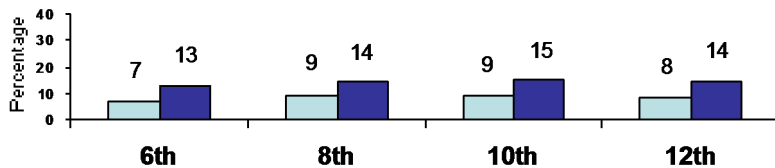
- Assets**
- Having High Personal Integrity
 - Performing Community Service
 - Having Teachers Recognize Good Work
 - Having Community Adults to Talk to
 - Participating in Extracurricular Activities
 - Having Parents Available for Help



The Fairfax County Youth Survey was administered in the fall semester of 2010.



Cyberbullying



These percentages translate to 5,166 students being cyberbullied in the past year.

websites for more information

Fairfax County Youth Survey
www.fairfaxcounty.gov/youthsurvey

Fairfax County Prevention System
www.fairfaxcounty.gov/ncs/prevention

Fairfax County Public Schools Intervention and Prevention Services
www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyprevention.shtml

Centers for Disease Control and Prevention LGBT Health
www.cdc.gov/lgbthealth/youth.htm

Stop Bullying
stopbullying.gov

National Crime Prevention Council
www.npc.org/topics/bullying



A publication of Fairfax County, Va., and Fairfax County Public Schools

related factors

Youth who report being victims of frequent or chronic bullying are more likely to report

- Being depressed.
- Considering or attempting suicide.**
- Using drugs or alcohol.
- Carrying a weapon or handgun.
- Being frequent or chronic bullies.

** Data results from the 2009 Youth Survey.



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.

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