Resources on Bullying

NEW 2018 COLLEGE CYBER BULLYING RESOURCE:
https://www.affordablecollegesonline.org/college-resource-center/cyberbullying-awareness/

Statistics, Scripture, and Solutions: Strength

Statistics


Scripture

- Philippians 4:13: I can do all things through Christ who strengthens me.
- Psalm 18:32: It is God who arms me with strength and keeps my way secure.
- Psalm 22:19: But you, Lord, do not be far from me. You are my strength; come quickly to help me.
- Psalm 28:7a: The Lord is my strength and my shield; my heart trusts in him, and he helps me.
- Isaiah 12:2: Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.”
- Isaiah 33:2: Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.
- Isaiah 40:29: He gives strength to the weary and increases the power of the weak.
- Isaiah 40:31: But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
- Isaiah 41:10: So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- Ephesians 3:16: I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.
- 2 Thessalonians 3:3: But the Lord is faithful, and he will strengthen you and protect you from the evil one.
Defend yourself by not being an easy target. Be brave! Rely on divine strength when you have none of your own! Never believe the bullies’ lies. Always tell someone about the abuse. If the person you tell does nothing, find another until someone listens.

Body language and tone of voice can make a huge difference.

- Display your confidence by standing tall, speaking up loudly and clearly when confronted, and walking with deliberateness. Bullies want someone who is timid, insecure, and weak physically or mentally.
- Buddy up with someone. Bullies would rather pick on one person at a time. There is strength in numbers. Speak up and defend each other. Strengthen each other by memorizing one of the above verses together. Be ready to quote it to encourage each other.

Statistics, Scripture, and Solutions: Be Aware, Observant

Statistics

- 30 percent of students admit to being a bully or doing some bullying
- 30 percent of those students who reported that they had been bullied said they had at times brought weapons to school.
- A bully is six times more likely to be incarcerated by the age of twenty-four.

Scripture

- **2 Thessalonians 2:8**: And then the lawless one will be revealed, whom the Lord Jesus will overthrow with the breath of his mouth and destroy by the splendor of his coming.
- **1 Peter 5:8**: Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Solutions

- Defend yourself by not being an easy target; arm yourself with God’s Word. Tell someone if you are abused in any way. Don’t listen to the bullies’ lies. Find someone who will listen and help.
- If you know someone has a weapon, tell an adult immediately!
- If you witness bullying, don’t settle for being a spectator. The bully usually feeds off his or her audience. Laughter at the victim’s circumstance adds fuel to the bully’s torment. It’s like the law of supply and demand: if the general population doesn’t demand the need to see and or hear about the victim’s misfortune, then there’s no need to supply a victim. You can make a difference! Walk away, tell an adult. If you don’t think the adult is taking the report seriously, tell someone else. Keep reporting no matter how many times or how many adults it takes. Tell someone until they listen. Write down exactly what you saw and heard immediately so there is no variance in your reporting. Do not fabricate a more intense drama. If the bully has an audience, he or she may take bolder actions, or if he feels you want a more...
sensationalized act, he or she will accommodate. He or she needs to feed his or her hunger for power and authority over others.

Statistics, Scripture, and Solutions: Thoughts of Suicide

Statistics

- Suicide is the third leading cause of death in young people. Youths that are bullied are two to nine times more likely to attempt suicide. According to studies by Yale University. “Suicidal Thoughts and Attempts Higher Among Young People With General Medical Illnesses, Yale Study Shows,” accessed August 29, 2013, http://news.yale.edu/2000/06/05/suicidal-thoughts-and-attempts-higher-among-young-people-general-medical-illnesses-yale-s.


Scripture

Psalm 139:14: I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

Psalm 140:4: Keep me safe, Lord, from the hands of the wicked; protect me from the violent, who devise ways to trip my feet.

Psalm 34:7: The angel of the Lord encamps around those who fear Him, and He delivers them.

Psalm 9:13: Lord, see how my enemies persecute me! Have mercy and lift me up from the gates of death.

Psalm 56:13: For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

Solutions

- Defend yourself by not being an easy target. Your strength is in God’s infinite power, not your own. Always find someone you trust to tell what a bully has done. Never believe the bullies’ lies.

- Tell an adult about the abuse. Someone who believes you and can help you understand that it’s not your fault; tell a parent, a pastor or clergyman, a counselor, or an adult relative.

- Talk to someone right away!
  - If you can’t talk to an adult, go to an emergency room.
  
  - Call the suicide hotline: 1-800-273-(TALK) 8255.

  - The website http://suicidehotlines.com/ has listing of suicide hotlines by state.

- Remember that bullies are wrong, they tell lies, and they abuse power.

- Don’t listen to them, and don’t dwell on their words or actions.

- Don’t isolate yourself with your own thoughts, focusing only on the words of liars. You are smart!
Statistics, Scripture, and Solutions: Lies and Cyberbullying

Statistics

Resources on cyberbullying:


- Enough is Enough Making the Internet Safer for Children & Families
  http://www.Internetsafety101.org/cyberbullyingstatistics.htm#_ftn1

- Cyberbullying Research Center http://www.cyberbullying.us/index.php

- Co-Director of Cyberbullying Research Center. Additional information available. http://www.uwec.edu/patchinj/webvitae.htm

- Co-Director of Cyberbullying Research Center. Additional information available. http://wise.fau.edu/~hinduja/


Scripture

- Job 5:21: You will be protected from the lash of the tongue, and need not fear when destruction comes.

- Psalm 25:21: May integrity and uprightness protect me, because my hope, Lord, is in you.

- Proverbs 14:3: A fool’s mouth lashes out with pride, but the lips of the wise protect them.

- Job 11:15: Then, free of fault, you will lift up your face; you will stand firm and without fear.

- Psalm 3:6: I will not fear though tens of thousands assail me on every side.

- Psalm 23:4: Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

- Hebrews 13:6: So we say with confidence, “The Lord is my helper; I will not be afraid.
What can mere mortals do to me?”

Solutions

- If you burn your hand every time you place it in the fire, you learn to not put it in the fire. You can wait for the flames to die down and warm your hands over the coals. Waiting or having patience doesn’t mean you will have to remain cold.

- If your heart is broken and your self-esteem shattered each time you open a social media site, learn to stop opening it. You can wait for
the firestorm to subside. Patiently wait for God to work on you and perhaps others. Use face-to-face conversations with only trusted and true friends. Avoid the world in its wickedness. Stand with like Christian sisters and brothers, drawing strength from one another.

Adult Resources

A note to the parents: In *Too Late*, Liam’s family didn’t recognize the signs of his bullying. He chose to do it because he wanted to be on the side of the bullies to stop the torment he felt.

Does your child exhibit any of the following behaviors?

- becomes violent with others
- gets into verbal or physical fights
- makes frequent trips to the principal’s office or other disciplinary situations
- shows up with money or stuff and can’t explain where it came from
- blames others quickly
- denies responsibility for his or her own actions
- hangs out with other kids who bully
- must win or dominate in activities

According to the US Department of Health and Human Services, “The Roles Kids Play,” accessed August 29, 2013, [http://www.stopbullying.gov/what-is-bullying/roles-kids-play/index.html](http://www.stopbullying.gov/what-is-bullying/roles-kids-play/index.html) the above items are bullying behaviors. If these behaviors are repeated to cause harm or hurt the victim as a show of superiority or power of the other individual, this is bullying. Saying, “It was a joke” or “I was teasing” doesn’t make it okay for the victim.

To help your child stand firm and draw strength from his or her faith, remind your child of his or her strengths, whether it’s physical, intellectual, emotional, or spiritual. Be specific, give examples, and don’t just say, “You’re a strong boy or girl.” Describe what he or she has already done to *demonstrate* those areas of strength. Physically act out scenarios in which he or she has to scream, deflect blows, and practice *defensive moves*. Encourage him or her to move faster and scream louder than your child believes he or she can. Show your child and others by *their own examples* how strong they can be in Christ when they believe in themselves and not the words hurled at them to make them doubt that divine strength.

References


How to Stop Cyberbullying. Cyberbullying is an issue, but it’s one that can be stopped. There are many online resources to help both parents and children cope with cyberbullying and prevent it. What teens can do... if they are a target of cyberbullying. If the cyberbullying is getting out of hand and it feels like it is too much for you to handle talk to a trusted adult and ask for advice. Keep a record of the cyberbullying in case you decide to report the cyberbullying to authorities. Talk to them about what they are doing and how they are hurting other people, make sure that they understand the severity of their actions. Talk to them about why they are doing what they are doing and listen to them, don’t react out of anger.