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## Bullying Can Be Stopped\*

Years ago, it was common for there to be a bully in a school setting. They would take lunch, money, or clothes from other children, verbally abuse others, and, worse, physically attack them. It was considered a way of life. Nowadays, however, there is a realization that this behavior should not be tolerated, and there are concerted efforts to stop it. While some may disagree, bullying can be stopped with a coordinated effort by school administrators and teachers, parents, and children.

Administrators and teachers can create anti-bullying rules and enforce those rules in school. "Bullying" says that there is a critical emergency to act now to stop bullying. According to Gupta, "Schools are the first resource in the war against bullying." Gupta believes that a cohesive policy among schools is needed to bring attention to the problem and find solutions. Jensen and Jensen agree: "A uniform policy must be established." Beginning with the schools, especially across a school district, is a great starting place. "There first must be definitions so that students know which behaviors are not acceptable," says Gupta. Children have to know exactly what is considered bullying. "Not only should the school district define and give examples, there must be clear policies concerning enforcement and penalties," says Jensen and Jensen. Anwar et al. point out that sometimes children simply don't know what is expected of them. These children may have developed a pattern of bullying behavior that has been rewarded. Without consequences, simply creating policies will not work. "Bullying" urges that

the prevention program in schools include a requirement that teachers report all instances to their administrators who must keep a record. "It is critical to know how pervasive and persistent the behavior is" ("Bullying"). Schools also have a duty to keep records in case there is legal action – either criminal or civil. Those records can be very helpful if the behavior continues and law enforcement is notified. In fact, some bullying could actually be assault. Administrators and teachers are an important part in helping to stop bullying

Parents can educate their children not to bully and to report bullying or intervene if it can be done safely. Parents must also be involved, Gupta says. This makes sense since appropriate behaviors must also be required in the home. "Without a home environment that reinforces the behaviors required at school, the effort to stop bullying will just not work" (Gupta). Jensen and Jensen raise a concern about how realistic it is to involve all parents. "Often, bullying at school is the result of bullying at home. The child learns that bad behavior and brings it to school" (Jensen and Jensen). An effort to rely on parents to control bullying may be unrealistic. There are some parents that actually encourage their children to fight and be bullies. Jensen and Jensen are raising a legitimate concern about how much the effort against bullying can count on parents. Gupta says, however, that there are some parents who will encourage their children to tell them about bullying so that the parent can intervene. Those parents might also help train a child in safe intervention strategies. Anwar et al. think that the primary role parents can play is training. Some will have to be trained themselves first, however. Jensen and Jensen doesn't seem to think parents can be helpful at all. "Bullying" goes much further and demands that parents be educated and take affirmative action to stop their children from bullying. "Parents can be implicated as conspirators," according to "Bullying," if they play an active part in continued bullying, especially if an injury occurs. Actually, there should be clear laws defining

the requirements of a parent to stop bullying. According to "Bullying," if parents don't stop their children from bullying, the local child welfare agency should step in and investigate neglect. "Abuse might also be present in such situations" ("Bullying"). To stop bullying, parents must be involved.

Children can let school officials and parents know about incidents and intervene as long as it can be done safely. "A necessary ally in the fight to stop bullying," says Gupta, "is the children." This is a good point since children are the ones who see and experience the bullying. "They must be the eyes and ears" (Gupta). While this sounds logical, it is sometimes very difficult for a child to speak up, especially if he or she is the victim and is afraid. Anwar et al. says, "Children are fragile. Adults have to be careful about they expect." Jensen and Jensen agree that children cannot really help in the fight. "Children should not be expected to put their safety at risk or feel bad when they cannot stop the bullying. At best, all they should be expected to do is let a teacher or parent know" (Jensen and Jensen). There is another issue about information from children that neither Gupta or Jensen and Jensen mention. Children's perceptions are sometimes not accurate. "Bullying" is silent on the issue of expecting children to participate in the war against bullying. However, children can be part of the solution.

School administrators and teachers can be a major influence in the fight against bullying. Parents can teach their children how to intervene, and children can also join the fight. Bullying can be stopped through a coordinated effort.

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