



Recognition of and Solutions to Bullying

- Whereas: Bullying is a learned behavior; it is a conscious, willful, and deliberate hostile act intended to harm, induce fear through the threat of further aggression, and create terror; and
- Whereas: Young people who bully are more likely than those who don't to skip school and drop out of school; and they are also more likely to smoke, drink, get into fights and vandalize property; and
- Whereas: Children who are bullied are more likely than their peers to be depressed, lonely, have low self-esteem, feel unwell, have more migraine headaches and think about suicide; these feelings often accompany them into adulthood; and
- Whereas: Those who stand by passively watching or actively encouraging bullying are also affected by these hostile acts; they encourage the bullying by creating an audience, they may become desensitized to cruelty, they may learn to imitate bullying behavior and become bullies themselves, and/or they may be fearful for their own safety adding to their own insecurity; and
- Whereas: When parents, students, school staff members and communities do not acknowledge bullying then inadvertently they support it, if the problem is not addressed it will get worse, therefore be it
- Resolved: That the Alaska PTA supports the inclusion of school staff, students, and parents in the efforts to raise awareness about bullying, improve peer relations, intervene to stop intimidation, develop clear rules against bullying behavior, and support and protect victims of bullying; and be it further
- Resolved: That the Alaska PTA supports programs, which address the causes and effects of bullying in our schools.

Approved by the Alaska PTA 2005

Summary: Bullying is a common problem in our schools and communities; unfortunately many people believe that this behavior is a normal part of growing up. However, bullying can have detrimental effects on the bully, the child being bullied and the bystander that can last a lifetime. Indications of bullying behavior are evident in preschool aged children with the problem peaking in middle school. Therefore, it is imperative that bullying intervention strategies be implemented as early as possible. The most effective means of addressing bullying is through an inclusive, school-wide program working with parents, students, administrators, teachers, and other school staff. Programs should develop an equally comprehensive, school-wide policy that includes a clear definition of bullying and how the school will respond to bullying incidents, as well as a discussion of program philosophies and goals.