

## Bullying Statistics

- 1 out of 4 kids are bullied
- 77% of students are bullied mentally, verbally, and physically
  - 14% of these student experienced severe reactions
- 8% of students miss a day of class due to the fear of being bullied
- 1 out of 5 kids admit being a bully at school
- Youth violence occurs on school grounds opposed to on the way to school
- 87% of students said shootings are motivated by a desire to "get back at those who have hurt them"



**STOP BULLYING NOW!!**

### References

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## Bullying Not Allowed in Physical Education



### Stopping Bullying of Overweight Students in Physical Education



# How Can We Stop Bullying of Overweight Individuals?



Children in Elementary School and Junior High are usually triggered as the biggest victims when it comes to bullying within Physical Education.

One of the main reasons that overweight or obese students are triggered to bullying the most is due to not having matured to their full potential yet.

A few reasons that students are bullied in Physical Education would be that they have not gained all of their psychomotor skills, have an embarrassing body composition, and are behind in skill levels in a certain activity. Students are very hesitant to report bullying to teachers or administrators. Students are afraid to report due to the bully knowing that the bullying is hurting them, either emotionally or mentally. If a bully would find this out, they would keep bullying the student because they know it bothers them.



## Who Becomes a Victim?

According to a study done in Canada, not just overweight and obese individuals are victims of bullying. 11% of 5,750 students that were healthy weight were bullied, compared to 14% of overweight students and 19% of obese students reported being bullied.

## Ways to Stop Bullying

As adults, we are authority figures in children's eyes. Therefore, we need to step up and stop bullying when we see it happen. Step between the bully and the child or children being bullied, preventing eye contact.

- Make a point to see the child later in private if he or she is upset, but don't ask what happened at the time of the incident.
- Include bystanders in the conversation and give them guidance about how they might appropriately intervene or get help next time.
- Do not require students to apologize or make amends during the heat of the moment. All consequences should be logical and connected to the offense.
  - Peer Mediation
  - Teacher Mediation
- Follow Up with the students in order to make sure that they are coping with the emotional and mental stress in a responsible manner and not causing harm to themselves

## How Does Bullying Happen in Physical Education?

Letting students form their own teams or groups during PE would allow for bullying. Picking two captains that are "athletic" or "popular" kids is a way. These students will pick the athletic and popular until you get to the undeveloped or "fat" kids. Being picked last is not completely considered bullying, but it could be in the area of PE. Students who are not athletic are at a greater risk of being bullied. Students who are weak, overweight, and uncoordinated are prime targets for verbal abuse during PE class.

## Signs of Bullying

- Comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Has unexplained cuts, bruises, and scratches
- Appears sad, moody, teary, or depressed when he or she comes home

