What’s Happening in Hawai’i?

High School

2 of 5 students say bullying is a problem at school.

1 of 3 students DO NOT have a teacher or adult at school they can talk to when they have a problem.

Middle School

Half of students say bullying is a problem at school.

Signs of bullying

- Headaches
- Depression
- Loss of friends
- School absenteeism
- Academic problems

Reasons why students might not report bullying to adults

- Negative messages about tattling and snitching
- Gender stereotypes
- Concern about retaliation
- Lack of confidence in adults’ actions

What is Bullying?

Any unwanted written, verbal, graphic, or physical act by an individual or group toward another person(s) that causes harm or distress.

Spectrum of bullying

- Power imbalance
- Intent to do harm
- Is REPEATED over time

Forms of bullying

- Physical
- Verbal
- Social
- Emotional
- Cyber

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Love is imperative to one’s mental and physical welfare. (‘Ōlelo No‘eau, #2836)
What you can do

PREVENT
• Be a role model for positive communication, healthy relationships, and self-care.
• Reinforce acts of kindness, respect, and inclusion.
• Set policies and rules about bullying.

RECOGNIZE
• Know the definition of bullying and its many forms.
• Talk with and actively listen to the youth who confide in you.
• Watch for warning signs of bullying.

INTERVENE
If a student reports being bullied
• Be supportive and gather information about the bullying.
• Assure the student that bullying is not their fault.
• Consider connecting the student to mental health services to talk about the experience.
• Ask the student being bullied what can be done to make them feel safe.
• Commit to making the bullying stop and consistently support the bullied student.

If you witness bullying behavior
• Respond quickly and consistently to send the message that it is not acceptable.
• Separate the students involved.
• Meet any immediate medical or mental health needs.
• Stay calm and model respectful behavior.

Bullying Resources

Common Sense Media
commonsensemedia.org/cyberbullying

Cyberbullying Research Center
cyberbullying.org

Growing Pono Schools
growingponoschools.com

Hawai’i Bullying Prevention Toolkit
bullypreventiontoolkit.weebly.com

Hawai’i Sexual & Gender Minority Health Report
health.hawaii.gov/surveillance

Hawai’i State Department of Education (HIDOE)
hawaiipublicschools.org

Mental Health America of Hawai’i
mentalhealthhawaii.org/youth-suicide-bullying-prevention

Stop Bullying
stopbullying.gov/respond/support-kids-involved/index.html

WHAT CAN I DO AND WHERE CAN I FIND OUT MORE?

TEACHERS


For more information please contact The Department of Health at 808-586-4488 | http://health.hawaii.gov/school-health

Tell the bully to stop, walk away, and talk to a trusted adult.