

Characteristics of **Bullies**:

- ✓ Aggressive personality pattern
- ✓ May have a positive attitude toward violence
- ✓ Older and stronger than their peers
- ✓ Come from unhealthy family situations
- ✓ Need for attention and control
- ✓ Substance abuse

Characteristics of **the Bullied**—Generally, *anybody* who is perceived to be different from their peers, including:

- ✓ Mental/Emotional ability—_____
- ✓ Behavioral/Social challenges—_____
- ✓ Physical attributes—_____
- ✓ Sexual orientation/gender expression _____



Sexual Abuse

Overview

- Can include incest, voyeurism, sexting, sexual jokes/advances/touching, child pornography, rape, indecent exposure
- Known as the “_____” because...
 - About 75% of all sexual assaults or attacks are committed by people the victim knows
 - _____
 - _____
 - _____
- Victims of sexual abuse are most often young females, especially those under the age of 18
- Males are victims of sexual abuse though at much lower numbers; they tend to be young and/or of different sexual orientations/gender identities
- Battery or beating may be used in conjunction with sexual abuse
- Substance abuse by the assailant and/or victim often factors into the occurrence of sexual abuse

Violence

- Tend to be *isolated* events toward people or property frequently unfamiliar to the assailant
- Causes may include:
 - Prejudices
 - Substance abuse
 - Poverty or basic needs not met
 - Unsuccessful efforts to resolve a conflict
 - Mental illness or controlling personalities
- _____—a person who commits a violent act against another
- _____—violence committed for no particular reason; usually involves an innocent bystander (homeless)

Factors Affecting Violence

- Availability of weapons
- Law Enforcement
- Territoriality (i.e. gangs, invading nations)
- Substance abuse
- Media (movies, TV, music lyrics, video games, websites/blogs, books/magazines, etc.)

How can we reduce violence?

- Stop, think, breath. Use the *Decision-Making/Problem-Solving Model*
- Strict gun control laws and regulation?
- Censoring and parental control over media?
- Avoid prejudices, stereotypes and judgmental thinking; practice *tolerance* and *respect*
- Practice good *communication skills*
- Avoid substance abuse and those who abuse substances
- Practice healthy means of stress management



- Report assailants to proper authorities whether you're a victim or a witness
- Don't let violence be "okay" (In other words, being *apathetic*. Boo!)

Prevention and Treatment

Prevention of Abuse & Violence

- Avoid substance abuse and people who abuse substances
- _____—educate yourself to recognize abusive behavior and signals someone might display if they are being abused
- _____—should someone use or try to use offensive touching, suggestive talk or other inappropriate behavior, be assertive and ready to protect yourself; stand up for those unable to stand up for themselves
- _____—get away and tell someone about the incident as soon as you can; the **Issaquah School District's bullying report procedures/documents are available on our course website under "Resources by Subject Area" and "Social Health"**

Help for Victims

- Victims often need counseling; the victim must know/learn they are not at fault for what happened to them
- Medical examinations/treatment = _____
- The offender is usually the victim of abuse and needs help as well
- Authorities or restraining orders may be necessary
- A change in schools