

Making it Personal

Girls tend to bully differently than boys, sometimes making it difficult to determine if your daughter is being bullied, or is the bully.

According to Signe Whitson's article, *When Friendship Is Used as a Weapon: Revealing the Hidden Nature of Relational Bullying*, girls have "an unbelievably cruel layer of planned exclusion, whispered gossip, cyber-sent rumors and hidden hostility and pierce a young girl's developing psyche."

Most bullying from girls is more likely to be "relational aggression," according to Whitson. This aggression includes **purposely** being rejected by friends, excluded, covert verbal attacks and gossip.

On average, research indicates the type of girl that bullies is popular, liked by adults, does well in school and could even be friends with the girls she bullies. Social status is typically one of the top motivators for girl bullying.



What is ATSPA?

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing the suffering, disability and death caused by trauma throughout the Commonwealth.

The broken red tulip symbolizes the pain, suffering and lifestyle change caused by a traumatic injury. It not only symbolizes the person/people directly devastated by trauma, but also their families, friends, loved ones, neighbors, colleagues, etc.

The goal of the ATSPA is to straighten that broken tulip, before it has the chance to be broken and affected by trauma in the first place.



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Bullying *A Girls Tale*



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American Trauma Society,
Pennsylvania Division

How Girls Bully

Do you know how to recognize a girl bully? No? Well you're not alone. In fact, it is estimated that more than **96%** of adults do not recognize the signs of a girl bully.

Research has found that girl bullying is more emotional and not physical. Here are some of the most common ways girls bully.

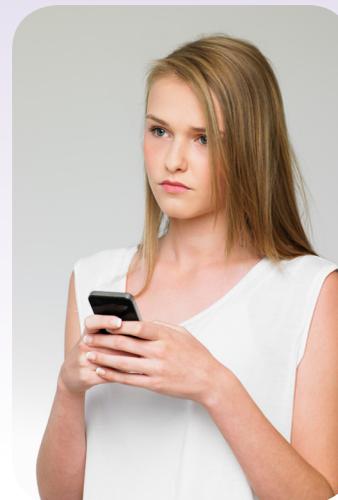
- Verbal assaults.
- Exclusion.
- Cyberbullying.
- Scare tactics.
- Anonymous phone pranks.
- Harassing emails from dummy accounts.
- Playing jokes designed to humiliate.
- Whispering in front of others to make the victim feel left out.
- Use alienation, ostracism, deliberate and calculated random exclusions, and spreading rumors.
- Getting others to gang up as way of exerting control.
- Girls tend to bully in packs – even kids who know better go along with the bully because they don't want to be singled out.
- Using emotional violence.



Signs of Bullying

Signs of girl bullying may not be physical, which can make it harder to recognize. Here are some signs that could indicate your daughter is being bullied.

- Change in appetite.
- Loss of interest in school and school work.
- Problems sleeping.
- Frequent stomachaches, headaches or other excuses to stay home from school.
- Withdraw from family events.
- Moody and depressed.
- Torn or blood-stained clothing.
- Change in the group of friends she hangs out with, her friends suddenly stop coming around.
- Need for additional school lunch money.
- Spending more time on computer and don't want to see what doing.



Prevent Bullying

There are several ways to prevent potential bullying or stop bullying after it has started, including:

- Tell an adult – sometimes, even just talking to an adult about the bullying will help you feel better. Adults can also take action to end the bullying.
- Stand up for yourself – using a firm, confident voice, tell the bully to leave you alone.
- Walk away – don't engage in any conversation with the bully and don't acknowledge their bullying.
- Don't fight back – you could be the one to end up in trouble.
- Laugh it off – lighten the mood by telling a joke.
- Don't blame yourself – you are not the blame for being bullied.
- Be strong – mostly people bully as a way to feel in control. If you stand up for yourself and show the bully that you are not affected by their actions, the bully is no longer in control.

