

# Tip Sheet for Parents & Educators

## WHAT ACTUALLY HELPS IN BULLYING SITUATIONS?

Based on data from the Youth Voice Research Project, 2010, Stan Davis & Charisse Nixon, PhD

(The entire study in detail can be found at <http://www.youthvoiceproject.com>)

### Summary of the study:

- Survey of approximately 13,000 students in grades 5-12, from 31 schools in 12 states.
- Focus: What helped, and what didn't help in coping with bullying situations?
- Conclusion: Some commonly recommended strategies do not, in fact, appear to be helpful in resolving or coping with bullying situations. However, other strategies do appear helpful.

## ACCORDING TO *BULLIED YOUTH*, WHAT CAN OTHER STUDENTS DO TO HELP?

Most Helpful Strategies	Neutral Strategies	Least Helpful Strategies
These made things better more often than they made things worse	These worked sometimes but sometimes made things worse	These made things worse more often than they made things better
Spent time with me at school	Kindly told person to stop	Made fun of me
Talked to me at school to encourage me	Angrily told the bullying person to stop (confronted the person who	Blamed me
Helped me get away from the situation		Ignored the situation
Gave advice about what I should do		
Called me at home to encourage me		
Helped me tell an adult		
Made a distraction		
Told an adult		

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**ACCORDING TO *BULLIED YOUTH*, WHAT WAS MOST HELPFUL FOR ADULTS AT SCHOOL TO DO?**

<b>Most Helpful Strategies</b>	<b>Neutral Strategies</b>	<b>Least Helpful Strategies</b>
These made things better more often than they made things worse	These worked sometimes but sometimes made things worse	These made things worse more often than they made things better
Listened to me	Kept up increased adult supervision for some time	Told me to stop tattling
Checked in with me afterwards to see if the behavior stopped	Used punishments for the other student (worked better for 5th graders). Effectiveness varied greatly from school to school.	Told me to solve the problem myself
Gave me advice	Sat down with me and the other student (s)	Told me if I acted differently this wouldn't happen to me
	Talked about the behavior in class more than once	Ignored what was going on

**ACCORDING TO *BULLIED YOUTH*, WHAT WAS MOST HELPFUL FOR BULLIED CHILDREN TO DO?**

<b>Most Helpful Strategies</b>	<b>Neutral Strategies</b>	<b>Least Helpful Strategies</b>
These made things better more often than they made things worse	These worked sometimes but sometimes made things worse	These made things worse more often than they made things better
Told an adult at home	Walked away	Made plans to get back at them
Told a friend		Pretended it didn't bother me (Elementary School)
Made a joke about it (to help me feel better)	Pretended it didn't bother me (Middle School only)	Told the person how I felt
Told an adult at school		Did nothing
Reminded myself that it's not my fault (worked for teenagers only)		Told the person or people to stop
Pretended it didn't bother me (High School only)		Hit them or fought them

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