

## **One In Three Middle And High School Students Report Being Bullied**

by [Cedric Dean](#) on Sunday, March 13, 2011 at 3:12am

Eleven-year-old Ty Field (God rest his soul) shot himself last year after being bullied at his school in Oklahoma. His step-father, Kirk Smalley, made a promise to do everything he could to stop the bullying that led to Ty's suicide. Last week Kirk met with President Obama at the day-long White House Conference on Preventing Bullying.

The National Center for Education Statistics reports that 32% of middle and high school students say they have been bullied during the school year. Twenty-one percent say they were made fun of; 18% said they were the subject of rumors; 11% said they were pushed, shoved, tripped or spit on; 6% say they were threatened with harm; 5% say they were excluded from activities on purpose. What is really going on?

President Obama's conference was a great start to tackling a great big problem. But in order to fully address the problem, you must fully understand what's causing the problem.

I've been around bullies my entire life. Most bullies have a bloated sense of their own value. Quite naturally, it's likely that behind that bloated pride there is a hidden unconscious feeling of self-dislike or inadequacy, but that is difficult to determine. What I do know from dealing with bullies for more than 20 years is they have very few worries and fears. They are often past victims of bullying themselves. The ones I know personally just need to learn new ways to feel important and valued instead of pushing others down to lift themselves up.

So what do you do to stop it?

First, you must find a way to deal with the hurt. Hurting people hurt people. Misery loves company. Bullies are attention seekers. And they will do anything to get your attention - good or bad. Second, you must show them unconditional love and never give up on them. Lastly, you must teach them how to love their neighbors as they love themselves.

So the answer is love...

The more love we give them...the more love they'll give others in return.

I'd love to hear your thoughts.

Yours for the cause of love and peace,

Cedric Dean