

**Wake Up World**  
**No Bullying Zone Does Not Exist**  
by Dr. Denise Wood, M. A., Psy. D.

Myth: Only loners and losers get bullied.

Truth: Everyone gets bullied. Most of the bullying is targeted on the more popular people as they stand out more. Popular bullies attach their popular counter parts.

Myth: Don't confront your bully.

Truth: You need to confront the bully and let your thoughts be heard.

Myth: The parents of the bully will stop the bullying behavior of their son or daughter.

Fact: Most bullies learn their bullying behavior from their parents.

Myth: Guys are bullied more than girls.

Fact: Girls are twice as likely to bully other girls.

Myth: All teachers support the no bully policy.

Truth: Many teachers are bullies themselves.

Myth: Bullying is twice as bad as it was 20 years ago.

Fact: There has always been people who have picked on others. It happens throughout the animal kingdom such as the pecking order of chickens or a dog pack.

Myth: People outgrow bullying.

Fact: Some people never get over their bullying behavior.

Myth: If you ignore the bullies they will go away.

Fact: The bullies behavior needs to be addressed if not by you, then someone who will listen to you and take action.

Myth: Bullies cannot be taught empathy.

Fact: With the right guidance the bully can learn empathy.

*©2012 Dr. Denise Wood M.A., Psy.D. Dr. Denise Wood is a doctor of clinical psychology and the author of Inside the Cheater's Mind: Why He Cheats & Why She Cheats. Her website is [www.drdenisewood.com](http://www.drdenisewood.com) and she is currently taking new patients through the privacy of Skype therapy.*