

About Bullying: A Guide for Teachers, Parents & Students

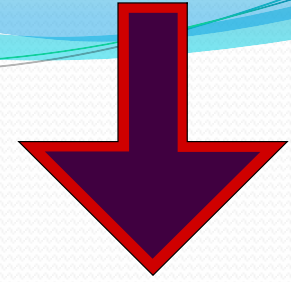
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What is bullying?

- A type of aggression where the bully has power over the victim
 - Occurs in a relationship where there is an imbalance of power and strength
- Aggressive behavior that intends to cause harm or distress

What is bullying?

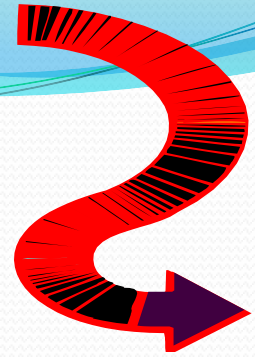
- Bullies intend to harm the victim
- Occurs repeatedly over time
- Includes:
 - Physical bullying
 - Fighting
 - Verbal and emotional bullying
 - Threats
 - Insults
 - Teasing
 - Spreading lies



Direct Bullying

- Hitting, kicking, shoving, spitting...
- Taunting, teasing, racial slurs, verbal harassment
- Threatening, obscene gestures

Indirect Bullying



- Getting another person to bully someone for you
- Spreading rumors
- Deliberately excluding someone from a group or activity
- Cyber-bullying

Cyber-bullying

- Harassment and bullying that takes place online or through other mobile devices.

Some examples include:

- Spreading rumors through instant messaging
- Threatening someone on a web log (blog)
- Creating hurtful websites against someone

Cyber-bullying Stats:

- Researchers for the Crimes Against Children organization have found that 1 in 17 children ages 10 to 17 had been threatened or harassed online.
- Teens report that in 77% of the cases, the cyber-bully is someone they know.
- Girls claim to have been victims of this type of bullying more than boys, 51% to 37%.

Cyber-bullying

- Motivators are often routine high school politics
- A desire to fit in
- Win friends or fortify their standing
- Efforts to monitor computer use and lock down social networks won't work
 - We're in an age where information can't be quarantined
 - Focus needs to be exposing kids to reality of what causal acts of cruelty, thoughtless pranks, & impulsive gossip can do when unleashed online.

Myths and Facts

Myth:

- Children will grow out of bullying behavior

Myths and Facts

Fact:

- Without intervention:
 - Bullying can continue into adulthood
 - 25% of childhood bullies have criminal records by age 30

Longitudinal Study of Children who Bullied (Olweus, 1993)

- 60% of boys who were bullies in middle school had at least one conviction by age 24.
- 40% had three or more convictions.
- Bullies were 4 times as likely as peers to have multiple convictions.

Myths and Facts

Myth:

- Kids should be left alone to deal with bullying on their own

Myths and Facts

Fact:

- When adult don't stop bullying:
 - They send a message that it's an OK way to solve problems

Myths and Facts

Myth:

- Most kids aren't involved in bullying at school

Myths and Facts

Fact:

- 40% of 6 to 12th graders admit to having threatened others
- 75% of teens admit being bullied

Myths and Facts

Myth:

- Certain kinds of kids are bullies and certain kinds of kids are victims

Myths and Facts

Fact:

- Many kids report both having been bullied and bullying someone else

Characteristics of Bullies

- Depressed
- Reactive
- Aggressive
- Hyperactive, trouble concentrating

Characteristics of Bullies

- Low self-esteem
 - Bully to feel powerful over others
- Lack empathy
 - Have trouble putting themselves in others' shoes

Characteristics of Bullies

- Past history of being bullied
- Trying to fit in
 - New kids on the block
- History of violence or abuse at home

Characteristics of Bullies

- Girls bully too!
- Can use physical violence but often use less physical ways:
 - Spreading rumors/lies
 - Insulting or ridiculing
 - Encouraging others to ignore or isolate a particular child

Characteristics of Victims

- New kid at school
- Less assertive
- Anxious
- History of family stress
- Don't talk about being bullied with adults

Safe School Initiative Report (2002)

- US Secret Service and US Dept. of Education
- Studied 37 incidents of targeted school violence, involving 41 attackers (1974-2000)
 - 3/4 of attackers felt persecuted, bullied prior to the incident
 - 1/3 of attackers characterized as “loners”
 - 1/4 socialized with students who were disliked by most mainstream students
 - Many had considered suicide
- Remember: bullies need help too

Characteristics of Victims

- Look or act “different” from peers or come from a different
 - Race
 - Religion
 - Culture
 - Neighborhood or community

Effects of bullying on victims

- Depression
- Increased violent behavior
- Low self-esteem
- Lower grades
- Fewer friends

Health Consequences of Bullying (Fekkes et al., 2003)

	<u>Bullied</u>	<u>Not bullied</u>
Headache	16 ⁰ %	6 ⁰ %
Sleep problems	42 ⁰ %	23 ⁰ %
Abdominal pain	17 ⁰ %	9 ⁰ %
Feeling tense	20 ⁰ %	9 ⁰ %
Anxiety	28 ⁰ %	10 ⁰ %
Feeling unhappy	23 ⁰ %	5 ⁰ %
Depression scale		
moderate indication	49 ⁰ %	16 ⁰ %
strong indication	16 ⁰ %	2 ⁰ %

Reporting of Bullying to School Staff

- Many do not report being bullied.
- Older children and boys are less likely to report victimization.
- Why don't children report?
 - 2/3 of victims felt that staff responded poorly
 - 6% believed that staff responded very well. (Hoover et al., 1992)

Adults' Responsiveness to Bullying

- Adults overestimate their effectiveness in identifying bullying and intervening.
- Many children question the commitment of teachers and administrators to stopping bullying
 - 35% believed teachers were interested in stopping bullying
 - 25% believed administrators were interested in stopping bullying (Harris et al., 2002).

Kids Who Observe

What do you usually do when you see a student being bullied?

- 38% Nothing, because it's none of my business
- 27% I don't do anything, but I think I should help
- 35% I try to help him or her

What Are Schools Doing To Address Bullying?

- Awareness-raising efforts
- Reporting, tracking
- Zero tolerance (student exclusion)
- Social skills training for victims of bullying
- Individual & group treatment for children who bully/children who are bullied
- Mediation, conflict resolution programs
- Curricular approaches to bullying prevention
- Comprehensive approaches



Tips for Kids (How not to be a bully):

- It **IS** okay to be angry or mad but...
- It **IS NOT** okay to hit or hurt others

Tips for Kids (How not to be a bully):

- So if you get angry or have a problem, you should:
 1. Stop
 2. count to 10
 3. Breathe in and out and try to relax your muscles
 4. Think about ways to solve the problem without hurting
 5. Ask to talk to someone or draw a picture of how you feel

Tips for Kids (What to do if you're being bullied):

- Remember, it is not your fault
- You have the right to feel safe at school
- There are plenty of ways to deal with bullies without bullying back



Tips for Kids (What to do if you're being bullied):

- Next time you have to deal with a bully you should:
 - Talk to your teacher
 - Tell your parents

Tips for Kids (What to do if you're being bullied):

- In a strong voice, tell the bully to STOP!
- Ask friends to help tell the bully it's not okay to hurt you
- Do not fight back!
- What else can you do?

Tips for Parents

- **Ask Them About It**
 - If you think your child is bullying or being bullied ask them
 - They may be too embarrassed or ashamed to admit it



Tips for Parents

- **Be Supportive**
 - **Remind your child that he or she has the right to feel safe at school**

Tips for Parents

- **Talk to Teachers**
 - Ask how they see the bullying
 - Find out how they plan to deal with the problem

Tips for Parents

- **Don't Encourage Violence**
 - It sends the wrong message that it's okay to fight violence with violence
 - Encourage your child to walk away from the bully and discourage fighting

Tips for Parents

- **Teach Them to be Strong**
 - Help your child learn the difference between *aggression* and *assertiveness*
 - In other words, teach them ways to be strong without hurting

Tips for Parents

- **Develop Strategies**

- Help your child find ways to deal with bullying the next time a situation arises
- Can you think of strategies to teach your child?

Tips for Teachers

- **Teach Problem Solving**
 - Treat bullying seriously and don't ignore the problem
 - Help kids deal with schoolyard bullying

Tips for Teachers

- Acknowledging the problem allows you to demonstrate your disapproval of bullying and provides an opportunity to teach kids how to problem solve in constructive ways

Tips for Teachers

- **Set Clear Rules for Your Students**
 - Post them in the classroom
 - Point out the rule throughout the year
 - Define and consistently enforce consequences for not following rules

Tips for Teachers

- Rules may include:
 - No teasing
 - No hitting
 - No rumor or telling stories about others
 - Respect “differences” of race, grades, religions, where people come from

Tips for Teachers

- **Teach Emotions and Expressions**
 - Teach how to read/identify different emotions
 - Can use pictures of kids with different expressions
 - Encourage kids to identify difficult feelings of anger, frustration, sadness etc. as they experience them (without judgment)

Tips for Teachers

- **Encourage Role Play**
 - Role play scenarios
 - Encourage kids to talk about how and why characters in the scenes might feel certain ways

Tips for Teachers

- **Develop Strategies**

- Help kids develop strategies for dealing with bullying
- What are some strategies you can think of?

Tips for Teachers

- **Show Conflict Resolution**
 - Help kids learn and practice ways to solve problems and resolve conflicts
 - You are an important influence on your students. Model prosocial behavior at all times