

Be Aware, Be a Voice,  
Be the Change

Bullying Prevention



# Bullying

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About Bullying

Bullying vs. Conflict

Rough Play, Real Fighting, Bullying

Types of Bullying

Cyber-Bullying

Why do Kids Bully?

# About Bullying

- Bullying is a form of negative and hurtful behavior
  - Intentional, aggressive behavior
  - Imbalance of power
  - Repeated behavior



# Bullying vs. Conflict

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- Bullying is NOT the same as conflict
- Conflict involves antagonism among two or more people. Any two people can have a conflict.
- Bullying occurs when there is a power imbalance



# Rough Play...Real Fighting...Bullying

## **Rough Play**

Usually friends, often repeated (same players)

Relatively equal balance of power

No intent to harm

Mood is friendly, positive, mutual

## **Real Fighting**

Usually not friends, typically not repeated

Relatively equal balance of power

Intentional harm-doing

Mood is negative, aggressive or tense, mutual hostile feelings

## **Bullying**

Typically not friends, generally repeated

Unequal balance of power

Intentional harm-doing

Mood is negative, mood/response differs for victim and aggressor

# Types of Bullying

## Direct Bullying

### Physical

- Hitting, kicking, shoving, spitting

### Verbal

- Taunting, teasing, degrading

### Threatening

## Indirect Bullying

Getting another person to assault someone

Spreading rumors

Deliberate exclusion from activity

Cyber-bullying

# Cyber-Bullying

- Specific form of bullying involving technology
  - Willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices
- High incidence of repeat behavior
  - Information can be freely and rapidly shared causing repeated exposure and repeated harm



# Why do kids Bully?

## Control and Power

- Attempt to gain control over others
- Attempt to gain power within a peer group

## Peer Attention

- Receipt of positive attention
  - Laughter of bystanders

## Inadequate or Ineffective Supervision

- Typically occurs when there is little to no adult supervision

## Indifferent Attitudes toward Bullying

- Adult attitudes
  - Bullying is just a normal part of growing up

## Bias Issues

- Motivated by actual prejudice
  - Disabilities, obesity, race



# Roles in Bullying

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Students

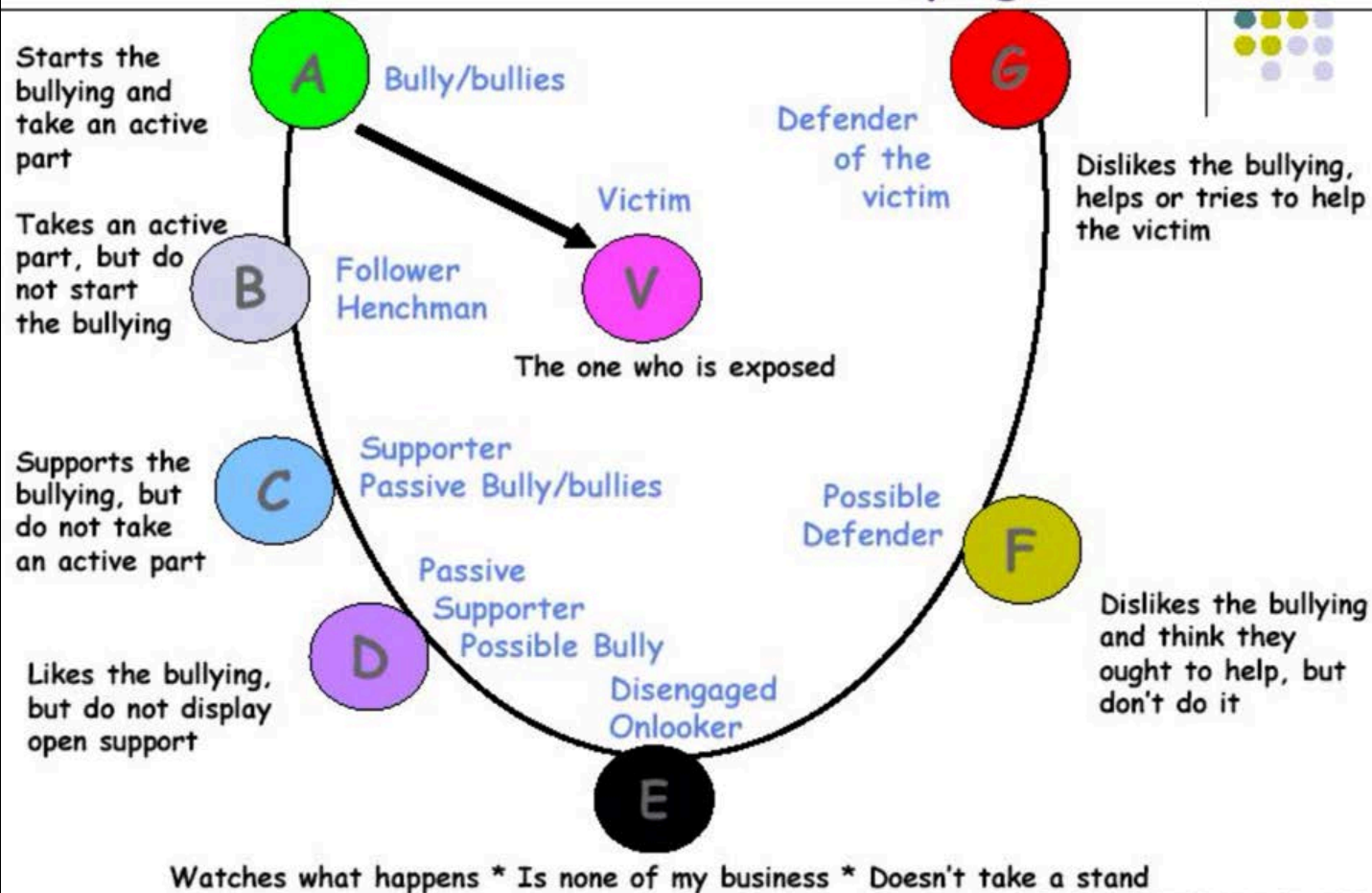
Parents – General

Parents of a Bullied Child

Parents of Child Witnessing Bullying

# What Roles Do Students Play in Bullying Situations?

## The Bullying Circle: Students' Mode of Reactions/Roles in an Acute Bullying Situation



# What is my role as a parent?

- Key to keeping children safe from bullying
- Refrain from labeling children as “tattletales” and listen when a child reports concerns
- Daily listening routine
  - During dinner, while driving to an activity
  - Highs and lows
- Listen patiently, without judgment
  - Ask questions to help identify what your child needs
- Active supervision
- Educate children on acceptable and unacceptable behavior
- Be a positive role model



# What should I do if my Child is being Bullied?

- **Communicate with school staff**
  - Report bullying
    - Teacher, Guidance Counselor, Principal
  - In unresponsive situations, write a letter formally requesting an investigation and follow-up
- **Talk with your child**
  - Be encouraging
- **Document and report continued bullying**
  - Journal or log
    - Frequency, severity, and consistency
- **Identify an adult at school with a connection to your child**
  - Work together to make the child feel safe
- **Encourage problem solving for safety**
  - Multiple safety plans to remove self from situations
- **Answer child's questions**
  - Do not direct blame to your child
- **Keep open communication with your child**
  - Ask questions
- **Help your child connect with other children and develop new friends**
  - Encourage new activities
  - Provide opportunities to spend with friends

## **If you Suspect your Child is being Bullied**

**Do not blame your child**

**Do not tell your child to ignore it**

**Do not tell a child to retaliate**

**Do not expect your child to work it out alone**

**Do not allow mediation, if the child is reluctant or a parent or trusted adult is not present**

**Do not demand apologies**

# What should I do if my Child is the Witness of Bullying?

## Talking to Children who are Bystanders

Ask questions to discover your child's experience with bullying at school:

What is your child's relationship to the child who bullies and the victim?

What do your child's friends think and do about bullying?

What does your child think he or she should do?

Reflect on your child's feelings.

Consider issues influencing your child and the choices of bystanders

Brainstorm a range of helpful bystander responses

Discuss potential outcomes to different responses and have your child identify a positive

# Cyber-Bullying Prevention

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- Keep home computer(s) in easy viewable places
- Talk regularly with your child about online activities
  - Explain cyber-bullying
  - Encourage your child to tell you if he or she is a victim or aware of others who may be victims
- Review online communication if there is a concern
- Consider installing parental control filtering software or tracking programs

# Why is Bully a Concern?

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Pennsylvania Statistics

Cyber-Bullying Statistics

Impact of Bullying

Health Consequences

# Pennsylvania Bullying Statistics

50.3%

students tell lies  
or spread false  
rumors

41.7%

called names or  
teased

32.9%

intentionally left  
out of activities

15.9%

hit, kicked,  
pushed, or  
shoved

19.8%

money stolen or  
items damaged

12.3%

sexually harassed  
on the internet

12.1%

embarrassed or  
threatened  
electronically



# Pennsylvania Bullying Statistics

**Table 3. Percentage of Youth Reporting Bullying at School or Sexual Harassment on the Internet in the Past Year, Pennsylvania Statewide 2011**

	Female %	Male %	6 <sup>th</sup> %	8 <sup>th</sup> %	10 <sup>th</sup> %	12 <sup>th</sup> %	Overall %
Been hit, kicked, pushed, or shoved around	12.5	19.5	20.0	21.5	13.2	9.4	15.9
Been called names, made fun of, or teased	43.7	39.8	39.1	48.4	43.2	35.9	41.7
Been left out of things on purpose	38.2	27.7	30.4	36.2	33.4	31.5	32.9
Other students telling lies or spreading false rumors	54.6	45.8	45.3	55.7	50.9	48.8	50.3
Other students taking money or damaging your things	18.7	20.9	16.3	23.6	20.3	18.6	19.8
Other students threatening or forcing you to do things	11.4	11.9	11.4	15.0	11.5	8.9	11.7
Other students using the internet or a cell phone to threaten or embarrass you	15.6	8.6	7.3	14.7	13.3	13.0	12.1
Sexual harassment on the internet	15.5	9.0	6.1	13.9	15.0	13.4	12.3

\*2011 Pennsylvania Commission on Crime and Delinquency's PA Youth Survey

# Cyber-Bullying Statistics

## CYBER BULLYING FACTS

PRESENTED BY NERDS ON CALL

**THE  
AVERAGE  
CYBER  
BULLY  
STARTS AT  
AGE 9**

Based on 2004 i-SAFE survey of  
1,500 students grades 4-8.  
<http://www.isafe.org/> 2009 and  
Crimes Against Children Research

**42%**  
OF KIDS HAVE  
**BEEN  
BULLIED  
ONLINE**

**21%**  
HAVE RECEIVED  
THREATENING  
MESSAGES  
VIA E-MAIL  
OR OTHERWISE

**1 IN 5 U.S. TENAGERS  
HAVE RECEIVED  
UNWANTED SEXUAL  
SOLICITATION ONLINE**

**35%**  
OF KIDS HAVE  
**BEEN  
THREATENED  
ONLINE**

**58%**  
HAVE NOT  
TOLD AN  
**ADULT  
ABOUT  
THESE EVENTS**

**ONLY 1 IN 3 HOUSES  
WITH INTERNET  
ACTIVELY PROTECT  
THEIR CHILDREN**

# Why should I be concerned about bullying?

- Bullying is known to have a negative effect on children's physical and emotional well-being, social development, and learning

## Bully

- Injured in a fight
- Drink alcohol
- Smoke
- Engage in other anti-social behavior
- Be truant, drop out of school

## Bystanders to Bullying

- Feel afraid
- Feel powerless to change things
- Feel guilt
- Feel diminished empathy for victims

## Victim

- Anxiety or depression
- Suicidal ideation
- Low self-esteem
- Social avoidance behaviors
- Higher absenteeism rates
- Dislike school
- Lower grades
- Psychosomatic symptoms
  - Sleep problems, stomachaches

# Health Consequences

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

\*Fekkes et al. (2003) Pediatrics, 144, 17-22

# Bullying and Suicide

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The Link

# The Link

3<sup>rd</sup> leading cause of death among young people

4,400 deaths annually according to CDC

- 100 attempts per suicide

14% of high school students considered suicide

- 50% attempted it

Bully victims 2-9 x more likely to consider suicide

# Signs of Bullying

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Victim

Bully

# Signs a Child is being Bullied

Unexplainable injuries

Lost or destroyed clothing, books, electronics, or jewelry

Frequent headaches or stomach aches, feeling sick, or faking illness

Changes in eating habits, suddenly skipping meals or binge eating.

Difficulty sleeping or frequent nightmares

Declining grades, loss of interest in schoolwork, or not wanting to go to school

Sudden loss of friends or avoidance of social situations

Feelings of helplessness or decreased self esteem

Self-destructive behaviors: running away from home, harming themselves, or talking about suicide



# Signs a Child is Bullying Others

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Physical or  
verbal fights

Have friends  
who bully others

Are increasingly  
aggressive

Frequent visits to  
the principal's  
office or  
detention

Unexplained  
extra money or  
new belongings

Blaming others  
for their  
problems

Lacking  
responsibility for  
their actions

Competitive and  
worry about  
reputation or  
popularity

# Bullying Prevention

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What can be done?

# What can be Done to Prevent Bullying?

- Focus on children's developmental environments
- Educate adults and children about bullying
  - What it is
  - Why it is wrong
  - What to do if witnessed or suspected
- Establish and enforce rules and policies regarding bullying
  - Pennsylvania state law – schools have policies addressing bullying
  - Youth programs should voluntarily consider and implement policies
- Increase adult supervision in places where bullying is known to occur
- Encourage schools, afterschool programs, and extra-curricular programs to adopt effective bullying prevention programs



# Resources

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[www.bullyingstatistics.org](http://www.bullyingstatistics.org)

[www.safeschools.info](http://www.safeschools.info)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.cyberbullying.us](http://www.cyberbullying.us)