



# BULLYING: CAN IT BE STOPPED?

**Raychelle Cassada Lohmann**



# AGENDA

- Bullying 101
- What Research Says
- Traits of the Bully
- Traits of the Target
- Cyberbullying
- Can It be Stopped?



# OBJECTIVES

To identify and understand

- What is bullying
- The bullying problem
- The bully
- The target
- Why kids cyberbullying
- The warning signs that a child is being bullied
- Helpful strategies to deal with bullying



# WHAT IS BULLYING

Repeated  
Abuse  
Power



Control  
Superiority  
Aggression

Intimidation



# WHAT ARE THE TYPES



# DIRECT BULLYING

## DIRECT

Face to Face

### Verbal

Insults, putdowns,  
teasing, harassment

### Physical

Shoves, pushes, hitting,  
assault

### Psychological

Rolling eyes, dirty looks,  
uttering threats, extortion

# INDIRECT BULLYING

## INDIRECT

Behind someone's back

### Cyberbullying

Demeaning others by  
using electronic devices

using

### Exclusion

Leaving out  
Shunning

### Gossip

Lowering people's opinion  
About the victim

### Relational Aggression

Telling people not to be friends  
with a victim

# WAYS PEOPLE BULLY

- Spreading rumors
- Tormenting victims
- Verbal harassment
- Physical harassment
- Sexual harassment
- Threats
- Gossiping
- Outing
- Misappropriate use of technology to hurt another
- Intentional exclusions from peer group





# REASONS PEOPLE BULLY

They often find someone who will not stand up to them and target those who have low self-esteem (hence the imbalance of power). They keep poking fun of and hurting the victim without remorse. Some of the most popular reasons for bullying include:

- Appearance
- Race
- Religion/Beliefs
- Nationality
- Sexual orientation
- Jealousy

# STATISTICS

- Bullying interferes with learning it has been reported that 88% of junior high and high school students have experienced being victimized by bullying in school. U.S. Department of Education
- It is estimated that 160,000 children miss school every day due to [fear](#) of attack or intimidation by other students. Source: [National Education Association](#).
- School bullying happens a lot. Approximately 1 in 5 students report being bullied. Source: [Dan Olweus, National School Safety Center](#).
- 56% of students have personally witnessed some bullying at school.
- 15% of all school absenteeism is related to fears of being bullied at school.
- 71% of students report incidents of bullying as a problem at their school.
- 90% of 4th through 8th graders report being victims of bullying.
- Bullying statistics indicate [revenge](#) is the strongest [motivation](#) for school shootings.
- 87% of students said shootings are motivated by a desire to “get back at those who have hurt them.”
- 86% of students said, “other kids picking on them, making fun of them or bullying them” causes teens to turn to lethal violence in the schools.
- Harassment and bullying have been linked to 75% of school-shooting incidents.
- 1 out of every 10 students who drops out of school does so because of bullying.

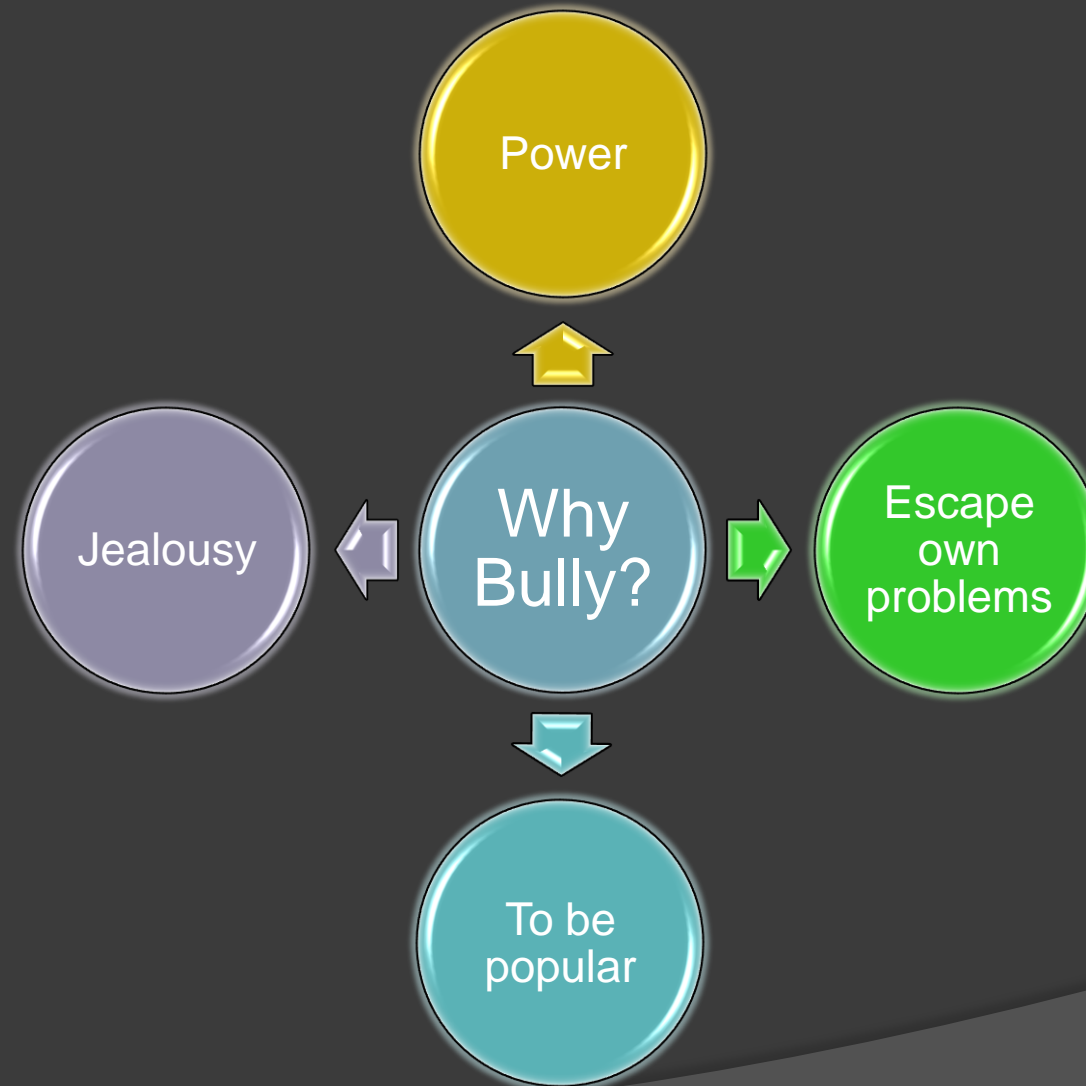
# MEET THE BULLY



# HOW MANY BULLIES OUT THERE ARE LIKE KEVIN?

According to a new study, by the [Centers for Disease Control and Prevention and the Massachusetts Department of Public Health](#), the answer may be more than you think. The study shows that students who are both victims and perpetrators are more likely to have experienced violence in the home. Bullies were about four times more likely to have been hurt by someone in their families than students who were neither bullies nor victims of bullying. Bullying is a big problem and has been associated with many psychological problems, some expanding well into adulthood.

# WHY PEOPLE BULLY





# CHILDREN WHO BULLY

- Increased exposure to physical and verbal violence or aggression at home.
- May use physical aggression more than peers.
- May think they are superior to others (at least that's what they want you to think...)
- May or may not be popular with their peers.
- Have trouble following rules.
- Lack empathy. Why do you think that is?

# FAMILY RISK FACTORS

- A lack of warmth and involvement on the part of parents.
- Overly-permissive parenting (including a lack of limits for children's behavior).
- A lack of supervision by parents.
- Harsh, physical discipline.
- Parent modeling of bullying behavior.



# PEER RISK FACTORS

- ⦿ Friends who bully.
- ⦿ Friends who have positive attitudes about violence.
- ⦿ Some aggressive children who take on high status roles may use bullying as a way to enhance their social power and protect their prestige with peers.
- ⦿ Some children with low social status may use bullying as a way to deflect taunting and aggression that is directed towards them, or to enhance their social position with higher status peers.



# OTHER FACTORS

- Bullying thrives in schools where faculty and staff do not address bullying, where there is no policy against bullying, and where there is little supervision of students—especially during lunch, bathroom breaks, and recess.
- Models of bullying behavior are prevalent throughout society, especially in television, movies, and video games.
- When children are aggregated together, they associate with others who are similar to them or who have qualities or characteristics that in some way support their own behaviors.
- For teenage girls, social aggression can be a way of creating excitement or alleviating boredom. It is also used as a method of gaining attention from other girls in order to secure friendships.

# BULLIES ARE @ RISK

- Academic Problems
- Drug/Alcohol Use
- Legal Problems
- Violent Behaviors
- Rule Breaking
- Increased Suicide Risk





# BULLYING HAS BEEN CORRELATED WITH:

- ❖ Suicide
- ❖ Academic problems
- ❖ Substance abuse
- ❖ Mental health problems
- ❖ Family violence

# MEET THE VICTIM



# CHARACTERISTICS OF A VICTIM

- They are often shy and quiet, with few friends and little social support at school. They may be physically weak or lack confidence in their strength. Hence, they rarely stand up to bullies. Victims often have poor social skills.
- display vulnerability (e.g., “look scared”).
- be nonassertive (e.g., “gives in to the bully too easily”).
- reward, and thus reinforce, bullying (e.g., “cries when picked on”).
- be withdrawn and solitary (e.g., “talks quietly”).
- be “provocative” or “aggressive” (e.g., “annoys other kids”).

# DID YOU KNOW?

Many kids who were bullied go on to lead normal, productive adult lives. Mel Gibson, Kate Winslet, Tom Cruise, Kevin Costner, and Tyra Banks are just a few of the many celebrities who openly admit they were bullied as kids. Take heart; bullying doesn't always have lasting negative effects.



# WHY VICTIMS DON'T TELL

- ⦿ Embarrassed at being a victim
- ⦿ Scared that the bully will retaliate
- ⦿ Thinks he must remain silent in order to belong
- ⦿ Feels like she did something to deserve it
- ⦿ Afraid you won't believe him
- ⦿ Worried other kids will call her a tattletale
- ⦿ Assumes you would expect him to tough it out



# THE SIGNS OF BULLYING

- ⦿ avoid activities that he used to love doing,
- ⦿ make up excuses to avoid going to school,
- ⦿ miss a lot of days from school,
- ⦿ seem more irritable and moody,
- ⦿ appear to be more stressed out and anxious,
- ⦿ not sleep enough or sleep too much,
- ⦿ eat more or less than usual,
- ⦿ prefer to be alone and avoid friends and family

# CYBERBULLYING



# CYBERBULLYING

The deliberate and repeated harm inflicted through the use of cell phones/Smartphone's, computers/tablets, and other electronic devices (including Wi-Fi gaming devices). Easier way to bully because it doesn't involve face to face interaction. Teens can become desensitized to a computer screen, and say or do things they wouldn't do to a person's face. Plus, when they can't see the person's reaction to what they post or text they may not know if they've gone too far



# THE FORMS OF CYBERBULLYING:

- Sending mean messages or threats to a person's email account or cell phone
- Spreading rumors online or through texts
- Posting hurtful or threatening messages on social networking sites or web pages
- Stealing a person's account information to break into their account and send damaging messages
- Pretending to be someone else online to hurt another person
- Taking unflattering pictures of a person and spreading them through cell phones or the Internet
- Sexting, or circulating sexually suggestive pictures or messages about a person



# CYBERBULLYING STATISTICS

Studies are beginning to show that the way youth bully online is a lot different from traditional schoolyard bullying. Teens may think what they are posting or texting is just a joke, but if you're on the receiving end it may not be all that funny. In fact, if the "joking" is repetitive, it could cross the line into bullying, more specifically cyberbullying. According to the [American Academy of Pediatrics](#) cyberbullying is the "most common online risk for all teens and is a peer to peer risk."



# CYBERBULLYING

According to a study released by the [University of British Columbia](#) cyberbullying is a big problem, even more common than traditional bullying. About 25 to 30 percent of the young people surveyed admitted experiencing or taking part in cyberbullying, but only 12 percent said the same about traditional bullying. To top it off, 95 percent of the youth said that what happened online was meant to be a joke and about 5 percent was actually meant to harm someone.



# CYBERBULLYING VICTIMIZATION

**According to Cyberbullying statistics from the i-SAFE:**

- Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.
- More than 1 in 3 young people have experienced
- online.
- Over 25 percent of adolescents and teens have been bullied repeatedly through their cell phones or the Internet.
- Well over half of young people do not tell their parents when cyber bullying occurs.

# CYBERBULLYING VICTIMIZATION

## **Cyberbullying Research Center found these cyber bullying statistics:**

- Over 80 percent of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyber bullying
- About half of young people have experienced some form of cyber bullying, and 10 to 20 percent experience it regularly
- Mean, hurtful comments and spreading rumors are the most common type of cyber bullying
- Girls are at least as likely as boys to be cyber bullies or their victims
- Boys are more likely to be threatened by cyber bullies than girls
- Cyber bullying affects all races
- Cyber bullying victims are more likely to have low self esteem and to consider suicide

# ANONYMITY

Concealing one's online identity. It can be done in the form of aliases or pseudonyms (creating a false name online). It's a dangerous form of cyberbullying because the perpetrator feels powerful and free to say and do whatever they want. When someone uses anonymity to attack the target may feel powerless because they don't know who's doing it.



# FROM THE VICTIM...



◎ *12 year-old girl from Virginia:*

**Being bullied** makes me feel really bad, and I often get depressed later at home. I would also plot revenge and privately express my 'hatred' towards the bully, but I doubt I would really do anything about it...I don't usually go to adults to 'tattle' on people, even though I know it's not tattling, it's real.

# FROM THE VICTIM...



● *15 year-old girl from New York:*

Some girl in my class emailed me calling me a freak and a loser. It made me feel really depressed because I had other things going on too at that time. I told my dad and he called her up and spoke to her. He told her that i didn't read it yet, that it would crush me and that she should think before she does anything like that again. Well, she never did it again so i guess it worked.



# FROM THE OFFENDER...

## OFFENDERS

- *15 year-old boy from undisclosed location:*

Well the only reason I bullied is because the same person I was doing it to, did it to me like a week before. It wasn't the right thing to do but at the time it felt like I was getting revenge



# SOME THINGS YOU CAN DO IF YOU'RE THE TARGET ANONYMITY

- **Save messages for evidence**
  - Search the source through the Internet Protocol (IP) address. This is a numerical label assigned to each device using a computer network. Once you have the IP address, go to [Google.com](http://Google.com) and search for WHOIS IP and enter the address.
  - Forward it to `abuse@` (provider's domain name). The domain name follows the @ sign in an email. Report and request termination of the attackers account.
  - For texts, contact your phone service provider. Ask for a trace to the texts. This may help you track down the number the cyberbully is using to text you; which may lead you to the attacker.
- **If inappropriate information has been posted on a website:**
  - Contact the host company and request the site be taken down on the grounds of abuse.
  - Don't know the host company? Go to [whois.net](http://whois.net) and type in the website.



# SOME THINGS YOU CAN DO IF YOU'RE THE TARGET ANONYMITY



- **If you suspect threats are coming from a school computer:**
  - Contact your school administrator
  - Contact the Information Technology (IT) department for your school they can conduct a trace on which computer and student id was used to login. This will assist you in catching the perpetrator.
- **Safety Tips:**
  - Set your privacy settings and keep them secure.
  - Don't share any information about yourself that you don't want others knowing.
  - Don't give out your username and password.
  - If you let a friend use your Smartphone make sure you don't have any texts, pictures, etc. that you don't want them seeing. With the click and forward of a message or picture you could become the victim of a cyberbully.
  - Block and unfriend people who are unkind to you.
  - Don't accept people into your friendship circle online that you don't know very well.
  - Check out the safety tips on your Social Network Sites. Facebook has some great information for parents and teens on their site.

# WHAT WORKS

- ⦿ **Walk away.** This shows bullies that their behavior is not funny or okay.
- ⦿ **Speak up.** Tell bullies that what they are doing is wrong. By saying, “that’s not funny, let’s get out of here” or something similar, kids can stand up for each other. This may also give other bystanders the confidence to speak up or walk away.
- ⦿ **Be a friend.** Sometimes kids get picked on because they don’t have any friends or anyone to stand up for them. When kids befriend someone being bullied, bullies are less likely to pick on them. Friendship can also give children the support and the confidence to stand up for themselves.
- ⦿ **Ask others to help.** When more kids stand up to bullies, the bullies will be more likely to realize their actions are not okay.
- ⦿ **Get an adult.** Sometime kids who are bullied are scared to ask an adult for help because they think it will make the bullying worse. Kids can help by telling an adult what is happening, or going to speak to an adult with kids being bullied.

# EFFECTIVELY DEALING WITH BULLYING

- Establish a school wide zero tolerance for bullying behavior.
- Closely supervise students in large areas (cafeteria, play yard, auditorium, halls, etc.).
- Establish a confidential reporting system.
- Act on bullying reports immediately.
- Do not blame the victim.
- Provide classroom lessons about bullying behavior
- Develop a classroom action plan
- Take immediate action when bullying behavior is observed
- Confront bullies in private
- Notify parents of all parties immediately
- Refer victims and aggressors to counseling when appropriate
- Create a buddy system for victims



# WAYS TO HELP PREVENT BULLYING

☐ Parents

☐ Schools

☐ Teens





# A SURVIVAL STORY

## References:

[Stop Bullying Now! U.S. Department of Health and Human Services. Children Who Bully.](#)

[E. Menesini. Is Bullying Learned at Home?](#)

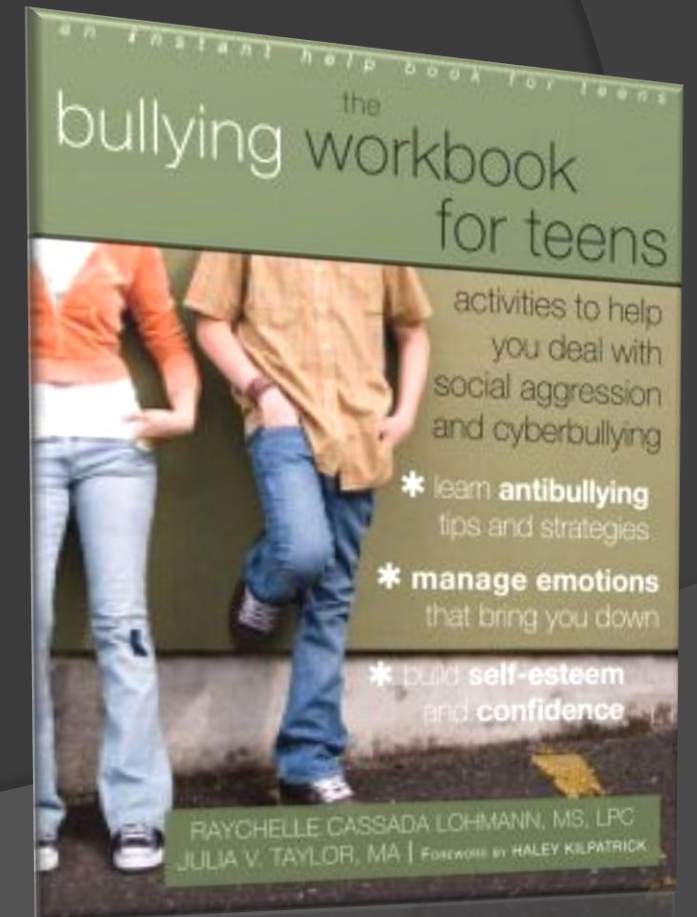
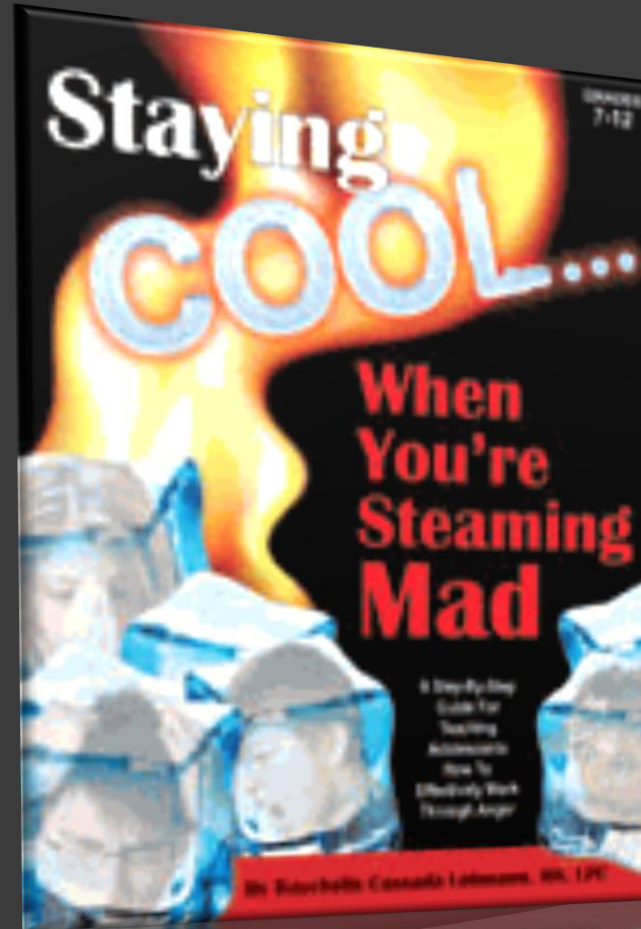
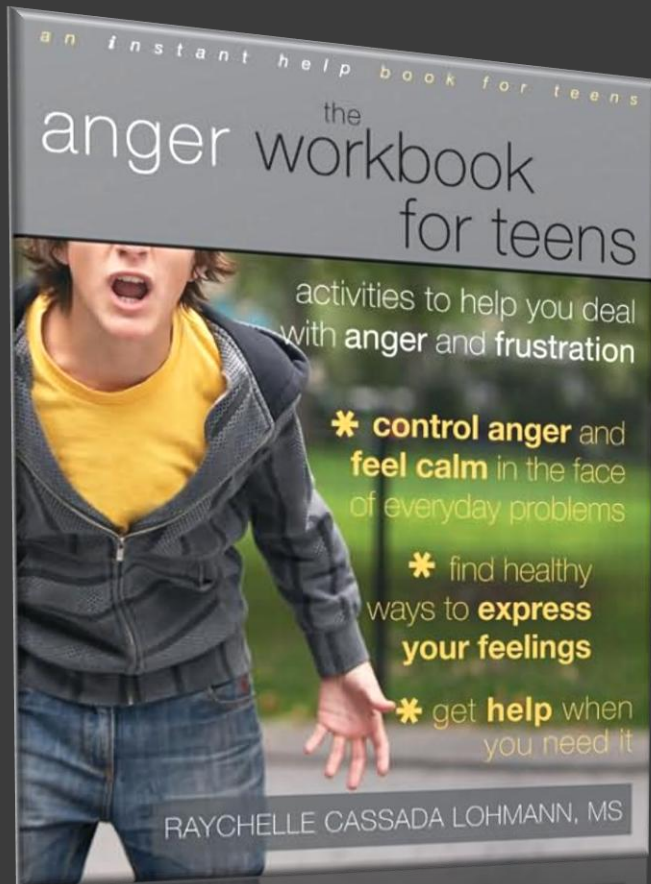
[Thomas W. Farmer, Cristin M. Hall. Bullying in School: An Exploration of Peer Group Dynamics.](#)

[Christina Salmivalli. Bullying is a Group Phenomenon – What Does It Mean And Why Does It Matter?](#)

[Stop Bullying Now! U.S. Department of Health and Human Services. Bullying Among Children and Youth.](#)

[Laurence Owens. Indirect Aggression Amongst Teenage Girls and How Parents Can Help.](#)

# BOOKS





# WHERE TO FIND ME



<http://www.psychologytoday.com/blog/bloggers/raychelle-cassada-lohmann-ms-lpc>



<http://twitter.com/RLohmann>



<http://www.sharecare.com/user/raychelle-lohmann/bio>



<http://www.linkedin.com/in/rlohmann>



<http://www.newharbinger.com/AuthorExpertRaychelleCassadaLohmannMSLPC/tabid/348/Default.aspx>

# Presentation & Handouts



[www.raychelleclohmann.com](http://www.raychelleclohmann.com)



QEP

QEP





*That's all Folks!*