



*The worst part of
the day is trying to
get up enough
courage to go
to school.*

BULLYING & ASAP

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AGENDA

- Bullying 101
- What Research Says
- Traits of the Bully
- Traits of the Target
- Cyberbullying
- Stopping Bullying ASAP



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
- Developing an ASAP



WHAT IS BULLYING

Repeated
Abuse
Power



Control
Superiority
Aggression

Intimidation

WHAT ARE THE TYPES



DIRECT BULLYING

DIRECT

Face to Face

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graph TD; A[Face to Face] --> B[Verbal]; A --> C[Physical]; A --> D[Psychological];
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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

Relational Aggression

Telling people not to be friends with a victim

Exclusion

Leaving out
Shunning

Gossip

Lowering people's opinion
About the 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



TRASHING NOT CELEBRATING

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

- Approximately 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.
- 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.

STATISTICS

- 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.

CHILDREN WHO WITNESS BULLYING

- When peers intervene, bullying stops within 10 seconds, 57% of the time.

Source: *Hawkins, Pepler, and Craig*



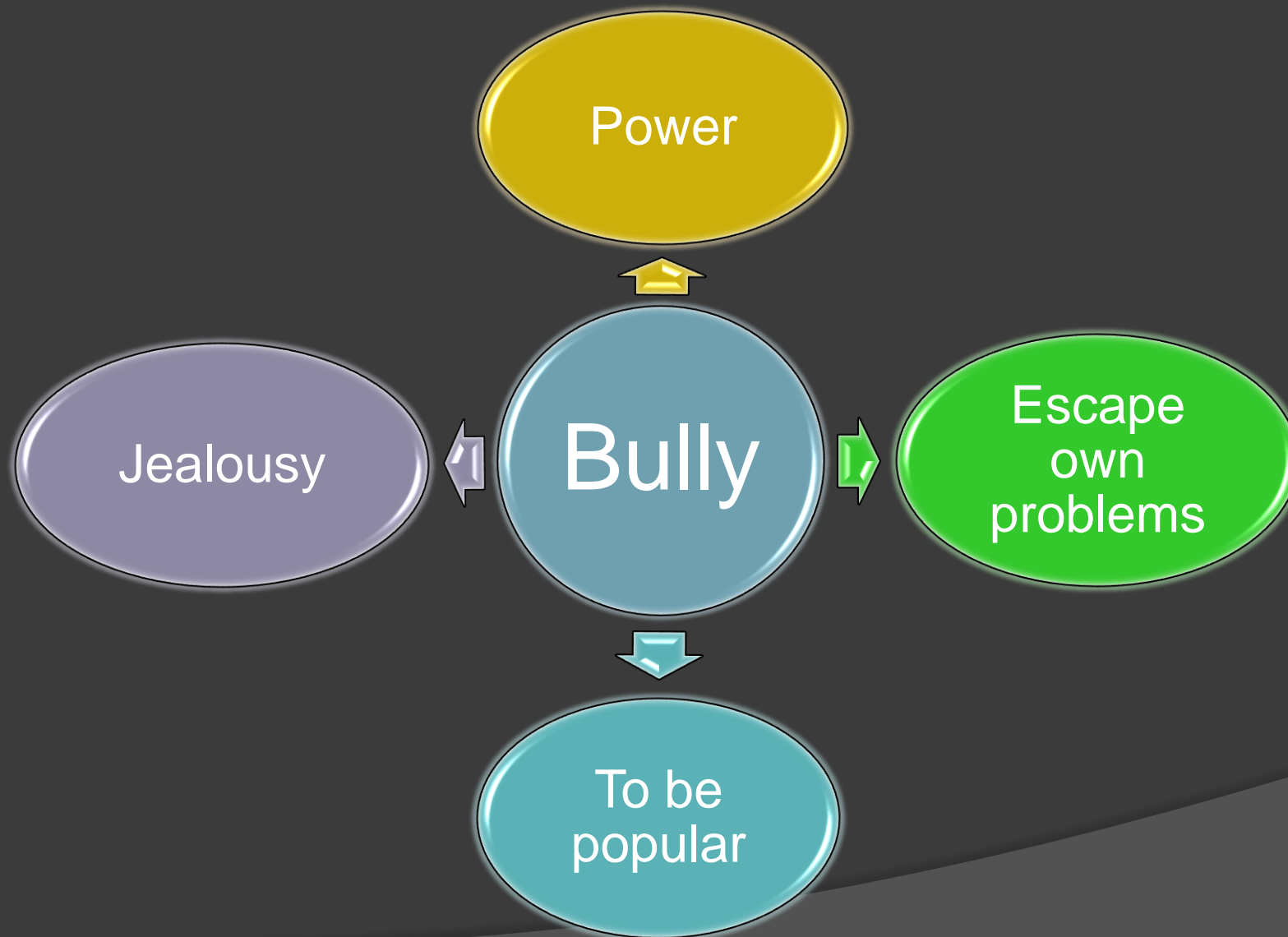
MEET THE BULLY



HOW MANY BULLIES OUT THERE ARE LIKE KEVIN?

Students who are both victims and bullies are more likely to have experienced violence in the home. Bullies were about 4x's more likely to have been hurt by someone in their families than students who were neither victims nor bullies.

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

- Often shy and quiet
- Few friends
- Little social support
- May be physically weak or lack confidence in their strength.
- Often have poor social skills.
- Display vulnerability (e.g., “look scared”).
- Nonassertive (e.g., “gives in to the bully too easily”).
- May be withdrawn and solitary (e.g., “talks quietly”).

WHY THEY 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

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



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

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



SAFE SCHOOLS CLIMATE ACT

Was designed to limit and punish "harassment, intimidation, or bullying" among public school students, and it required school districts to establish policies to address this issue before January 1, 2007.

[HTTP://WWW.CGA.CT.GOV/COC/PDFS/BULLYING/101907_BULLYING_SC_LAW.PDF](http://www.cga.ct.gov/coc/pdfs/bullying/101907_BULLYING_SC_LAW.PDF)

BULLYING EFFECTS STUDENT ACHEIVEMENT

Students in schools with high rates of bullying tend to feel less safe and disconnected to the school, teachers, and their peers. Students who are frequently victimized often feel unsafe at school and may be at risk of bringing weapons to school in order to protect themselves.



ANTI-BULLYING SCHOOL ACTION PLAN

WHAT WILL YOU NEED?

- ⦿ Supplies Needed
- ⦿ Resources
- ⦿ Who's on Your Team?
- ⦿ How often will you meet?
- ⦿ How will you measure results?
- ⦿ Role of Students, Parents, Community, Faculty and Staff, Administration
- ⦿ Who are your Stakeholders and what role do they play?
- ⦿ What strategies will you use to implement your program?

ANALYZE & EVALUATE THE SITUATION

- Will students embrace the program?
- How does the program work?
- Who does the program target?
- Who runs the program?
- How are parents involved?
- How does the program help students who are bullied?
- How does the program help students who do the bullying?
- How does the program prevent bullying from happening in the future?
- What visual effects will you use (posters, presentations, infomercials)
- What electronic means will you use to convey information (Pinterest, Website, Twitter, Announcements, etc.)



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



To this day: Storytelling about the trauma of
bullying
Shane Koyczan



<http://vimeo.com/tothisday/tothisday>

KEY POINTS

- You can define bullying
- Understand the scope of bullying and the impact it has on student achievement and personal/social development
- Understand the victim and target
- Know the different ways kids bully
- Identify warning signs
- Develop an ASAP specific to your school's needs



References:

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

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

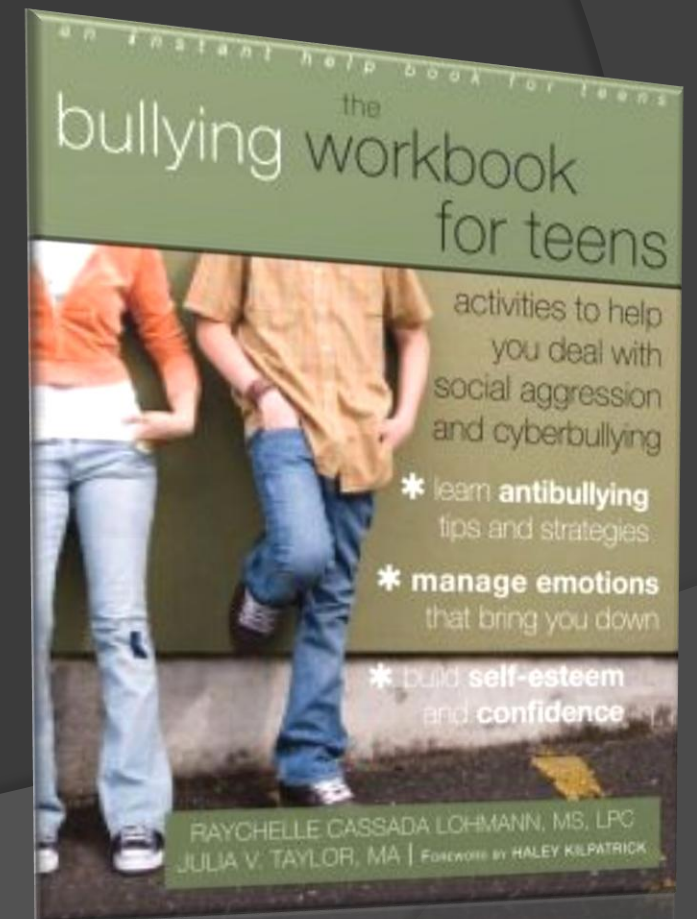
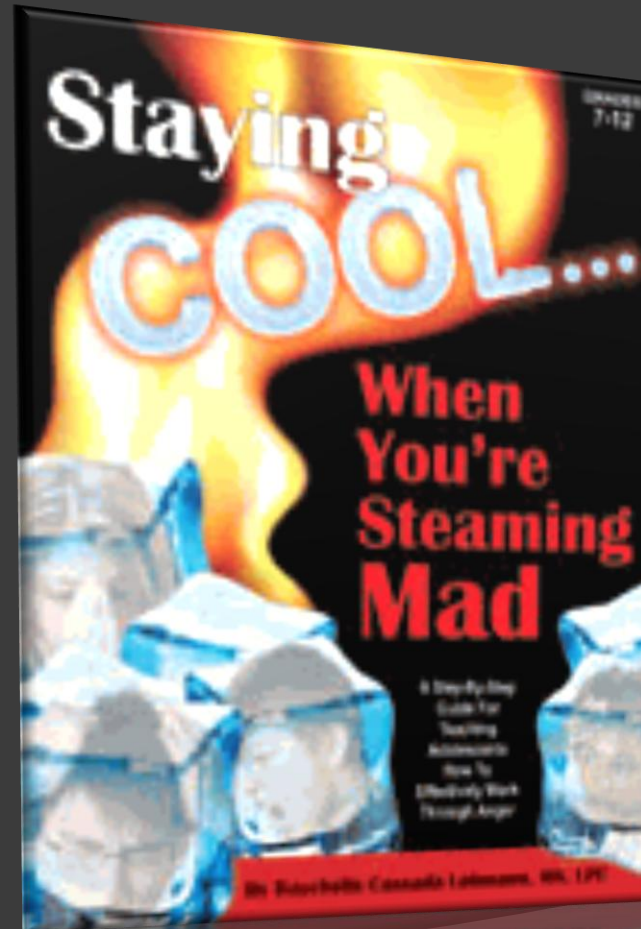
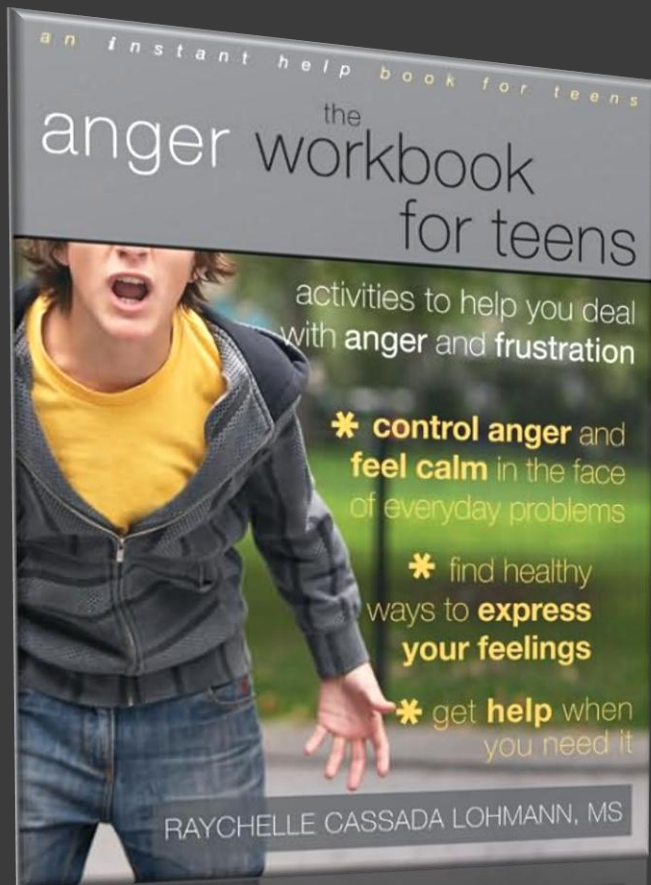
[Thomas W. Farmer, Cristin M. Hall. Bullying in School: An Exploration of Peer Group Dynamics.](#)

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[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



Presentation & Handouts



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QEP

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That's all Folks!