

BYE BYE BULLYING

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OBJECTIVES:

- ◉ Define bullying
- ◉ Discuss risk factors
- ◉ Identify warning signs
- ◉ Discuss effects
- ◉ Bully prevention
- ◉ Responding to bullying
- ◉ Ways to get help
- ◉ Helpful resources

QUIZ: TEST YOUR KNOWLEDGE ABOUT BULLYING

- ◉ True or False. Bullies are always bigger and stronger than those they bully.
- ◉ True or False. Kids frequently don't report bullying incidents.
- ◉ True or False. Bullying only occurs during the school day.
- ◉ True or False. There are only bullies and those who are bullied.
- ◉ True or False. Bullying is linked to suicide.

ANSWERS

- ◉ Bullies are bigger
 - False: power imbalance can be from popularity, strength, or cognitive ability.
- ◉ Kids don't report bullying
 - True: kids worry about retaliation, being seen as "weak," feel that others don't care, or fear rejection
- ◉ Bullying only occurs during the school day.
 - False. With increasing technology, cyberbullying can result in kids being harassed 24/7
- ◉ There are only bullies and those who are bullied.
 - False. Bystanders witness bullying and can experience negative effects as well. They can prevent bullying by speaking up.
- ◉ Bullying is linked to suicide.
 - False. Most kids who are bullied don't have suicidal thoughts or behaviors. Kids who are bullied are at risk of suicide, but bullying alone is not the cause. Other risk factors include depression, problems at home, and trauma history.

BULLYING DEFINED

- ◉ Bullying is unwanted aggressive behavior that involves an imbalance of power and is repeated over time
- ◉ Different types of bullying: verbal, social or relational, and physical
 - Verbal includes teasing, name calling, taunting, threatening to cause harm
 - Social or relational is hurting someone's reputation or relationships such as leaving someone out on purpose, telling others to not be friends with a child, spreading rumors, embarrassing someone in public
 - Physical includes hurting a person's body or possessions such as hitting, pushing, spitting, taking someone's things

BULLYING STATISTICS

- When: during and after school hours
- Where: on school property including playground or bus; in neighborhood; on Internet
- Frequency
 - Nationwide 28% of students in grades 6-12 experienced bullying (2010-2011 School Crime Supplement)
 - Howard County: 103 reported incidents in 2008-2009; 224 reported incidents in 2009-2010 (Bullying, harassment, or intimidation in MD Public Schools: A report to the MD General Assembly on incidents reported under the Safe School Reporting Act of 2005; Presented March 2011 by MSDE)
 - These numbers likely underestimate incidents as many go unreported.

GENDER DIFFERENCES

- ◉ Boys are more likely to bully others.
- ◉ Girls and boys bully differently.
- ◉ Both boys and girls engage in frequent verbal bullying.
- ◉ Girls are more likely to bully by exclusion (social/relational bullying).
- ◉ Boys are more likely to use physical actions.

CYBERBULYING

- Bullying that takes place using electronic technology such as cell phones, computer, and tablets as well as communication tools such as social media sites, text messages, chats, and websites
- Differences from bullying
 - Can happen 24/7
 - Messages can be posted anonymously
 - Can be distributed quickly and to a wide audience
 - Can be difficult to delete messages, texts, pictures or posts
- 15% of high school students (grades 9-12) were electronically bullied in past year (2013 Youth Risk Behavior Surveillance Survey)

RISK FACTORS: KIDS MORE LIKELY TO BE BULLIED

- Children at risk of being bullied
 - Perceived as different: weight, race, dress, etc.
 - Viewed as weak or unable to defend themselves
 - Depressed, anxious, or have low self-esteem
 - Less popular or have few friends
 - Do not get along with others: annoying, attention-seeking

RISK FACTORS: KIDS MORE LIKELY TO BULLY

○ Two types of kids

- Well-connected and have social power; are concerned about popularity and like to dominate others
- Isolated from peers: have low self-esteem, less involved in school, easily pressured by peers, or do not identify with others' feelings

○ Other characteristics

- Aggressive or easily frustrated
- Less parental involvement or issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

WARNING SIGNS: KIDS WHO ARE BULLIED

- ◉ Unexplained injuries
- ◉ Lost or destroyed clothing or possessions
- ◉ Frequent headaches or stomachaches
- ◉ Feeling sick or faking illnesses
- ◉ Changes in eating habits: skipping meals or binge eating
- ◉ Difficulty sleeping or frequent nightmares
- ◉ Declining grades, loss of interest in school work, not wanting to attend school
- ◉ Sudden loss of friends or avoids social situations
- ◉ Feelings of helplessness or decreased self-esteem
- ◉ Self-destructive behaviors such as running away, harming themselves, or talking about suicide

WARNING SIGNS: KIDS WHO BULLY OTHERS

- ◉ Get into physical or verbal fights
- ◉ Have friends who bully others
- ◉ Are increasingly aggressive
- ◉ Get in trouble a lot at school
- ◉ Have unexplained money or new belongings
- ◉ Blame others for their problems
- ◉ Don't accept responsibility for their actions
- ◉ Are competitive and worry about popularity and their reputation

EFFECTS: KIDS WHO ARE BULLIED

- ◉ Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating habits, loss of interest in activities they used to enjoy
- ◉ Health complaints
- ◉ Decreased academic achievement and participation: more likely to miss, skip, or drop out of school

EFFECTS: KIDS WHO BULLY OTHERS

- ◉ Abuse drugs and alcohol during adolescence and adulthood
- ◉ Get into fights, vandalize property, and drop out of school
- ◉ Engage in early sexual activity
- ◉ Have criminal convictions as adults
- ◉ Are abusive to their romantic partners, spouses, or children as adults

EFFECTS: BYSTANDERS

- ◉ Feel afraid
- ◉ Feel powerless to change things
- ◉ Feel guilty
- ◉ Feel diminished empathy for victims
- ◉ Increased use of tobacco, alcohol, and other drugs
- ◉ Increased mental health problems such as depression and anxiety
- ◉ Miss or skip school

BULLY PREVENTION: TALK ABOUT BULLYING

- Parents, teachers, and school need to be involved
- Help kids understand bullying
 - Talk about what is it
 - Discuss how kids can safely stand up
 - Talk to trusted adult
 - Report it
 - Discuss ways to respond: humor, ask to “stop,” walk away
 - Stay near adults or groups of other kids
 - Help kids who are bullied by showing kindness or getting help

BULLY PREVENTION: DAILY CHECK IN

- Parent should check in with kids daily
 - What was something good that happened today? Anything bad?
 - Who do you sit with at lunch? What do you talk about?
 - What are you good at and what do you like best about yourself?

BULLY PREVENTION: TALK ABOUT BULLYING

- **Start conversations about bullying**
 - What does “bullying” mean to you?
 - Describe what kids are like who bully. Why do you think people bully?
 - Who are the adults you trust most when it comes to issues like bullying?
 - Do you ever see kids at your school being bullied? How does it make you feel?
 - Have you ever tried to help someone being bullied? What happened? What would you do if it happens again?
 - What would you do if someone bullied you?

BULLYING PREVENTION: STAY UP TO DATE

- Stay up to date with kids' lives
 - Read class newsletters and flyers, talk about them at home
 - Go to school events
 - Meet teachers and school counselors or reach out via email or phone

BULLY PREVENTION: ENCOURAGE INTERESTS

- Encourage kids to do what they love
 - Get them involved in activities, interests, or hobbies they like
 - Allows them to meet others with similar interests
 - Helps them feel confident
 - Helps them to develop friendships that protect against bullying

BULLY PREVENTION: MODEL

- Model how to treat other with respect and kindness
 - Set a good example
 - Model healthy strategies for managing conflict and stress
 - Treat friends, colleagues, and family with respect

RESPONDING TO BULLYING

- Support kids who are bullied
 - Listen and focus on child
 - Assure child that bullying is not their fault
 - Consider referring to a school counselor
 - Practice role plays and how to respond if bullying happens again
 - Work together to help resolve the situation and help the child feel safe
 - Be persistent: continue to work together to stop bullying

RESPONDING TO BULLYING: UNHELPFUL STRATEGIES

- ◉ Tell child to ignore bullying
- ◉ Blame the child for being bullied
- ◉ Tell child to physically fight back: could cause child to get hurt, suspended, or expelled
- ◉ Resist urge to contact other parent. Allow school personnel to serve as mediators between parents.

ADDRESSING BULLYING

- Involves parents, school staff, and organizations
- Make sure child knows what the problem behavior is
- Show kids that bullying is taken seriously
- Work with child to understand some of reasons he/she bullied
- Use consequences that involve learning or building empathy
 - Lead class discussion about being a good friend
 - Role play scenarios about cooperating with others
- Have child who bullied involved in repairing the situation
 - Write apology letter to student who was bullied
 - Do a good deed for student who was bullied

BYSTANDERS: SPEAKING UP

- Encourage bystanders to speak up
 - Tell a trusted adult
 - Be their friend
 - Don't give bullying an audience
 - Set a good example
 - Help them get away
- Kids who witness bullying often want to help but may not be sure how to
- Be More than a Bystander video
 - <https://www.youtube.com/watch?v=YVKLPtm5XMY>

HOW TO GET HELP: WHAT PARENTS CAN DO

- ◉ Recognize the warning signs that your child is involved in bullying, especially if you notice emotional or behavioral changes
- ◉ Learn what bullying is
- ◉ Learn about cyberbullying: how to prevent and how to respond
- ◉ Talk openly to your child about bullying; work with school to prevent bullying
- ◉ If bullying has occurred, work with school and community officials to support your child.
- ◉ If bullying occurred at school, learn what your school is required to do based on your State's anti-bullying law.

PROBLEM & TYPE OF RESPONSE

- If your child is bullied at school
 - Contact the teacher, school counselor, school principal, school superintendent, or State Department of Education
- If the school is not adequately addressing harassment based on race, color, national origin, sex, disability, or religion
 - Contact school superintendent; State Department of Education; U.S. Dept. of Education, Office for Civil Rights; U.S. Dept. of Justice, Civil Rights Division

HELPFUL RESOURCES

- www.stopbullying.gov
 - Educational website about bullying and ways for parents and schools to intervene
 - En Espanol: <http://espanol.stopbullying.gov>
- <http://store.samhsa.gov/apps/knowbullying/index.html>
 - Prevent cyberbullying with KnowBullying App by SAMHSA
 - Free app that can help parents start a conversation with children about school, work, relationships, life, and bullying
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) Provides 24-hour crisis counseling and mental health referrals.

SCHOOL RESOURCE

- MD State Dept. of Education: Bullying Prevention
 - http://www.marylandpublicschools.org/MSDE/divisions/studentschoolsvcs/student_services_alt/bullying/
 - Includes directions and reporting forms for students and their families to document bullying incidents that occur at school
 - Parent and student resources and information
 - Has a presentation on bullying prevention in schools
 - Has important contact information