

Bullying

What can we do about it?

Is It Bullying?

How can you tell if someone is being bullied? This chart can help you decide if it's bullying or something else.

Joking Around:

- Everyone is having fun.
- No one is getting hurt.
- Everyone is participating equally.

One Time Thing:

- Someone is being mean on purpose.
- It's a reaction to a strong emotion or feeling.
 - It happens once and doesn't repeat itself.

Conflict:

- Two people with a balance of power that have a fight, argument, or disagreement.
- A solution can usually be found.

Bullying:

- Repeated, unwanted aggressive behavior towards someone.
- Someone is being hurt on purpose.
- Can be social, verbal, physical, or cyber.



When talking with your child, ask for more details. Be gentle with them. They fear retaliation and may not want you to get involved.

BUT . . . IT MAY NOT REALLY BE BULLYING.

WHAT IS BULLYING?

Bullying is a form of emotional or physical abuse that has three defining characteristics:

- ❖ **Deliberate** – a bully's intention is to hurt someone
- ❖ **Repeated** – the behavior is repeated, or has the potential to be repeated, over time
- ❖ **Power Imbalanced** – a bully chooses victims he or she perceives as vulnerable

These three aspects must be included for a behavior to be labeled bullying.

Effects of Bullying

Affects
Those who are bullied
Those who bully
Witnesses to bullying

Bullying

- Impacts mental health
 - Can lead to substance abuse
 - Can lead to suicide
-

Signs to look for

- ★ Depression or anxiety
- ★ Changes in sleeping and eating patterns
- ★ Loss of interest in activities they enjoy
- ★ Health complaints
 - Headache
 - Stomachache
- ★ Decreased academic achievement and school participation
 - More likely to miss, skip or drop out of school
- ★ Sudden loss of friends or avoid social situations
- ★ Decreased self-esteem
- ★ Self-destructive behaviors
 - Running away from home
 - Self-harm
 - Talk of suicide

Kids who are bullied



CHILDREN AT RISK OF BEING TARGETED

Perceived as different

Perceived as weak or unable to defend themselves

Are depressed, anxious, have low self-esteem

Are less popular than others and have few friends

Do not get along well with others

- Seen as annoying
- Provoking or antagonize others for attention

Kids who Bully Others



- Lack of empathy
- Needs to be in control
- Underdeveloped social and interpersonal skills
- Seems to derive pleasure from pain and suffering of others
- Attacks before others can attack
- Has been bullied by peer, sibling, or parent
- Is exclusive – refuses to include certain kids in play or study
- Persists in certain unpleasant behavior even after you have told him/her to stop
- Is very concerned with being and staying popular
- Seems intolerant of and/or shows contempt for children who are “different” or “weird”
- Frequently teases or taunts other children

RELATIONAL AGGRESSION

Emotional bullying:

- silent treatment
- rumors
- intimidation
- humiliation
- exclusion
- teasing
- manipulation

These types of behaviors can be devastating, resulting in serious injury to the target's self-esteem and feelings of social unacceptability.

The Risk Between Bullying and Suicide

Most youth who are bullied do not have thoughts of suicide or engage in suicidal behaviors.

Although a risk, bullying alone is not the cause. Other risks:

- Depression
- Problems at home
- Trauma history
- LGBTQ Youth who are unsupported by parents, peers, schools
- History of suicide in family

How to Keep Children Safe

At School

Have healthy friendships

Build a culture of inclusion and respect

Train staff

Teach students the power of being an upstander

Ask children to report it right away, that day, to a trusted adult

Classroom meetings

Safe place for students to discuss issues

Helps to keep teachers informed




The Power of the Upstander

<https://youtu.be/kelO5bA-xls>

How Reports Are Handled at School

Once reported, the issue is investigated to determine if it meets the criteria for bullying

- Meeting with the targeted student
- Meetings with witnesses, if any
- Meeting with the aggressive student
 - Review the Expected Behavior Contract
 - Parents contacted
 - Consequence from Principal
 - Reparation
- Student is asked to stay away from the person they targeted



Support from School Counselor

We are educating children

- Student who was targeted is counseled
- Build resilience
 - You don't deserve to be treated that way
 - Avoid the aggressor
 - Hang out with people who let you be you
 - Ways to stand up for themselves
 - Act like you don't care about their negative comments
 - Practice, Practice, Practice
- Aggressor student is counseled
 - Probably something going on in their life
 - Taught lessons on empathy
 - Taught other tools to solve disagreements

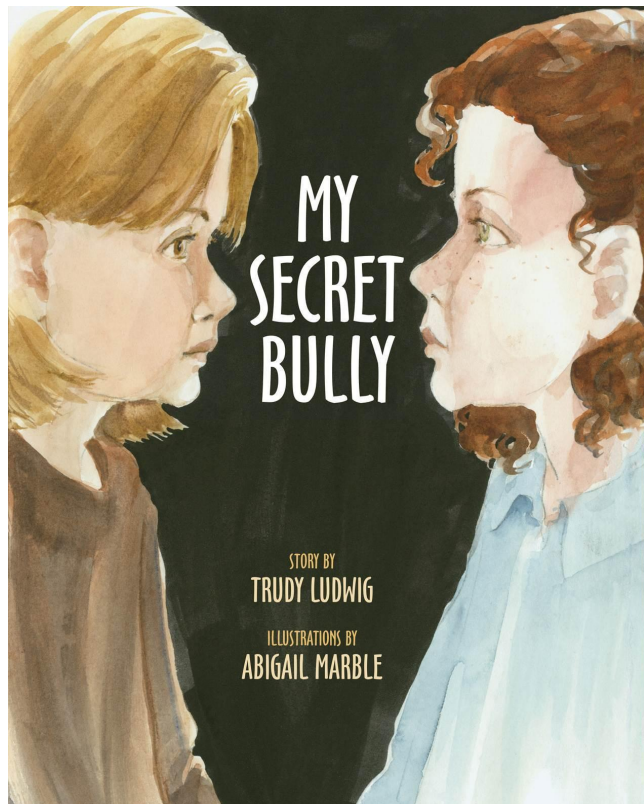
Follow up with student who was bullied

What Can A Parent/Guardian Do at Home?

Keep communication open with your children

- One good thing that happened today?
- Foster friendships with their peers
- Communicate with teachers
 - Remember there are 3 sides to every story!
- Model how to treat others with kindness and respect
- A confident child does not get bullied
 - Include praise for their effort
 - 1:5 negative/positive comments
 - Help them to feel valued
 - Kids seek approval from their parents
 - Keep them involved at school

Bullying Websites



bullying.org

cyberbullying.org

stopbullyingnow.com