

Jericho SEPTA
Bully Prevention
Parent Presentation

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"How Much Do You Know About Bullying?"

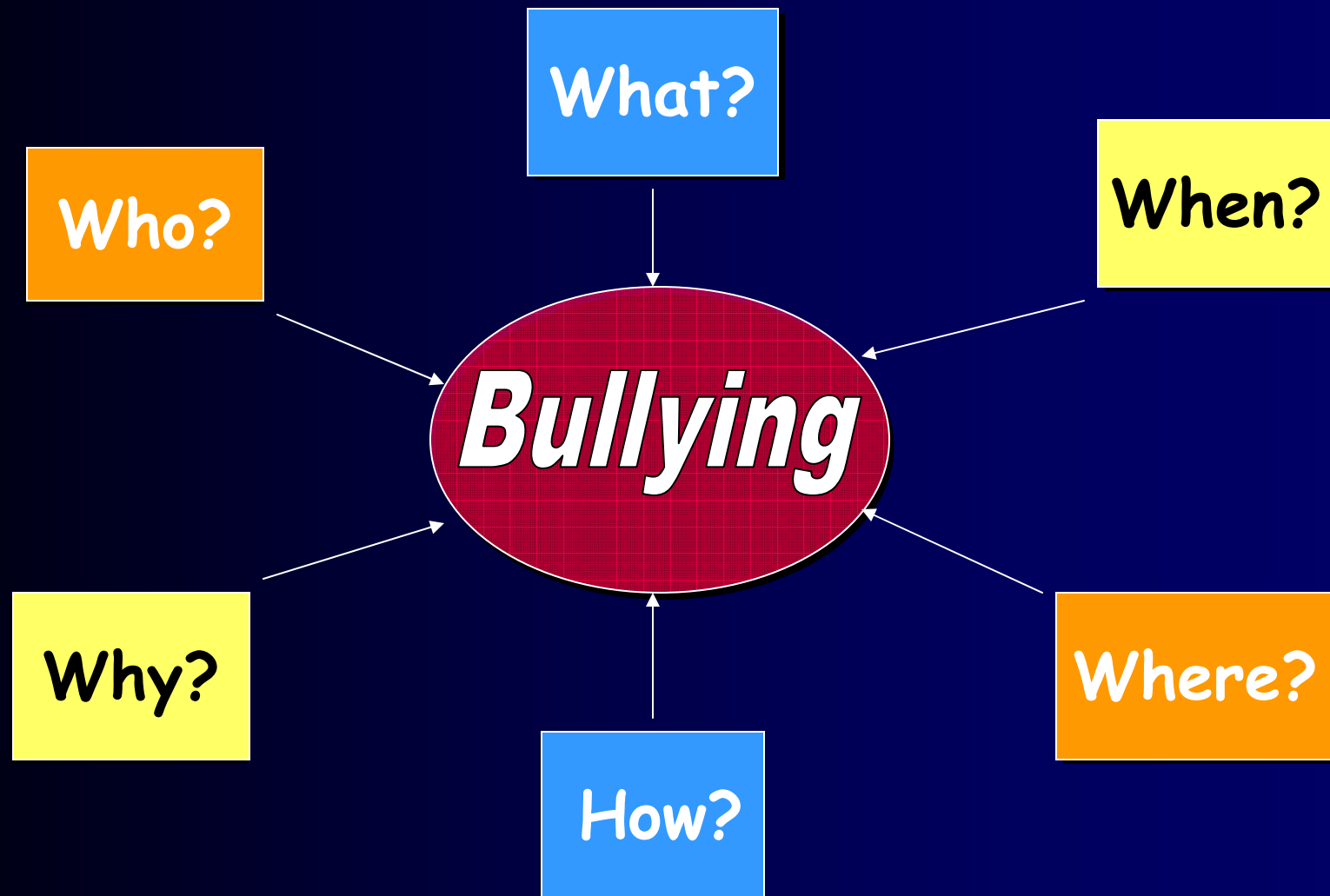


Tonight's topics:

- different forms of bullying.
- the general prevalence of bullying problems among boys and girls and in different age groups.
- the effects of bullying on all children involved, including the bullied child, the child who bullies and the child who witnesses bullying.
- how parents can provide guidance and support to children who are being negatively affected by bullying.
- steps parents can take if they believe that their child is being bullied.

"Kids React To Bullying

- http://youtu.be/Xre8zZ_B8Mk?t=2m16s



Bullying Study: Wheatley H.S.

Who, What, Where,
When, How, Why

<http://ac360.blogs.cnn.com/2011/10/10/video-the-roots-of-bullying/>

Olweus Definition of Bullying:

“Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.”

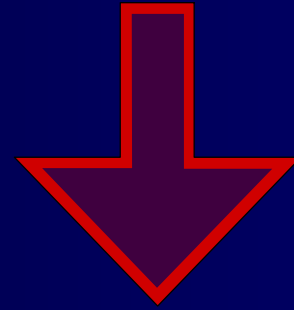
Three Key Components of Bullying Behavior

1. Involves an **aggressive behavior**
2. Typically involves a pattern of behavior repeated over time
3. Imbalance of power or strength *

BULLYING = PEER ABUSE



Types of Bullying



- Direct--Hitting, taunting, name calling
- Indirect—Rumors, exclusion, cyber bullying

Effects of Being Bullied



- Lower self-esteem
- Depression & anxiety
- Absenteeism & lowered school achievement
- Thoughts of suicide
- Illness

Health Consequences of Bullying (Fekkes et al., 2004)

	<u>Bullied</u>	<u>Not bullied</u>
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%

Concerns About Children Who Bully

- Children who bully are more likely to:
 - Get into frequent fights
 - Be injured in a fight
 - Steal, vandalize property
 - Drink alcohol, smoke
 - Be truant, drop out of school
 - Report poorer academic achievement
 - Perceive a negative climate at school

Effects of Bullying on Bystanders

- Bystanders may feel:

- Afraid
- Powerless to change the situation
- Guilty for not acting
- Diminished empathy for victims over time



"How Much Do You Know About Bullying?"

Myths & Facts



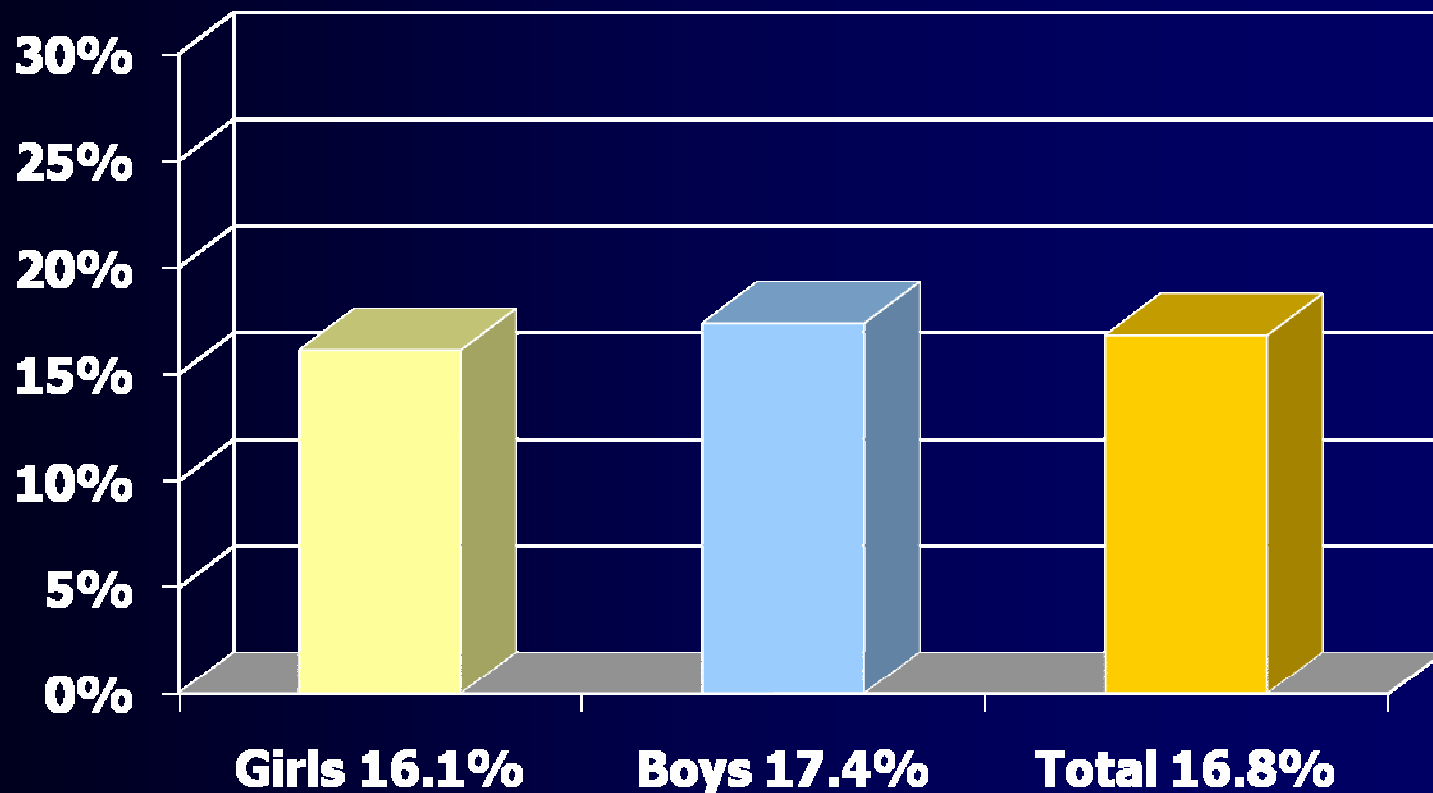
1. True or False?

- Studies suggest that fewer than 10% of children are involved in bully/victim problems in elementary or middle school.

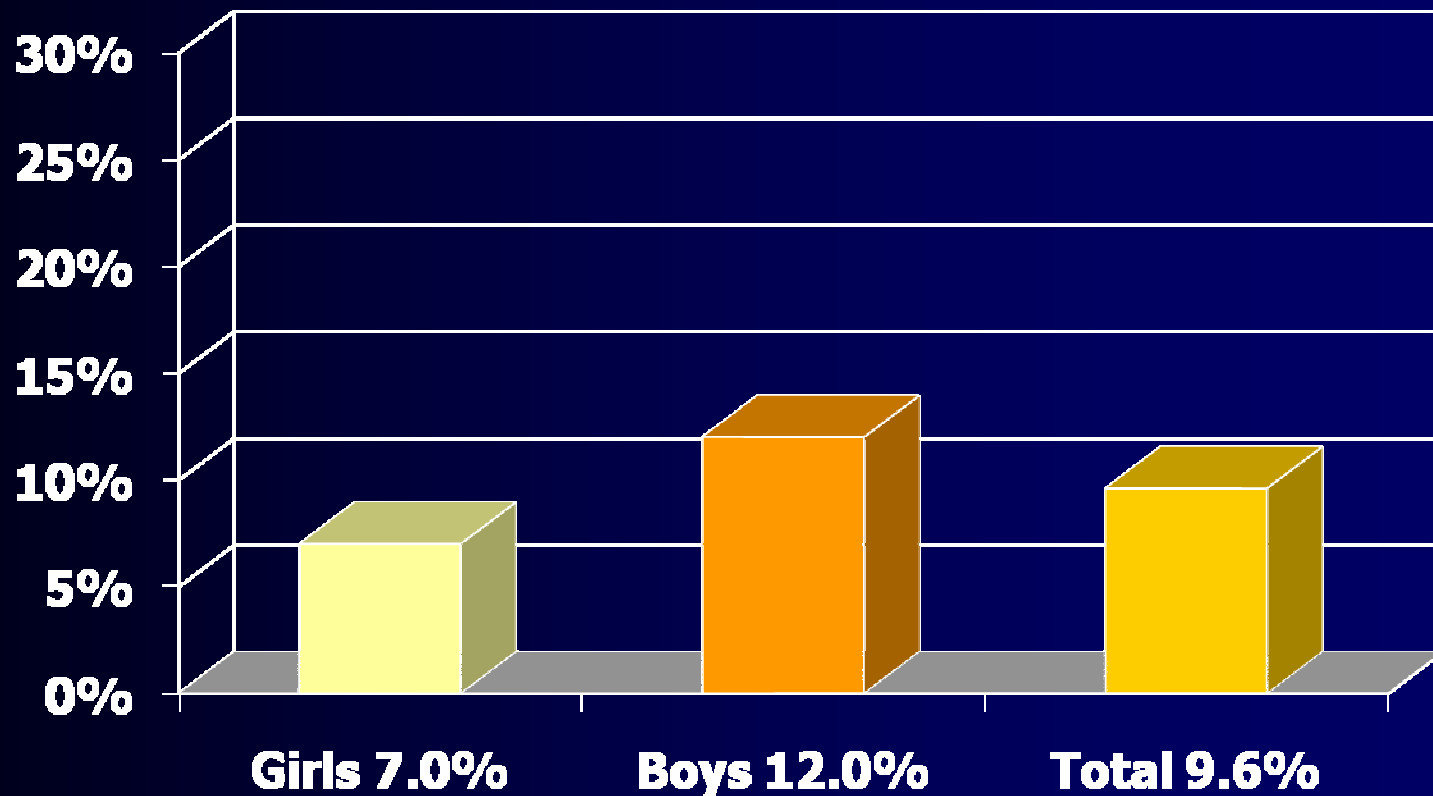
False



Percentage of Students Bullied 2-3 times/month or more



Percentage of Students Who Bully Others 2-3 times/month or more



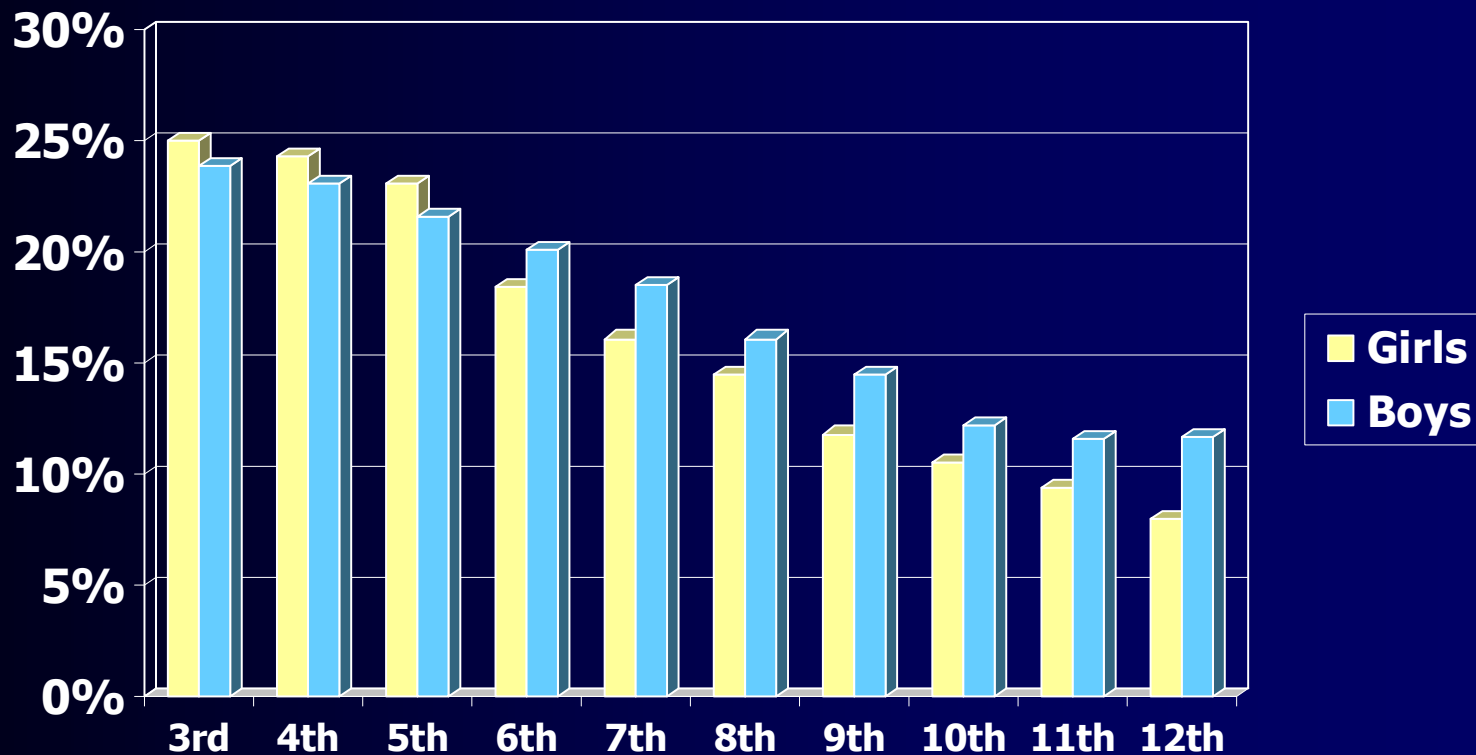
2. True or False?

- Children are more likely to be bullied in middle school than in elementary school.

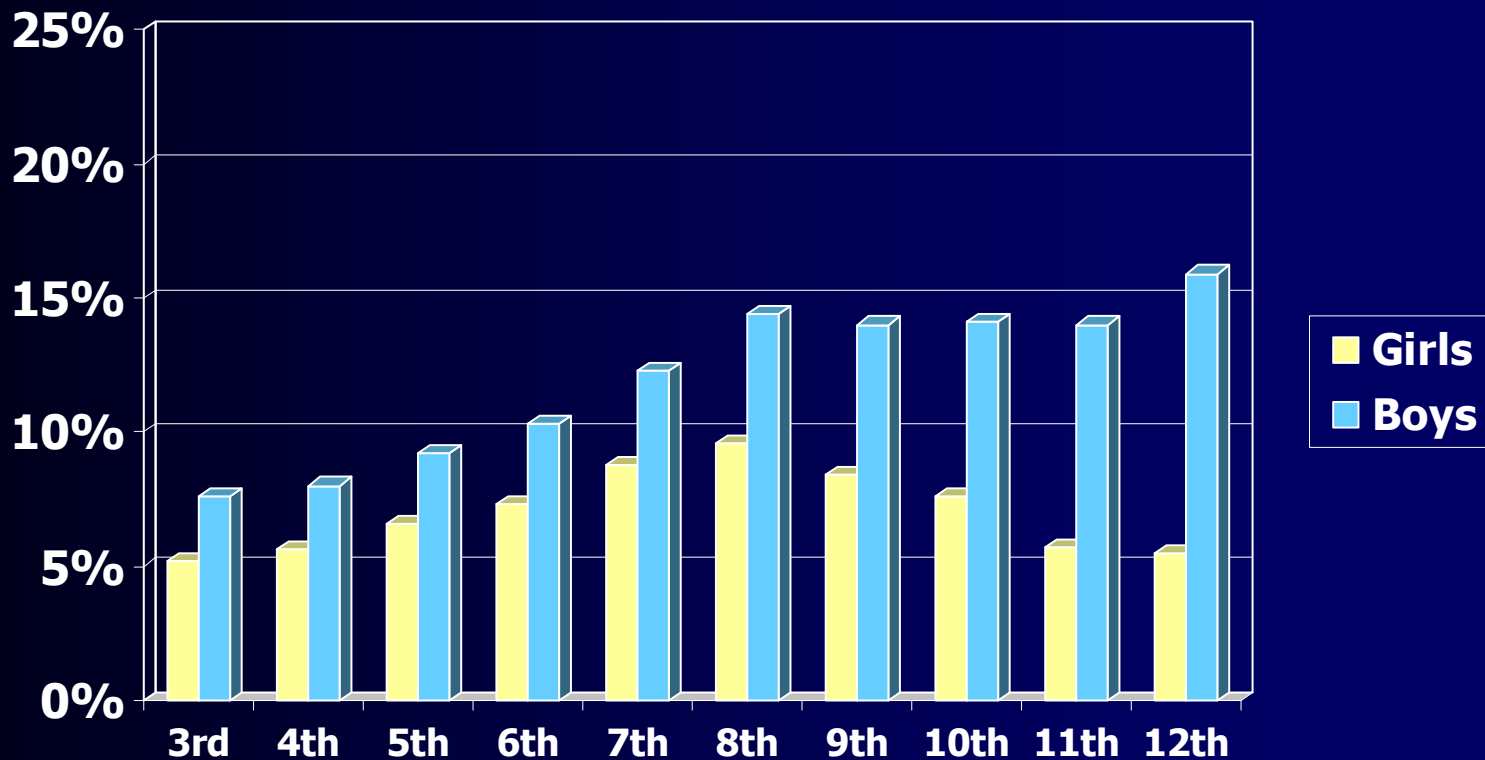
False



Bullied Students: Grade Trends 2-3 times/month or more



Students Bullying Others: Grade Trends



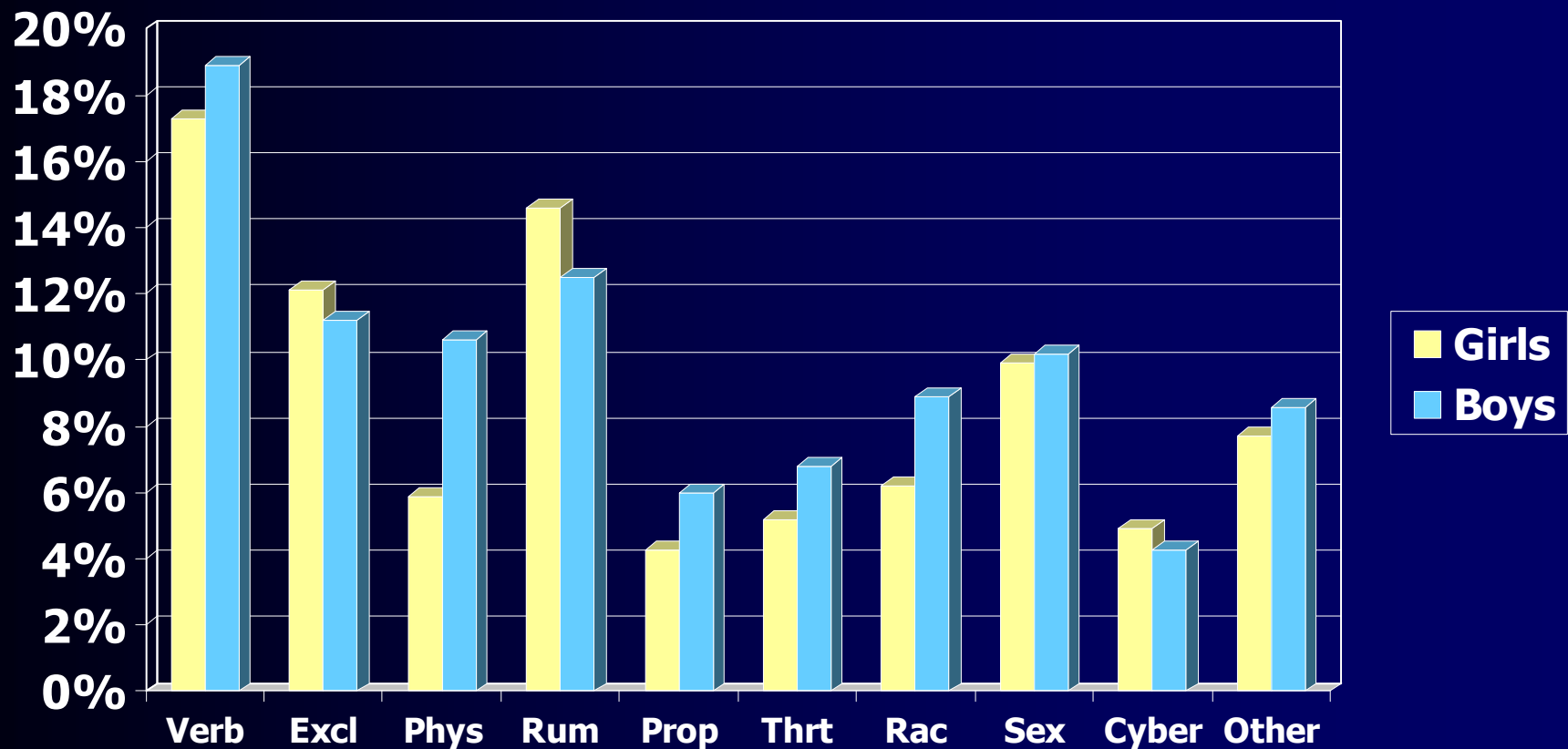
3. True or False?

- Most bullying is physical in nature.

False



How are Boys and Girls Bullied?



4. True or False?

- Girls bully just as much as boys; they just do it differently.

False





Gender plays a role



- **Similarities:**

- Both boys and girls engage in frequent verbal bullying.
- **Girls and boys engage in relational bullying.**

- **Differences:**

- **Boys are more likely to physically bully.**
- **Girls are more likely to use more subtle and indirect forms of bullying: social exclusion, rumor-spreading, friendship manipulation.**
- **Boys are bullied primarily by boys; girls are bullied by boys and girls.**

5. True or False?

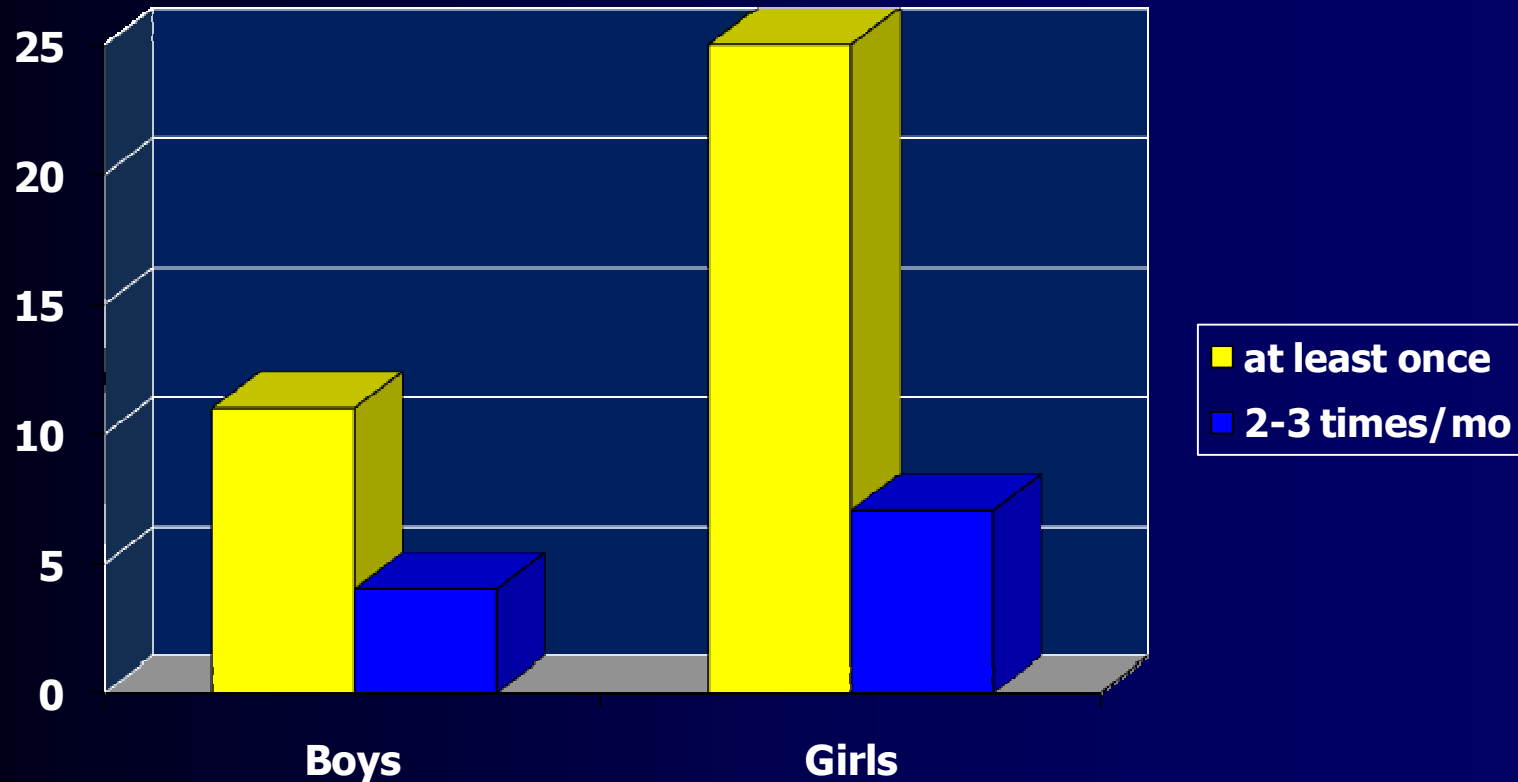
- Boys are more likely than girls to be involved in cyber-bullying.

False



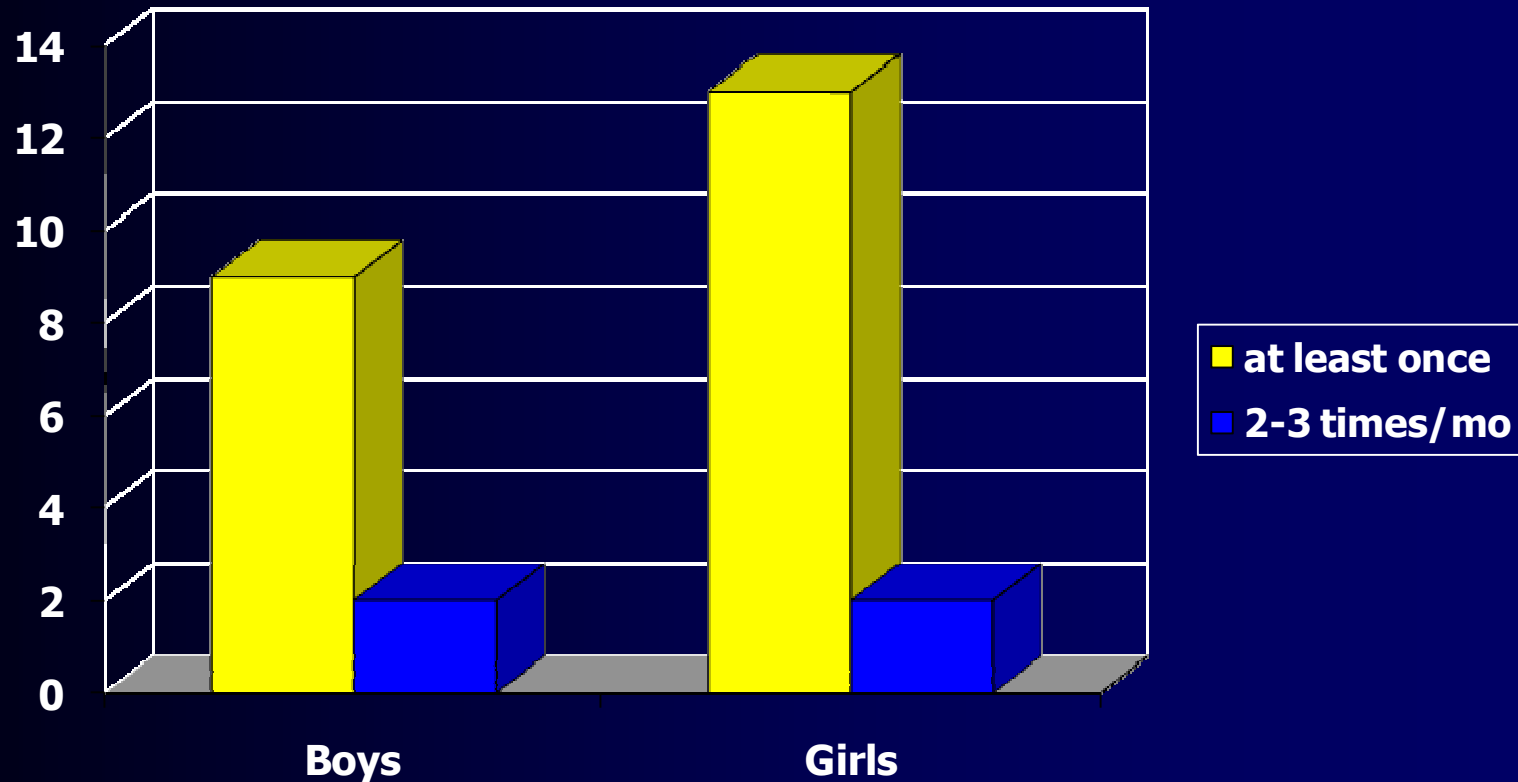
Frequency of Being Cyber-Bullied

Kowalski, Limber, & Agatston (2007)



Frequency of Cyber-Bullying Others

Kowalski, Limber, & Agatston (2007)



6. True or False?

- The vast majority of children who are bullied tell a teacher or other member of the school staff.

False

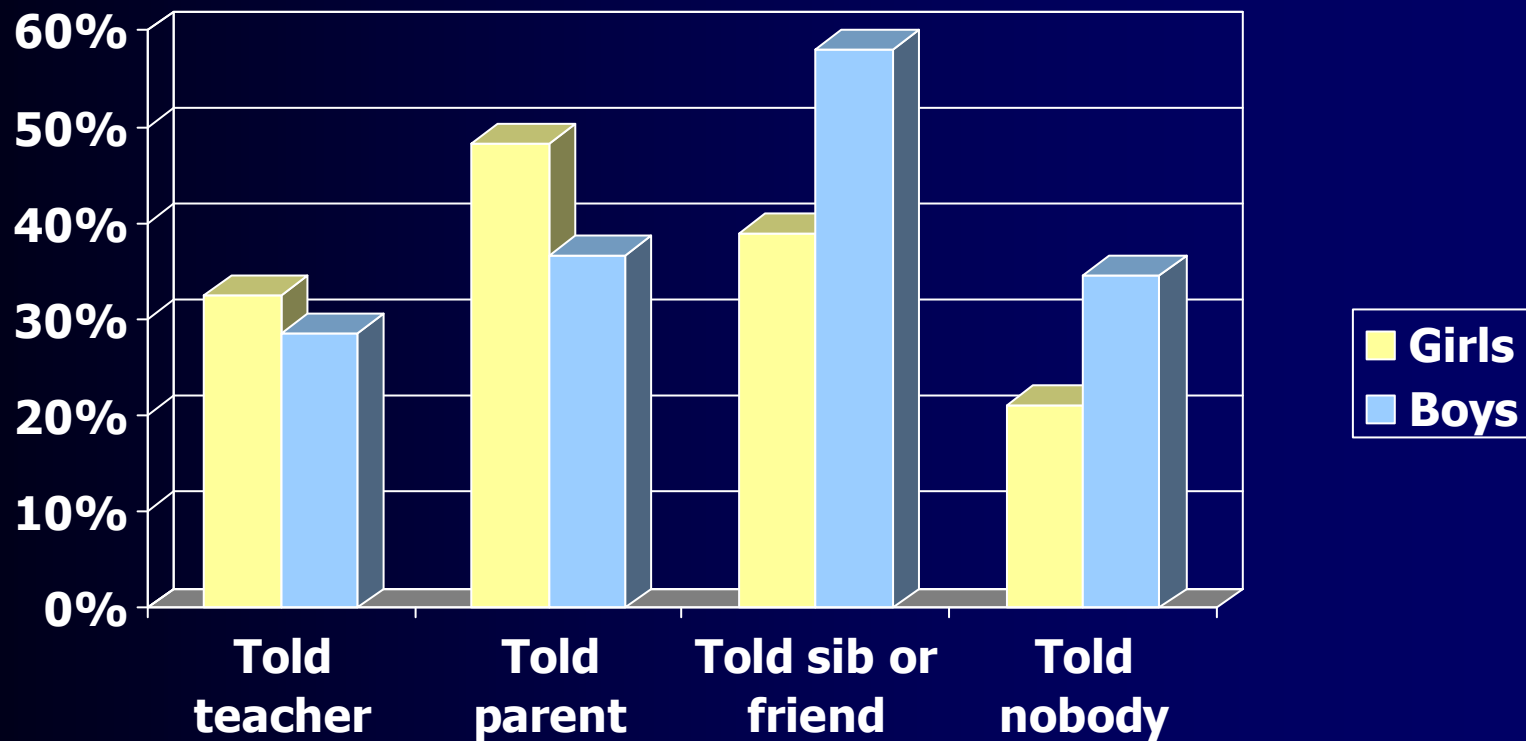


Reporting of Victimization



- Many children do not report bullying to school staff.
- Older students and boys are less likely than younger students and girls to report their victimization.

Percentage of bullied students who have told/not told anyone about the bullying



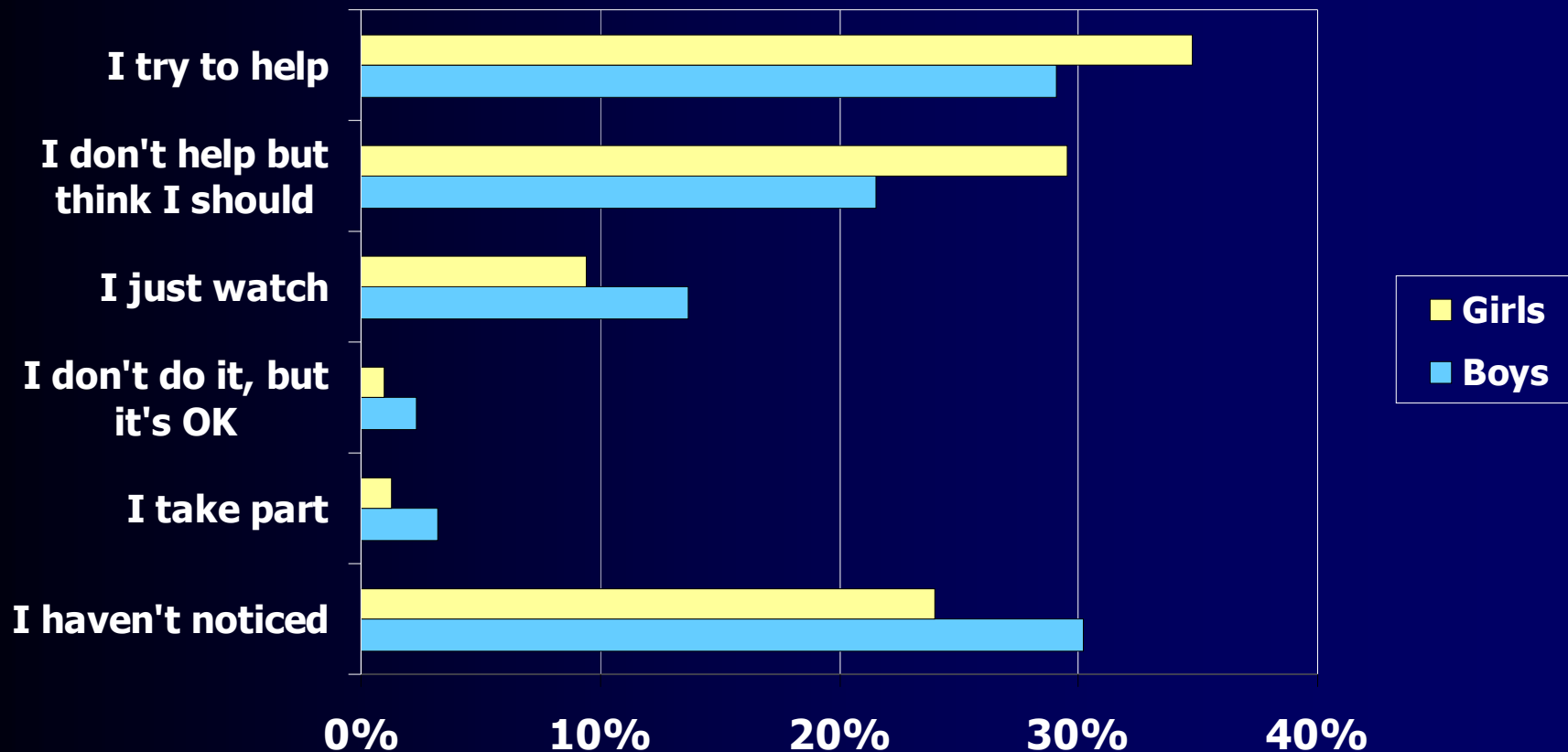
7. True or False?

- Most students who observe bullying don't think they should get involved.

False



If you see or learn that a student is being bullied, how do you usually react?



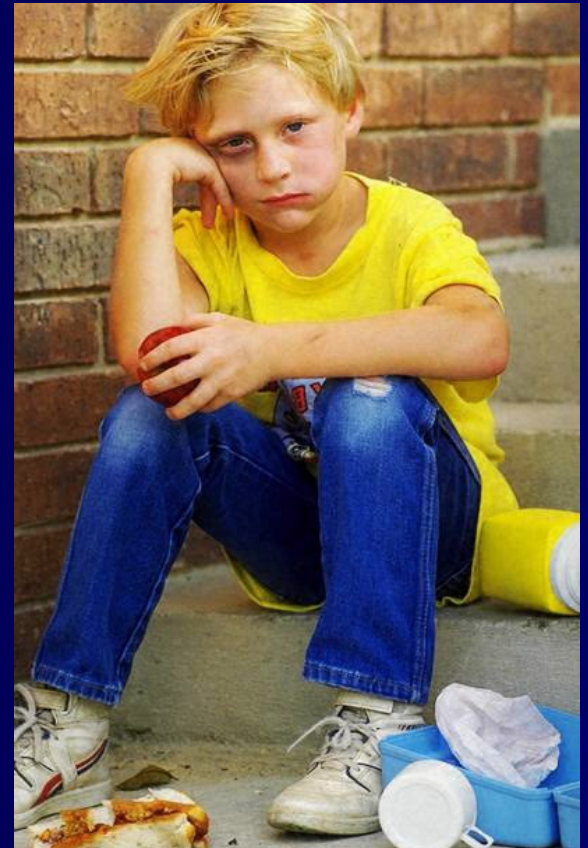
Students Involved in Bullying:

**Characteristics and
Risk Factors...**

Characteristics of Bullied Students

Research suggests two categories of bullied children:

- "submissive" or "passive victims"
- "provocative victims" or "bully-victims"



"Passive Victims"

- Cautious, sensitive, quiet, & withdrawn
- Anxious, insecure, have low self-esteem
- Physically weaker than peers (boys)
- Physically mature earlier (girls)
- Have few friends--find it easier to associate with adults

"Provocative Victims" Tend To...

- Share characteristics with bullied children
- Share characteristics with students who bully
- Be less effective in bullying than other children who bully
- Behave in ways that cause irritation and attract negative attention

Children at Higher Risk of Being Bullied:

- Children with disabilities, special needs, and health problems
- Children who are obese
- Children who are lesbian, gay, bisexual, transgender, or who are questioning their identities (GLBTQ) [TG CD #5]



Children Who Bully Tend To...



- Have positive attitudes toward aggression and/or violence
- Be impulsive and have quick tempers
- Show little empathy for victims
- Be aggressive to adults
- Be involved in other antisocial or rule-breaking activities
- Be physically stronger than peers (boys)



Common Myths About Children who Bully

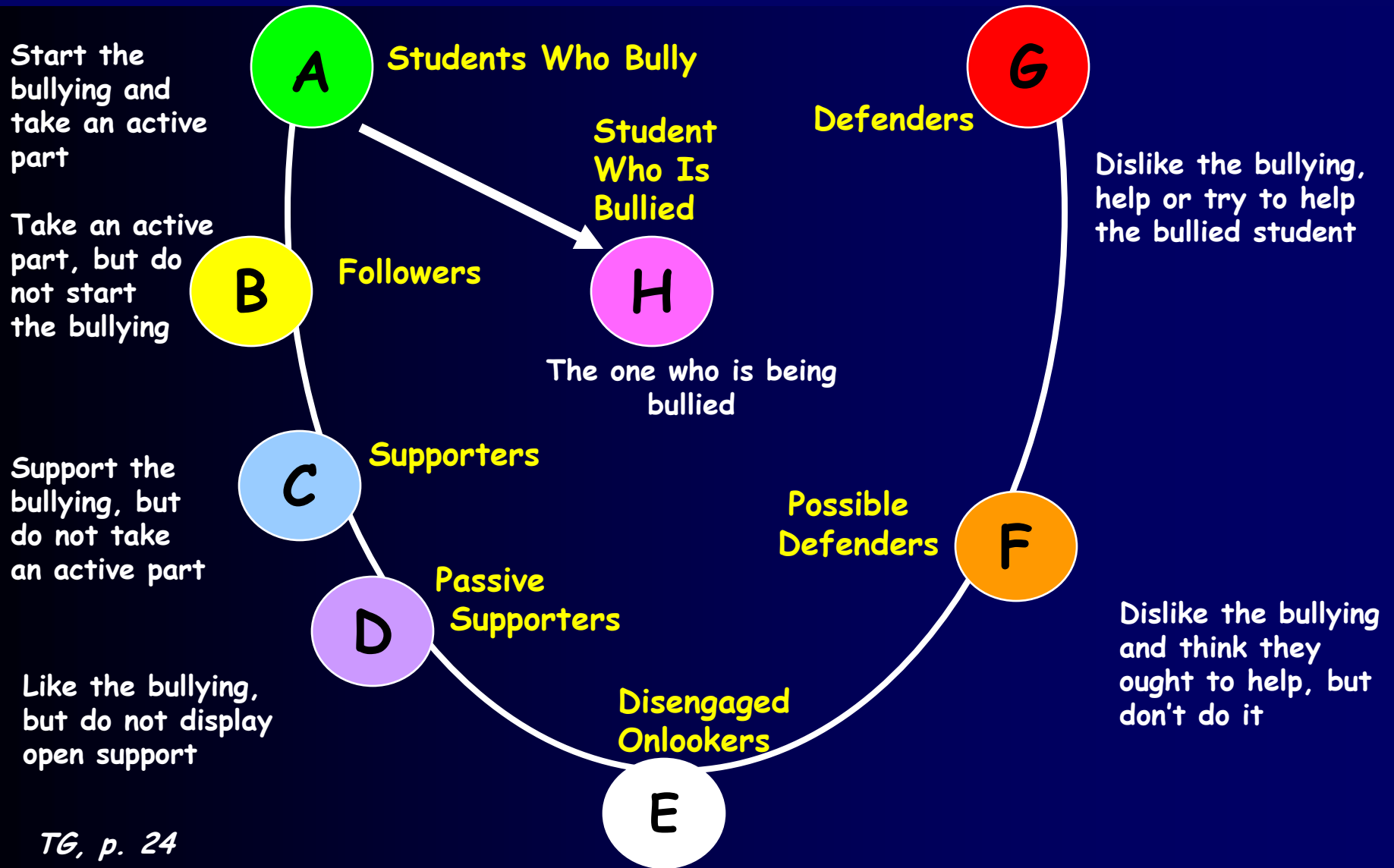
- "Children who bully are loners."
- "Children who bully have low self-esteem."
- "Bullies have been bullied at home."



What Motivates Children Who Bully?

- Like to dominate others in a negative way
- Gain satisfaction from inflicting injury and/or suffering
- Receive “rewards” by bullying others (prestige, attention, possessions)

What Roles Do Students Play In Bullying Situations?



TG, p. 24

Group Mechanisms in Bullying

- Social contagion
- Weakening inhibitions against aggression
- Decreased sense of individual responsibility
- Gradual changes in the view of bullied student(s)

My Kid Would Never Bully" Dateline NBC

- <http://youtu.be/n4kh4r99ZkI>

My Kid Would Never Bully"

- http://youtu.be/Vk_k2pnMO9o

My Kid Would Never Bully" Dateline NBC

The Victim's Point of View:

- http://youtu.be/Fx_Cnga3iPU

Tips for Parents: What to Do If Your Child Is Being Bullied.

- Never tell your child to ignore the bullying.
- Don't blame your child for the bullying. Don't assume your child did something to provoke the bullying.
- Allow your child to talk about his or her bullying experiences. Write down what is shared.

- Empathize with your child. Tell him or her that bullying is wrong, that it is not his or her fault, and that you are glad he or she had the courage to tell you about it.
- If you disagree with how your child handled the bullying situation, don't criticize him or her. It is often very difficult for children to know how best to respond.
- Do not encourage physical retaliation.

- Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, step back and consider the next steps carefully.
- Contact a teacher, school counselor, or principal at your school immediately and share your concerns about the bullying that your child has experienced.

- Work closely with school personnel to help solve the problem.
- Encourage your child to develop interests and hobbies that will help build resiliency in difficult situations like bullying.
- Encourage your child to make contact with friendly students in his or her class, or help your child meet new friends outside of school.

- Teach your child safety strategies, such as how to seek help from an adult.
- Make sure your child has a safe and loving home environment.
- If you or your child need additional support, seek help from the school counselor or mental health professional.

Tips for Parents: What to Do If Your Child Bullies Others

- Make it clear to your child that you take bullying seriously and that it is not okay.
- Make rules within your family for your child's behavior. Praise you child for following the rules and use non-physical and logical consequences when rules are broken.

- Spend lots of time with your child and keep track of his or her activities. Find out who are your child's friends, and other activities that your child enjoys.
- **Build on your child's talents by encouraging him to get involved in positive activities.**
- Share your concerns with your child's teacher, counselor or principal. Work together to send a clear message to your child that the bullying must stop.

Tips for Parents: What to Do If Your Child Witnesses Bullying

- Teach your child how to get help without getting hurt.
- Encourage your child to verbally intervene if it is safe to do so.
- Tell your child not to cheer on, laugh or even quietly watch bullying. This only encourages a child who bullies - who wants to be the center of attention.

- Encourage your child to tell a trusted adult about the bullying. It is not tattling – it is an act of courage and safety.
- Help your child support others who tend to be bullied.
- Teach your child to include these children in activities.
- Praise and reward “quiet acts of courage.”
- Work with your child to practice ways he or she can help stop bullying.