

Don't Laugh at Me! Bullying Awareness

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Definition

- Among researchers, bullying is aggressive behavior that
 - (a) is intended to cause stress and harm,
 - (b) exists where there is an imbalance of power, &
 - (c) is repeated over time (a pattern).

Definition by Olweus

- A person is being bullied when he or she is exposed, repeatedly and over time to negative actions from one or more other persons.

Negative Actions

- When a person intentionally inflicts injury or discomfort on another person through physical contact, through words, or in other ways.

Three (3) Points: Rip!

- **R** repeated (over and over)
- **I** intentional (causes distress, fear, and/or harm to the victim)
- **P** power-based (cannot defend self)

Distinguishing between terms!

- **Target:** Anyone can be a target. The person doing the bullying can choose any person to demean or ridicule.
- **Victim:** The person targeted by the negative action experiences a high level of emotional distress.

Health Consequences of Bullying

Fekkes, 2003

	Bullied	Not
<u>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%

Yale University Study! 2007

Overweight and obese children who are subjected to verbal taunts and physical bullying are substantially more prone during childhood to suicidal thoughts, eating disorders, and high blood pressure than their peers.

Bully or Victim!

71% of school shooters had been victims of bullying.



Acronym for Bullying!

- B= Behind your back
- E= Equal in power- NOT
- H= Harmful
- A= Aggressive
- V= Very mean
- I = In your face
- O= Over time/on-going/on purpose
- R= Repeating

Bullying behavior!

- Overt and covert
- Direct and indirect
- Open attacks and subversive
- Physical and non-physical
- Social isolation/exclusion from a group
- Name calling, threats, gossip, rumors, lies, making fun of, manipulating friendships, mean notes
- Intentional where a person cannot defend self
- Peer abuse

Attention to Bullying!

- Bullying is an old phenomenon. The word originates from the word, *mobbing*.
- Dr. Dan Olweus systematically studied bullying starting in the 1970's in Norway after three students killed themselves from being bullied (*bullycide*).
- Recent studies have been conducted throughout the world in Canada, England, Germany, and the United States.

Relational Aggression

- A form of bullying behaviors that harm others by damaging, threatening to damage, or manipulating relationships using a combinations of indirect & direct strategies.


Research-based Program

- The ***Bullying Prevention Program*** reduces bully/victim behavior 50% or more within two years.

Blueprint: Center for the Study of the Prevention of Violence
Boulder, Colorado

Goal of Bullying Prevention Program

Experts must help students exert leadership in recognizing bullying, refusing to participate, and in coming to the aid of victims skillfully and nonviolently.

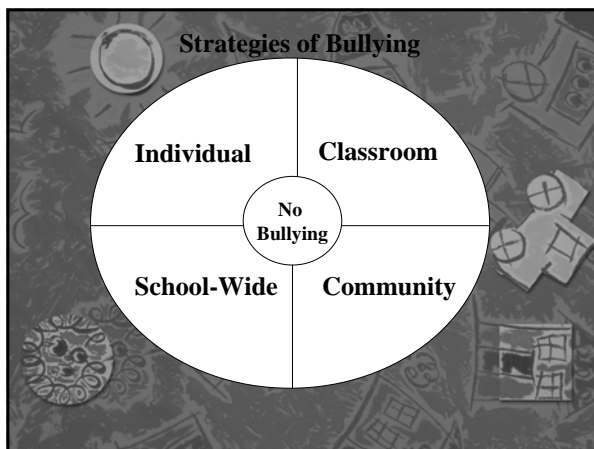


Dan Olweus

Components of BPP

1. Establishing a committee to address implementation
2. Surveying students in 3rd-12th grades
3. Kick-Off to the entire school community
4. Addressing hotspots with a supervision plan
5. Developing school and classroom rules about bullying
6. Developing sanctions and enforcing rules
7. Hosting weekly classroom meetings
8. Hosting monthly teacher discussion groups
9. Hosting quarterly parent discussion circles
10. Conferencing with bullies/victims and their parents
11. Staff readings: *Bullying At School* by Olweus
12. Inservicing, training and updating of staff

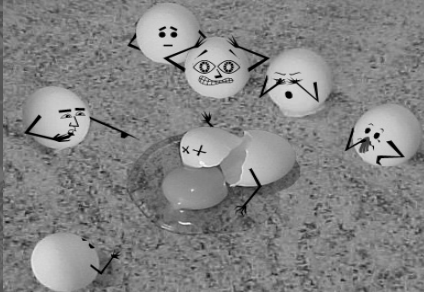
www.clemson.edu/olweus



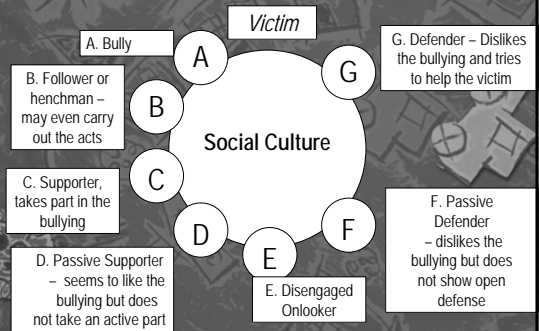
Interventions

- Individual: bully and victim
- Classroom: rules, meetings
- School-wide: rules, survey, kickoff
- Community: norming behavior
- Parent: discussion & PTA presentations

BULLYING CIRCLE

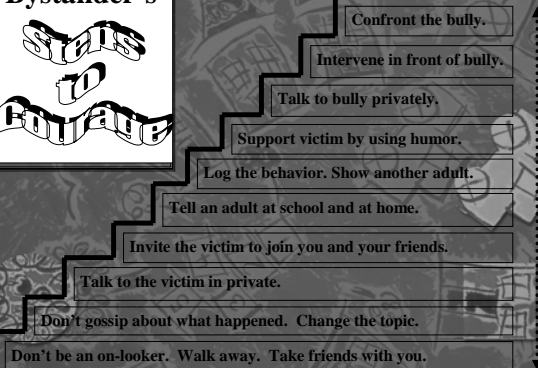


Olweus Cycle of Bullying



Bystander's

STAIRS TO COURAGE



Who are the most guilty?

Those who bully,
or those who
stand by and
allow it to happen!

CC Habel

Evil prevails
when the good
do nothing!

Peace is active,
not passive.
Peace is doing,
not waiting.
Peace like war
must be waged.

Jimmy Carter

Bystanders! Take a stand for someone being bullied!

B=Be helpful
Y=You can make a difference
S=Speak up; use humor
T=Tell an adult
A=Act assertively
N=Never bully others
D=Discuss other choices
E=Empathize with them
R=Role model good behavior
S=Show support

How far should things go before bullying behavior is addressed?

Bullying behaviors should be addressed before it interferes with the health, academics or learning process of a student.

Olweus Rules Against Bullying

1. We will not bully other students.
2. We will help students who are bullied.
3. We will make it a point to include ALL students who are easily left out.
4. When we know someone is being bullied, we will tell a teacher or an adult at home.

What bullying prevention is not!

- Anger management
- Conflict resolution
- Peer mediation

Differentiation

- **Tattling:**
Are you trying to get someone in trouble?
- **Reporting:**
Are you trying to keep someone from getting hurt?

Differentiation

- **Is it bullying?**
- **Is it teasing?**
How is the action received by the recipient? Is the recipient too fragile to ask the aggressor to stop?



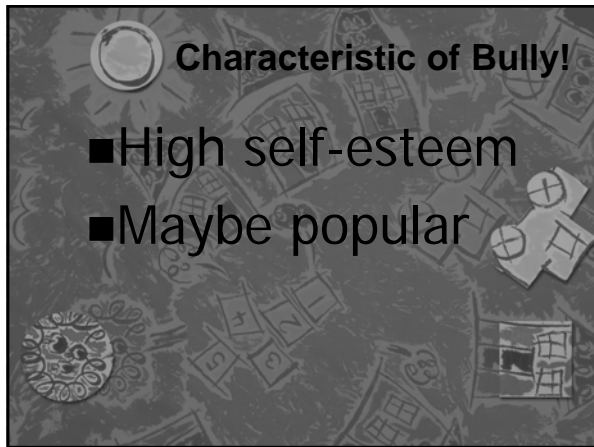
Differentiation

- **Bullying**
Power differential, repeated, not friends
- **Horseplay**
Rough play, usually friends, equal power
- **Fighting**
Usually a singular event, equal power, not friends



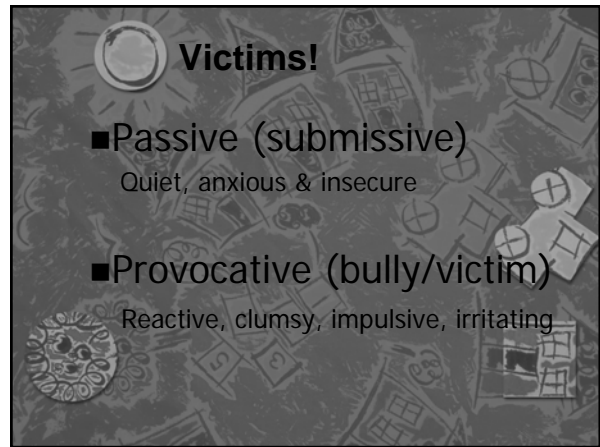
Bully!

- **Proactive**
Deliberate, detached, unemotional
- **Reactive**
Emotional, distorted thinking, poor impulse



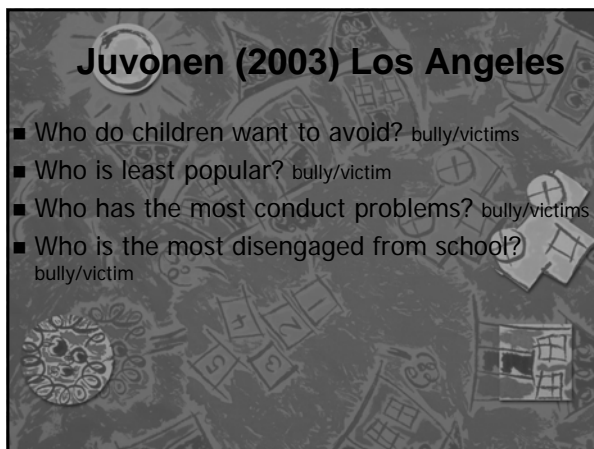
Characteristic of Bully!

- **High self-esteem**
- **Maybe popular**



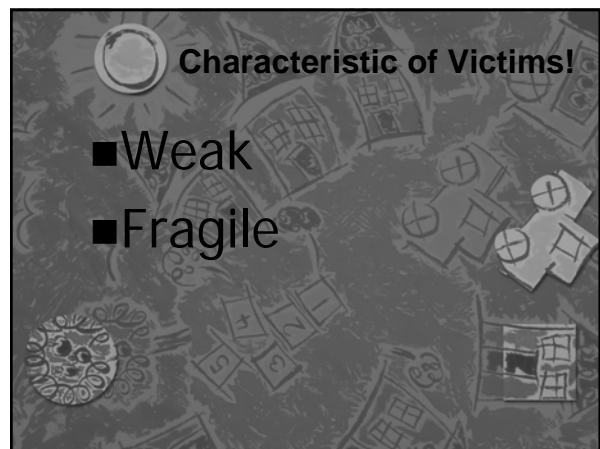
Victims!

- **Passive (submissive)**
Quiet, anxious & insecure
- **Provocative (bully/victim)**
Reactive, clumsy, impulsive, irritating



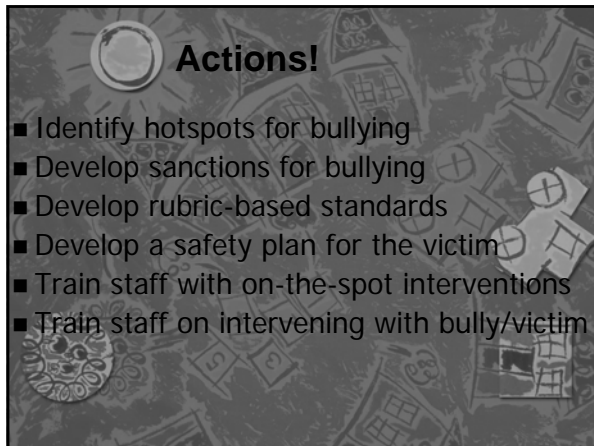
Juvonen (2003) Los Angeles

- Who do children want to avoid? bully/victims
- Who is least popular? bully/victim
- Who has the most conduct problems? bully/victims
- Who is the most disengaged from school? bully/victim



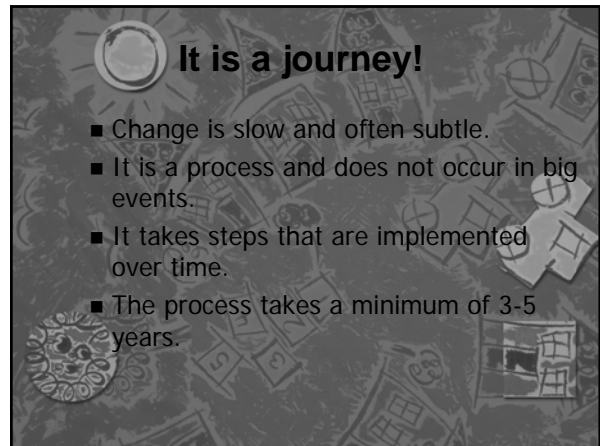
Characteristic of Victims!

- **Weak**
- **Fragile**



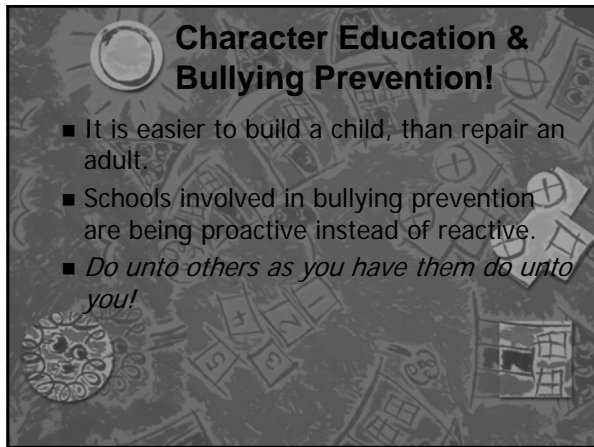
Actions!

- Identify hotspots for bullying
- Develop sanctions for bullying
- Develop rubric-based standards
- Develop a safety plan for the victim
- Train staff with on-the-spot interventions
- Train staff on intervening with bully/victim



It is a journey!

- Change is slow and often subtle.
- It is a process and does not occur in big events.
- It takes steps that are implemented over time.
- The process takes a minimum of 3-5 years.



Character Education & Bullying Prevention!

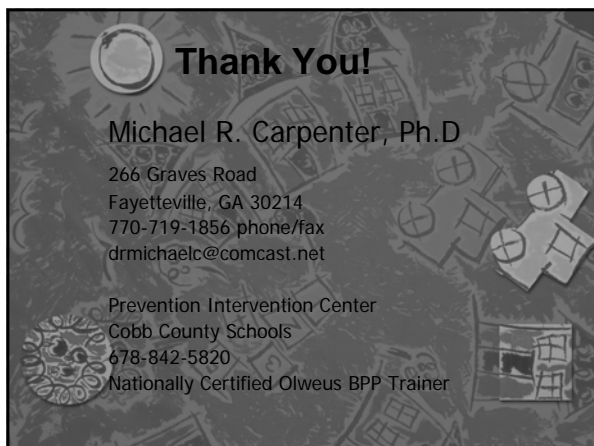
- It is easier to build a child, than repair an adult.
- Schools involved in bullying prevention are being proactive instead of reactive.
- *Do unto others as you have them do unto you!*



Resources

- www.wagepeacetoday.com
- www.clemson.edu/olweus
- www.cyberbullyhelp.org
- www.stopbullyingnow.hrsa.gov
- www.sapaofga.org

Dan Olweus, *Bullying at School*
Blueprint: Bullying Prevention Program
Waging Peace: 46 Discussion Lessons



Thank You!

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