

Bullying Awareness

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Program Overview

- Relationship with mental health, stress, resilience, and bullying.
- Types of bullying and studies.
- Story discussion.
- What we can do as prevention or intervention?

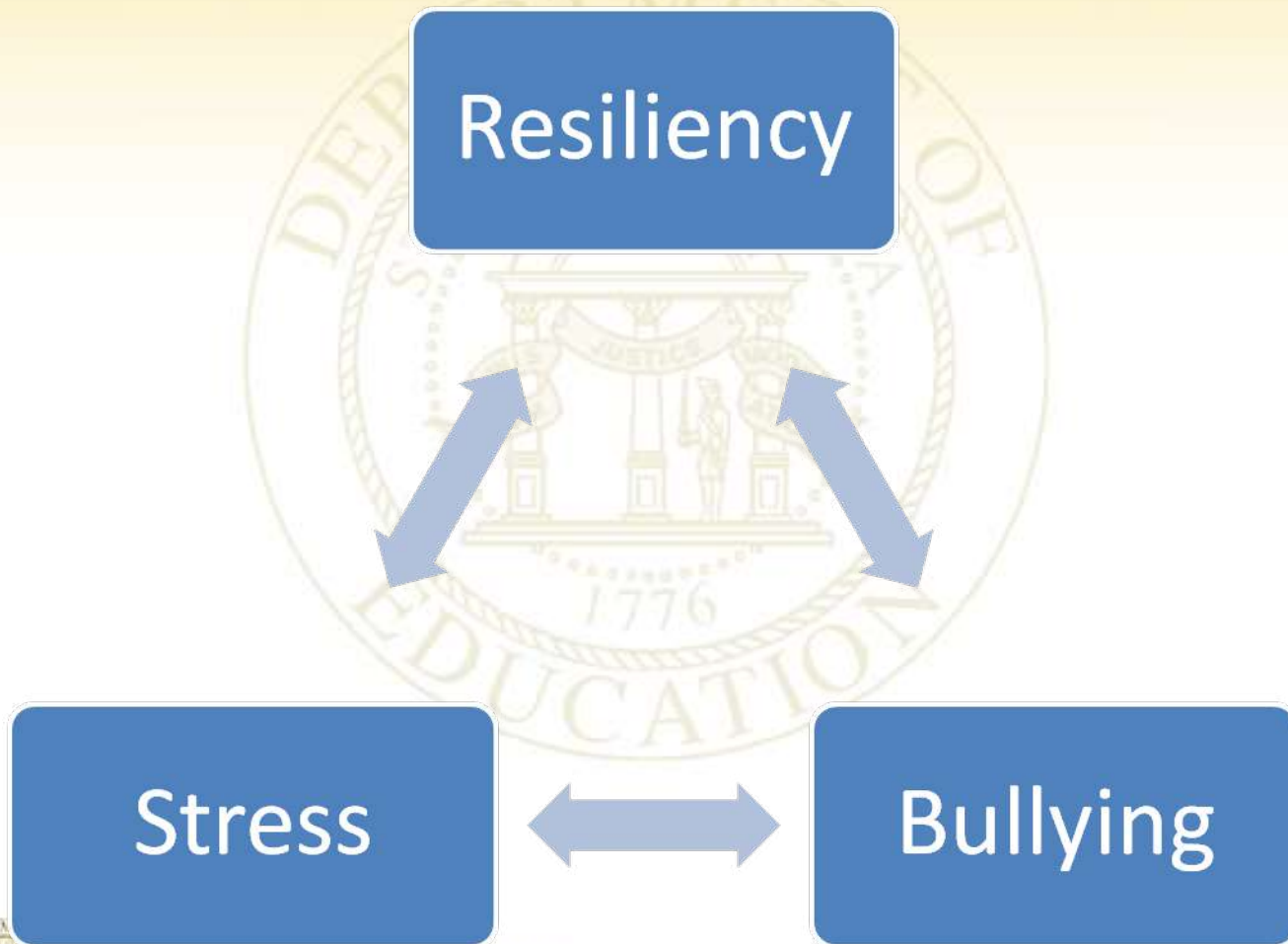


What is Mental Health?

- Refers to psychological well-being
- Includes feelings and quality of relationships,
- Ability to manage feelings and difficulties



A Mental Health Cycle



Psychological Definitions: Stress

- **Stress** The pattern of specific and nonspecific responses an organism makes to stimulus events that disturb its equilibrium and tax or exceed its ability to cope.
- **Stressor** An internal or external event or stimulus that induces stress.



Types of Stress

- Acute (short- term) is the body's instant response to any situation that seems demanding or dangerous.
- Chronic (long-term) is caused by stressful situations or events that last over a long period of time.



When Does Stress Occurs?

- Stress is what you feel when you have to handle more than you are used to.
- Negative stress can be linked to headaches, upset stomachs, back pain, and trouble sleeping.
- Can weaken the immune system, cause mood swings and depression.



Resilience

- Resilience is the ability to become personally and professionally successful despite severe adversity.
- Resilience is a normal trait that comes from inborn tendencies to adapt.
- Resilience can be fostered in the right environment.

(Paine, 2002)



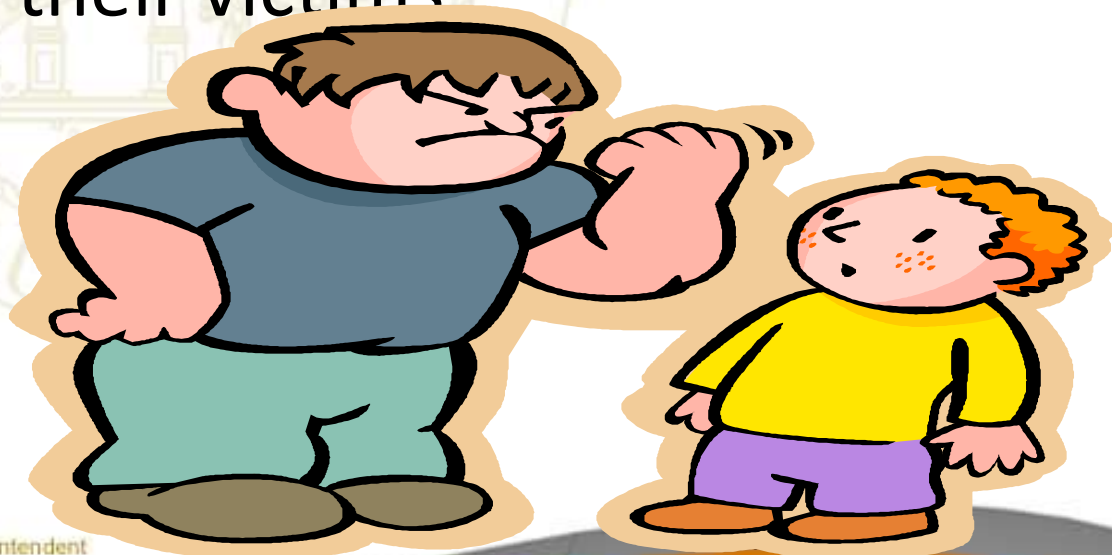
Why Resilience is important

- Resilience is essential to success in life
- Adults can help children become more resilient
- Fostering resilience improves personal outcomes and reduces risk behaviors



A Bully

- Someone who engages in such acts fairly often that it becomes a habit.
- Often claim they were provoked
- Lack empathy for their victims



Why should we care about bullying?

Almost **30%** of youth in the United States (or over **5.7 million**) are estimated to be involved in bullying as either a bully, a target of bullying, or both.



Students Who Bully

- Get into frequent fights
- Be injured in a fight
- Steal, vandalize property
- Drink alcohol
- Smoke
- Be truant, drop out of school
- Perceive a negative school climate
- Carry a weapon



National Survey Findings

Students in grades 6-10:

- × 33% reported bullying others
- × 35% reported being the target of bullies
- × 16% said that they bullied others and were bullied themselves



Impact of Bullying!

Longitudinal study of bullies reveal that:

- × 60% of boys who were bullies in middle school had at least one conviction by age 24.
- × 40% had three or more convictions.
- × **Bullies** were 4 times as likely as peers to have multiple convictions.



Nuisance Bullying

- ✗ Nuisance Bullying provokes peers by teasing or repeated pestering.
- ✗ They often start by bullying but end up being bullied.



Non-Verbal Bullying

- ✘ Messages are conveyed using body language, gestures, looks and stares.
- ✘ Social isolation



Verbal Bullying

- 70% of bullying is verbal with both boys and girls.
- Makes it appear that the victim deserves the abuse.
- The language typically emasculates boys and either refers to girls' sexuality or attempts to make them "babyish".



Direct Bullying

- ✘ Hitting, kicking, shoving, spitting
- ✘ Taunting, teasing, degrading racial or sexual comments
- ✘ Threatening, obscene gestures



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Indirect Bullying

- ✗ Getting another person to assault someone
- ✗ Spreading rumors
- ✗ Deliberate exclusion from a group or activity
- ✗ Cyber-Bullying



Cyber Bullying



- ×42% of kids have been bullied or threatened online.
- ×21% of kids have received mean or threatening e-mail or other messages.
- ×58% of kids admit someone has said mean or hurtful things to them online.
- ×53% of kids admit having said mean or hurtful things to others online.
- ×58% have not told their parents or an adult about something mean or hurtful that happened to them online.



The “New” Bullying: Cyber Bullying

- ✘ Through email, instant messaging and text messaging on cell phones or pagers.
- ✘ Since contact and emotions are masked, verbal assaults are harsher (i.e., assault or death threats) and messages are likely to have sexual overtones.



What About the Victims?

They have:

- ✘ Lower self esteem
- ✘ Higher rates of depression
- ✘ Higher absenteeism rates
- ✘ More suicidal ideation



Think About This!

- Over **80%** of the calls to the Georgia Department of Education and GBI hotline are related to bullying incidents in schools.
- **1-877-SAY STOP**



Revised Georgia Anti Bullying Law

- Any written, verbal or physical act that threatens, harasses or intimidates a student.
- Acts that cause “substantial physical harm”
- Anything that creates ‘an intimidating or threatening educational environment’.



Enforcement

- Recognizes that bullying can happen off campus,
- On school vehicles,
- At designated school bus stops
- Computer network or other electronic technology at a local school system.



We Can't Afford To Do Nothing

- Shortage of productive workers
- Increase in school drop-out rates
- Increase in student on student violence
- Waste of young lives!



How Do We stop Bullying?

- ✘ What is required to reduce bullying in schools is nothing less than a change in the school climate and in norms for behavior.
- ✘ This requires a comprehensive, school-wide effort involving the entire school community.



A COMPREHENSIVE BULLYING PREVENTION AND INTERVENTION PROCESS



Comments?

Thank You



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