

BULLYING PREVENTION AT SCHOOL AND AT HOME

HELPING PARENTS BECOME A SOLUTION COACH

Adapted from presentation presented by Alberti Center For Bullying Abuse Prevention , 2014



KEY POINTS OF PRESENTATION

- **WHAT IS BULLYING?**
- **RECOGNIZE THE WARNING SIGNS**
- **“BULLYPROOFING” YOUR CHILD**
- **MY CHILD IS BEING BULLIED**
- **MY CHILD MIGHT BE BULLYING OTHERS**
- **HOW DO I GET HELP?**



WHAT IS BULLYING?

INTENTIONAL, USUALLY REPEATED ACTS OF VERBAL, PHYSICAL, OR WRITTEN AGGRESSION BY A PEERS (OR GROUP OF PEERS) OPERATING FROM A POSITION OF STRENGTH OR POWER WITH THE GOAL OF HURTING THE VICTIM PHYSICALLY OR DAMAGING STATUS AND/OR SOCIAL REPUTATION

OLWEUS (1978; UNITED STATES DEPARTMENT OF EDUCATION (1989))

WHAT ARE THE DIFFERENT TYPES OF BULLYING?

Physical bullying

***Punching, shoving, acts that hurt people**

Verbal bullying

***Name calling, making offensive remarks**

Indirect bullying

***Spreading rumors, excluding, ganging up**

Cyber bullying

***Sending insulting messages, pictures or threats by email, text messaging, chat rooms**

HOW IS BULLYING DIFFERENT FROM TEASING AND CONFLICT?

Bullying: Based on a power imbalance; intent to cause psychological harm; usually repeated



Teasing: fun, good-natured, “give-and-take” between friends to get both parties to laugh

Conflict: A struggle, dispute, or misunderstanding between two equal forces



WHEN AND WHERE DOES BULLYING OCCUR?

PRE –K THROUGH LATE HIGH SCHOOL (AND BEYOND); PEAKS IN GRADES 4-7

CAN HAPPEN ANYWHERE, BUT IT IS MORE LIKELY TO OCCUR IN LESS CLOSELY SUPERVISED AREAS (BUS, LOCKER ROOM, HALLWAYS, PLAYGROUND, ONLINE)



IS BULLYING DIFFERENT IN BOYS AND GIRLS?

BOYS

- * More direct, physical bullying**
- * Bully more frequently than girls**
- * Bully both girls and boys**

GIRLS

- * More indirect (harder to detect)**
- * Often occurs in groups with girls of same age**
- * Cyberbullying slightly more common than for males**

WHAT WE KNOW ABOUT STUDENTS WHO BULLY?

- **Desire for power**
- **Get satisfaction from others' suffering**
- **Justify their behavior ("he deserved it")**
- **More exposed to physical punishment**
- **More likely to be depressed**
- **May have other problem behaviors (alcohol and drug use, fighting)**

WARNING SIGNS THAT YOUR CHILD MAY BE A BULLY

- *Refer to others negatively**
- *Lack empathy**
- *Strong need to get his/her own way**
- *Hostile/defiant attitude**
- *Angers easily**
- *Deny involvement or blame others when behavior is addressed**

CONSEQUENCES OF BEING A BULLY

- More likely to experience legal or criminal troubles as adults**
- Poor ability to develop and maintain positive relationships**

CHARACTERISTICS OF CHILDREN WHO ARE BULLIED

HAVE A POSITION OF RELATIVE WEAKNESS

- *Age, ethnic background, financial status, disability, sexual orientation

MOST ARE PASSIVE AND LACK ASSERTIVENESS

- *Do nothing to invite aggression
- *Do not fight back when attacked
- *May relate better to adults than peers

SOME PROVOKE OTHERS

- *Offend, irritate, tease others
- *reactive; fight back when attacked

WHAT ARE CHILDREN BULLIED ABOUT?

- **APPEARANCE**
- **PERCEIVED SEXUAL ORIENTATION**
- **HOW MASCULIN OR FEMANINE THEY APPEAR**
- **ABILITY AT SCHOOL (“invisible” disabilities)**
- **RACE/ETHNICITY**
- **MONEY**
- **RELIGION**

WARNING SIGNS THAT A CHILD MAY BE BULLIED

UNEXPLAINED ILLNESSES, CUTS/BRUISES

NOT WANTING TO GO TO SCHOOL OR BE IN SOCIAL SITUATIONS

ANY CHANGE IN BEHAVIOR

***No interest in doing things that he/she used to enjoy**

***Withdrawn**

CONSEQUENCES OF BEING BULLIED

EMOTIONAL DISTRESS

LONLINESS, PEER REJECTION

INCREASED ANXIETY, DEPRESSION, SUICIDAL IDEATION

MAY RESPOND WITH EXTREME VIOLENCE IN SOME CASES



“BULLYPROOFING” YOUR CHILD

BE A POSITIVE ROLE MODEL

- *Talk with and listen to your child (about school, peers, interests)**
- *Listen to and validate concerns about friends and other students**
- *Treat other with dignity and respect**
- *Avoid using derogatory terms toward or about others in person and/or electronically**

Hinduja & Patchin (2009)

“BULLYPROOFING” YOUR CHILD

GET AND STAY INVOLVED

- *Get involved in school, community, and at home**
- *Visit school’s website and read newsletters**
- *Know the school’s policies in terms of bullying prevention and intervention**
- *Attend extracurricular and sporting activities**
- *Join the PTSA and volunteer**

“BULLYPROOFING” YOUR CHILD

TEACH CHILDREN GOOD HABITS EARLY AND CONSISTENTLY

- *Have high expectations for behavior and a low tolerance for being mean**
- *Be specific about how certain words and behaviors can hurt others**
- *Teach better ways to respond**
- *Emphasize the importance of being a friend**



TEACH CHILDREN TO BE UPSTANDERS, NOT BYSTANDERS

- DON'T JOIN IN...SPEAK UP IF IT IS SAFE TO DO SO
- BAND TOGETHER AS A GROUP AGAINST BULLIES
- TELL AN ADULT ABOUT THE BULLY
 - ***Tattling/Ratting = telling an adult to get someone in trouble**
 - ***Telling/Reporting = telling an adult because someone's behavior is unsafe or hurtful to another**
- REACH OUT TO ISOLATED PEERS, OFFER SUPPORT

CYBERBULLYING PREVENTION

TEACH RESPONSIBLE USE OF TECHNOLOGY

- *Only communicate things that you would be ok about your parents seeing**
- *Follow rules (no Facebook under age 13)**
- *Beware of anonymous sites like Formspring**
- *Use the off switch**
 - Do not respond to upsetting communications**

SUPERVISE AND LIMIT ACTIVITIES (NO 24/7)

- *Have computers in common areas (not bedroom)**
- *Know child's password**
- *Be friend on Facebook**
- *Bring cellphones, computers to parents' room to charge overnight**

IF YOUR CHILD IS BEING BULLIED

LISTEN AND EMPATHIZE

***"Tell me what happened"**

***"That must have been very scary for you"**

***Thank child for telling**

TAKE IT SERIOUSLY

***Do not minimize or trivialize**

WORK WITH CHILD TO FIND OUT MORE ABOUT SITUATION AND PROBLEM-SOLVE

***Responses like "just ignore it," "hit him back," "what do you do to bother them?" will not help**

WORK IN PARTNERSHIP WITH THE SCHOOL AND OUTSIDE PROFESSIONALS IF NEEDED

FOLLOW-UP

AVAILABLE RESOURCES

STUDENTS IN CRISIS

***Georgia DOE School Safety Hotline: 1-877-SAY-STOP (1-877-729-7867)**

***National Suicide Prevention Hotline: 1-800-273-TALK**

***KnowBully Free Parent App**

QUESTIONS/COMMENTS



Contact Information

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