

Bullying: What's New and What To Do

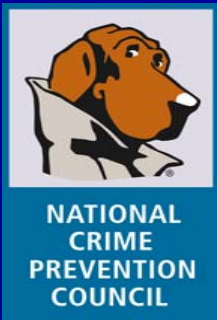
National Crime Prevention Council
2006



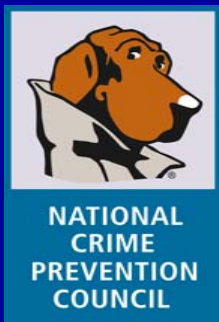
Objectives

To identify and understand

- Various bullying behaviors
- The scope of the bullying problem
- Who bullies
- The warning signs that a child is being bullied
- Strategies children can use to deal with bullying
- Steps adults can take to address bullying



QUIZ



What is bullying?

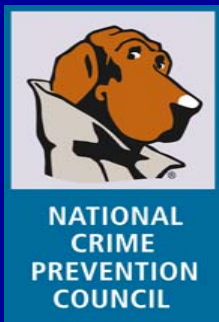


Bullying is...

An imbalance of power

- Repeated and systematic harassment and attacks on others
- Perpetrated by individuals or groups

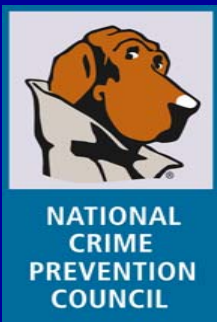
Source: *Health Resources and Services Administration National Bullying Campaign, 2004*



Bullying Can Take Many Forms

- Physical violence
- Verbal taunts, name-calling, and put-downs
- Threats and intimidation
- Extortion or stealing money and/or possessions
- Spreading rumors
- Harassment via technology (email, text messaging, etc.)

Source: London Family Court Clinic, London, Ontario, Canada

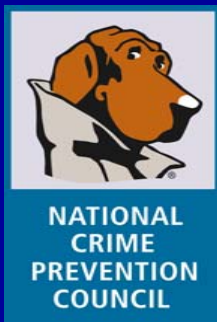


Cyberbullying is

harassment and bullying that takes place online or through other mobile devices

Example include

- Spreading rumors about someone through instant messaging
- Threatening someone on a web log (blog)
- Creating hurtful websites against someone



Cyberbullying

A Recent Survey of Teens Revealed

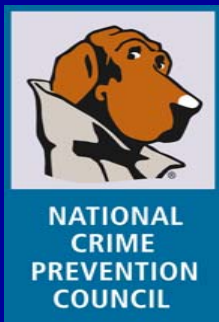
- Cyberbullying was experienced at least one time by 43% of teens, aged 13 to 17.
- Teens report that in 77% of the cases the cyberbully is someone they know.
- Girls claim to have been cyberbullied more than boys – 51% to 37%.



NCPC Cyberbullying Research Report, 2006

Who bullies? Who is bullied?

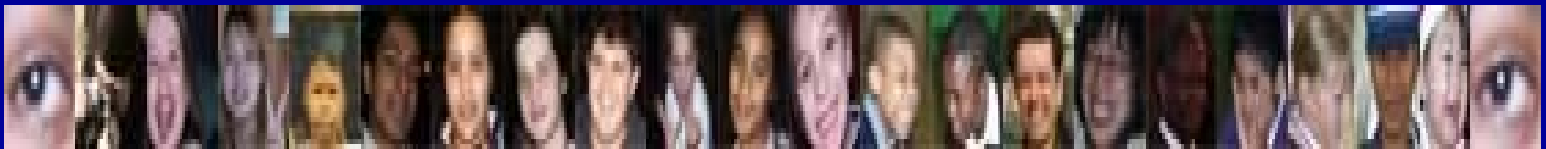
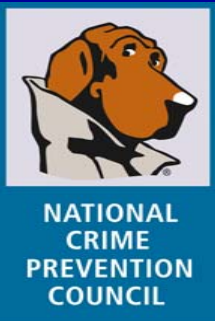
- Demographic characteristics
- Personal attitudes/behaviors
- Attitudes toward others



Demographic Characteristics

Children who bully

- Can come from any economic, cultural, or religious background
- Are often in late elementary or middle school



Personal Attitudes/Behaviors

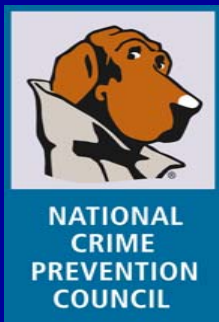
Children who bully

- Want power
- Have a positive attitude toward violence
- Have quick tempers
- Have difficulty conforming to rules
- Gain satisfaction from inflicting injury and perceive “rewards” (prestige, material goods) from their behavior
- Have positive self images



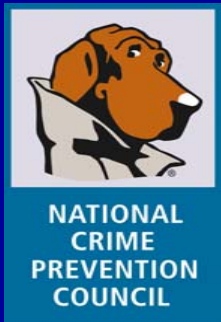
Children Who Bully

- Lack empathy
- Are concerned with their own desires rather than those of others
- Find it difficult to see things from someone else's perspective
- Are willing to use others to get what they want



Common Characteristics Among Youth Who Are Bullied

- These children often stand out as different in some way because of
 - Appearance
 - Sexual orientation
 - Intellect
 - Socio-economic background
 - Cultural or religious background



Common Characteristics Among Youth Who Are Bullied (cont.)

- Boys and girls are bullied in different ways
 - Boys are more likely to be bullied physically.
 - Girls are more likely to be bullied socially.



How widespread is bullying?

A national study of 15,600 students in grades 6-10 found

- 19% reported bullying others “sometimes” or more often
- 16% reported being bullied “sometimes” or more often
- 6.3% reported bullying and being bullied

Source: *Nansel et al.*, 2001



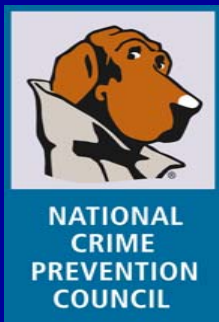
The Negative Impacts of Witnessing Bullying

- More than 50% of teens (ages 12 to 17) witness at least one bullying or taunting incident in school each week (*NCPC, 2005*).
- Students in grades 7 to 12 say revenge is the strongest motivation for school shootings; 86% said, “other kids picking on them, making fun of them, or bullying them” can cause teenagers to turn to lethal violence in schools (*Cerio, 2001*).



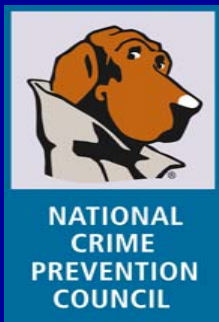
Signs That a Child is Being Bullied

- Physical
- Emotional
- Behavioral/social
- Academic



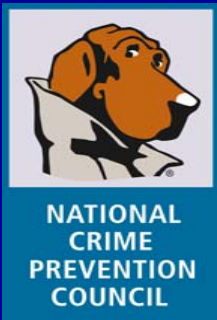
Physical Signs

- Cuts, bruises, scratches
- Headaches, stomachaches
- Damaged possessions
- “Missing” possessions that need to be replaced



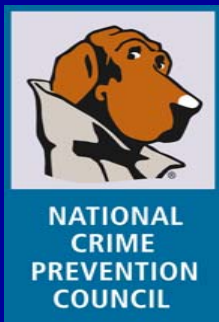
Emotional Signs

- Withdrawal and/or shyness
- Anxiety
- Depression
- Aggression



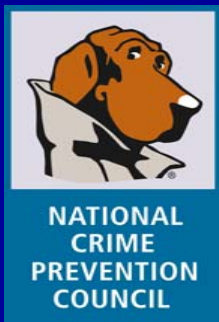
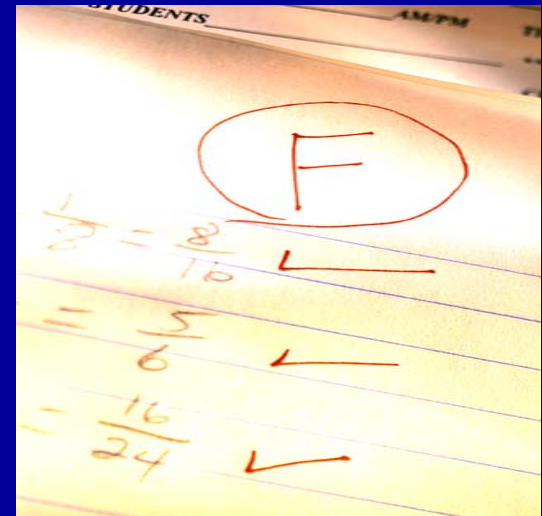
Behavioral/Social Signs

- Changes in eating or sleeping habits (e.g., nightmares)
- No longer wanting to participate in activities once enjoyed
- Beginning to bully siblings or mistreat family pets
- Hurting self, attempting or threatening suicide
- Suddenly changing friends



Academic Signs

- Not wanting to go to school
- Changing method of going to school (e.g., changing walking route, wanting to be driven instead of riding the bus)
- Drop in grades



What To Do About Bullying: Prevention Strategies

Strategies for

- Children who are bullied
- Children who witness bullying
- Parents
- Teachers, counselors, and service providers
- Schools and community centers



Children Who Are Bullied

Prevention strategies

- Tell an adult.
- Talk it out.
- Walk away.
- Distract the bully with a joke.
- Avoid the bully.
- Hang out with friends.



Children Who Witness Bullying

Strategies for children witnessing bullying

- Tell the bully to stop.
- Help the victim walk away.
- Recruit friends to help the victim.
- Befriend the victim.
- Get an adult.



Children Who Witness Bullying

- When peers intervene, bullying stops within 10 seconds, 57% of the time.

Source: *Hawkins, Pepler, and Craig, 2001*



Bullying Role Play: How To Implement Prevention Strategies



Role Play Review

- What was the bullying behavior?
- How did the bullied child react to the bullying?
- How did the other children react?
- How did the bullying child react to the actions of the child who was bullied or the other children?
- Was the bullying managed in an effective way?
- What are other ways the bullying could have been handled?



Parents Can Prevent Bullying

- Keep an eye out for signs of bullying.
- Ask children direct questions about how peers treat them and if they witness bullying.
- Work with teachers, school staff, etc. to address bullying.



Parents Can Prevent Bullying, continued

- Inquire about the bullying policy at your child's school.
- Suggest the implementation of a comprehensive anti-bullying program.
- Be a positive role model by not bullying children or adults.



Parents: Helping a Bullied Child

- Take complaints of bullying seriously.
- Reassure your child that he or she was right to tell you of the problem.
- Teach your child to be assertive, not aggressive.
- Help the child identify strategies for dealing with bullying.
- Give the child positive social opportunities to make friends.
- Make teachers and other caregivers aware of the problem and work together to address it.



Parents: Keeping Your Child From Bullying Others

If your child is doing the bullying

- Spend time with your child daily.
- Know where your child is and with whom.
- Make it clear that you do not tolerate this behavior, but that you still accept your child.
- Arrange for an effective nonviolent consequence if your child continues to bully.
- Reward good behavior.
- Teach your child positive ways of solving problems and managing anger.



Teachers, Counselors, and Service Providers Can Prevent Bullying

- Ensure that young people understand the definition of bullying behaviors and effects.
- Work with children and youth to create rules against bullying.



Teachers: Rules Against Bullying

- Children will not bully others.
- Children will try to help people who are bullied.
- Children will include others in activities.
- Children will tell an adult if someone is being bullied.

Source: The Olweus Bullying Prevention Group, 2000



Furthering Bullying Prevention

Adults should

- Help young people build skills for dealing with bullying
- Help young people develop positive social skills
- Supervise children on the playground, in the hallways, etc.
- Take immediate action when bullying is witnessed or reported



Managing and Intervening in Bullying Incidents

Adults should

- Stop the bullying
- Support the child being bullied
- Name the bullying behavior
- Refer to the rules against bullying
- Impose immediate and appropriate consequences
- Empower children witnessing the bullying

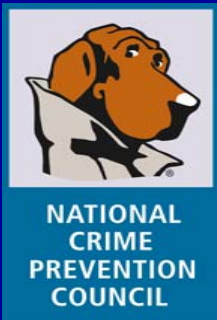
Source: The Olweus Bullying Prevention Group, 2000



Bullying Incidents: Methods for Management and Follow-up

- Report the incident to administrators.
- Increase vigilance and communication.
- Have separate conversations with the child who is bullied and the child who did the bullying.
- Speak first with the child who is bullied.
- Impose consequences for the bullying child.
- Speak with the parents of the children involved.
- Follow-up with both children at a later time.

Source: The Olweus Bullying Prevention Group, 2001



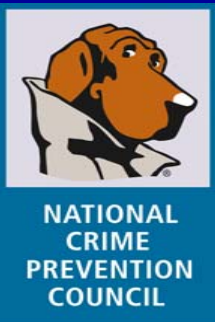
Bully-free Strategies for Schools and Community Centers

- Have a clear and specific anti-bullying policy.
- Implement consistent and immediate consequences for bullying.
- Give praise for pro-social and helpful behavior.
- Increase supervision on the playground, in cafeterias, etc.



Bully-free Strategies for Schools and Community Centers

- Provide training for all staff members.
- Involve parents.
- Investigate bullying incidents and work with children involved to prevent future incidents.
- Implement a comprehensive bullying prevention program.



Personal Action Plan



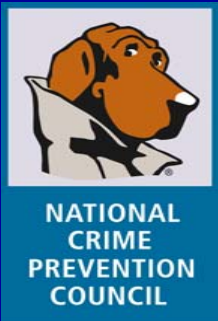
What can you do to prevent bullying?

QUIZ



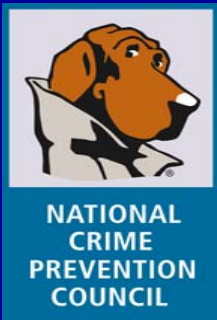
NCPC Resources

- *Community Works*
- *Helping Kids Handle Conflict*
- *Get the Message*
- McGruff Trading Cards
- Website, www.mcgruff.org
- Training and technical assistance
- Discovery Education bullying video



Other Resources

- Olweus Bullying Prevention Program
 - Comprehensive program for schools
 - Training for those implementing the program
- Stop Bullying Now!
 - U.S. Department of Health and Human Services, Health Resources and Services Administration
 - *Take a Stand! Lend a Hand! Stop Bullying Now!*
 - Online webisodes and games
 - Resource kit
 - Website, www.stopbullyingnow.hrsa.gov



Other Resources

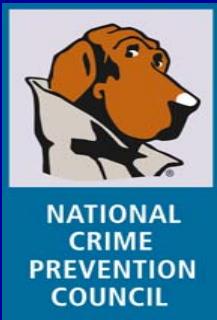
- National Criminal Justice Reference Service: www.ncjrs.gov



Bullying: What's New and What To Do

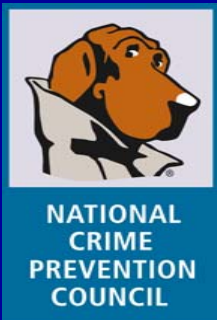


Frequently Asked Questions Handouts



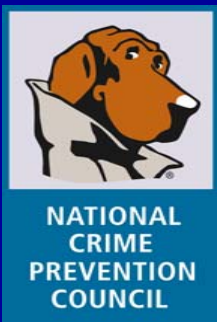
The definition of bullying includes the fact that bullying behaviors are repeated over time. How long do acts need to go on before the behavior is considered “bullying”?

Although the definition says that acts are repeated over time, action should be taken as soon as any type of bullying is seen. By intervening immediately, we communicate to young people that bullying is not acceptable.



Will young people avoid telling adults about bullying because they think it is tattling?

Adults can help children understand the difference between tattling and telling. Tattling involves matters that are unimportant, harmless, or accidental. Often the child tattling could handle the situation alone, or is seeking to get someone else in trouble. Telling involves matters that are important, where someone is being harmed (physically or psychologically) or might be harmed. The situation is something too big for the child to handle alone, and the child tells to keep someone safe. Children generally understand the difference between tattling and telling. As adults, we need to assess whether a child is tattling or telling and then take appropriate action.

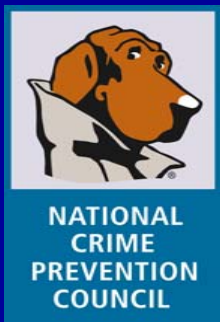


Tattling	Telling
Unimportant	Important
Harmless	Someone being hurt
Accidental	Purposeful
Could solve alone	Needs help to solve
Trying to get someone in trouble	Trying to help someone else



One strategy for children who are bullied is to talk it out. Is it realistic to expect them to do this?

Sometimes a friend starts bullying another young person. This youth may be able to confront the friend immediately and ask why the friend has started bullying. Again, emphasize that not every strategy will work in every situation, and that young people must choose the strategies they feel most comfortable with.

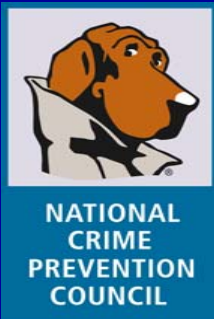


Why isn't "fighting back" considered an effective strategy for dealing with bullying? When I was a kid, I fought back and the bullying stopped.

Fighting back is not an effective strategy because of the negative consequences associated with it. If a young person fights back against the person bullying there is a risk of

- Physical injuries as a result of the fight
- Suspension (many schools have zero tolerance policies)
- Increased bullying/retaliation
- Belief by the young person that violence is an acceptable way to deal with problems

As a presenter who seeks to reduce violence in the community and ensure that all members of the community are safe, you must not endorse the use of violence to deal with bullying situations.



What's the difference between bullying and harassment?

There really is no difference: harassment is a type of bullying. Many bullying behaviors have names that adults recognize as crimes: extortion, assault, slander, libel, etc. Although we do not use these words with children, they describe the same types of behaviors as “bullying” does. You may want to point this out if your participants do not seem to think bullying is a serious problem.



National Crime Prevention Council

1000 Connecticut Avenue, NW

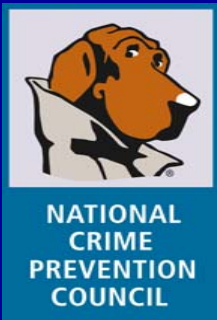
Thirteenth Floor

Washington, DC 20036

202-466-6272

www.ncpc.org

www.mcgruff.org



Presenter Contact Information

