

# Bullying

***Hazel Crest School District 152½***

***Dr. Coleman  
Director of HR/CR***



# 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



# Distinguishing Among...

- **Bullying**
- **“Rough-and-Tumble Play”- friendly teasing**
- **Real Fighting**



# Similarities and Differences between Rough-and-Tumble Play, Real Fighting, and Bullying

Characteristics	Rough-and-Tumble Play	Real Fighting	Bullying
<b>Relationship Between Parties</b>	Usually friends*	Usually not friends	Usually not friends
<b>Number of Participants</b>	May be two, but often more	Usually two	May be two, but often a group of two or three against one**
<b>Balance of Strength or Power</b>	Usually equal (can be deliberately adjusted)	Can vary, but often is relatively equal	Unequal**
<b>Expression and Atmosphere</b>	Smiling or neutral face, laughter, friendly*	Staring, serious face with furrowed eyebrows, tense, hostile	The inferior party: often sad, depressed, crying, angry, despairing The superior party: may vary, but often laughter and scornful smiles; serious, not friendly**
<b>Underlying Intention</b>	Friendly, positive*	Negative, aggressive, desire to inflict injury or discomfort	Negative, aggressive, desire to inflict injury or discomfort, to humiliate and insult



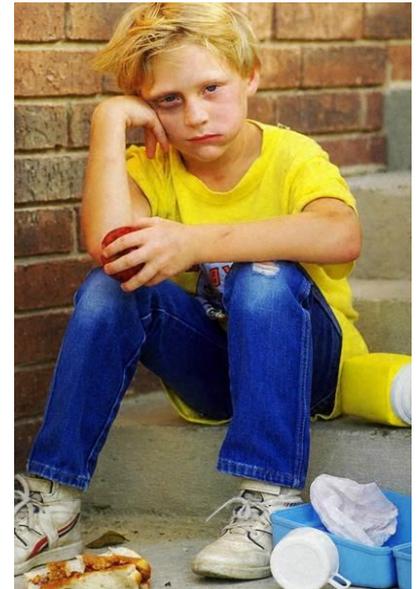
# Similarities and Differences between Rough-and-Tumble Play, Real Fighting, and Bullying

Characteristics	Rough-and-Tumble Play	Real Fighting	Bullying
<b>Activity Repeated with Same Partner(s)</b>	Often yes	Usually not	Yes**
<b>Role Switching</b>	Yes (who has the superior/inferior position; who “wins” and who “loses”)*	No	No
<b>Self-Imposed Limiting of Own Strength</b>	Yes, often light blows or only marking of blows; slaps (open fist) use of limited physical force*	No, to a minor degree	No, to a minor degree
<b>Gathering of Curious Bystanders (Spectators)</b>	No, of little interest to those who do not participate themselves*	Yes	Yes, if the bullying is relatively open and visible
<b>Relations Immediately after Episode</b>	The parties often participate in a new, common activity*	The participants leave each other	The participants leave each other



# Children Who Are Bullied

- **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**



# Effects of Being Bullied



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



# 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**
- **Carry a weapon**



# Children Who Bully

- **Bullying may be part of a conduct-disordered behavior pattern.**
- **This pattern may continue into young adulthood.**
- **Olweus study: Those who bullied others in middle school were 4 times as likely to have 3 or more convictions by age 24.**



# Effects of Bullying on Bystanders

Bystanders may feel:

- **Afraid**
- **Powerless to change the situation**
- **Guilty for not acting**
- **Diminished empathy for bullied students over time**



*I see it  
all the time,  
but I never  
know what  
to do.*



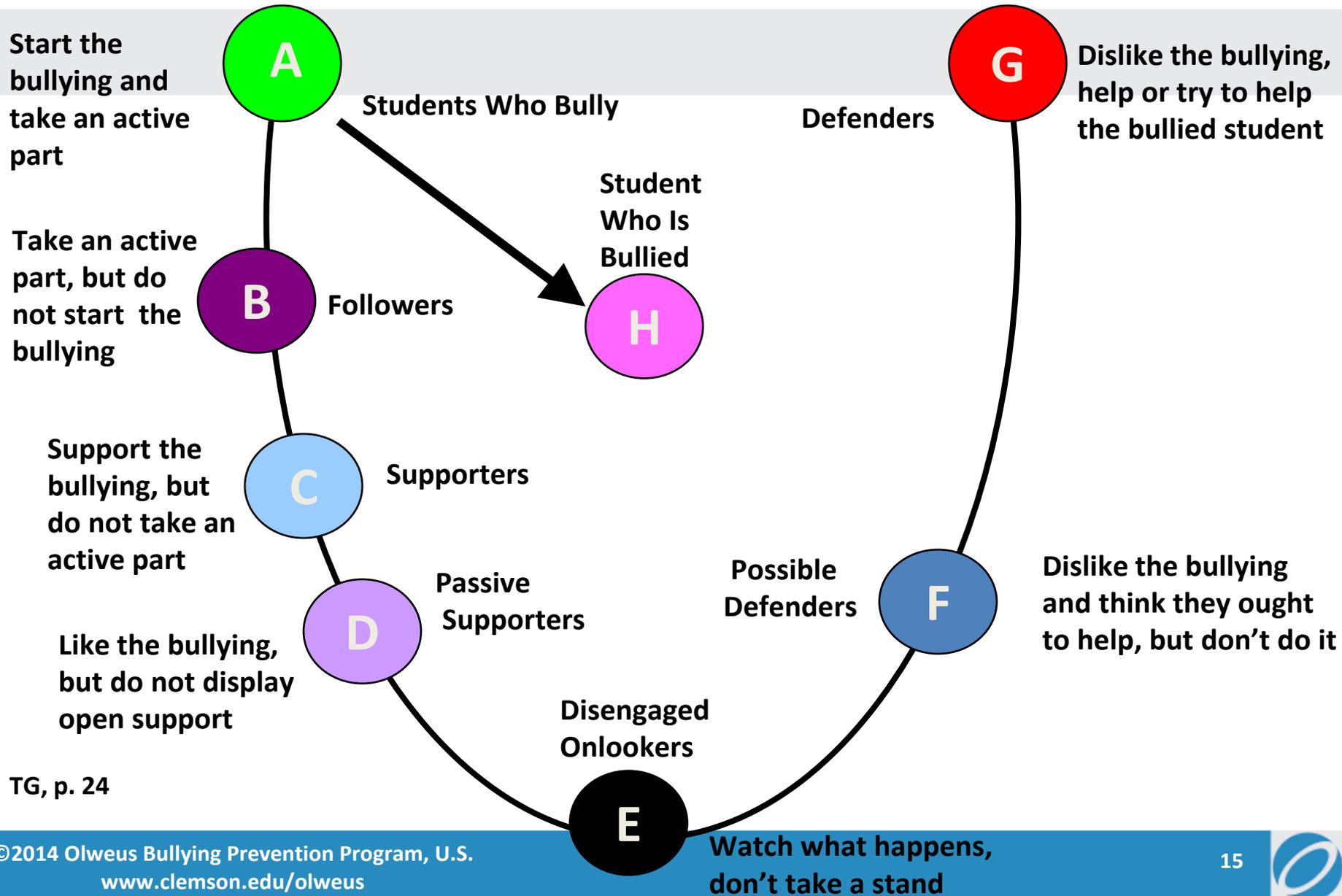
# Children at Higher Risk of Being Bullied:



- Children with disabilities, special needs, and health problems
- Children who are obese



# What Roles Do Students Play In Bullying Situations?



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# school rules

about bullying

- **We will not bully others.**
- **We will try to help students who are bullied.**
- **We will try to include students who are left out.**
- **If we know that somebody is being bullied, we will tell an adult at school and an adult at home.**



# Student Reporting

*“If we know that somebody is being bullied, we will tell an adult at school and an adult at home.”*



# Understanding Parents' Perspectives....



- **Three tip sheets for parents...**
  - of students who are bullied
  - of students who bully others
  - of students who witness bullying



## Tips for Parents: What To Do If Your Child Is Being Bullied

If your child is being bullied at school, this can be a very painful experience for your child and your family. Here are some things you can do to support your child if he or she 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.



## Tips for Parents: What To Do If Your Child Is Being Bullied (cont.)

If your child is being bullied at school, this can be a very painful experience for your child and your family. Here are some things you can do to support your child if he or she is being bullied:

- 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 help, seek help from a school counselor and/or mental health professional.



## Tips for Parents: What to Do if Your Child Bullies Others

If your child bullies other children at school, it will need to be stopped. Here are some things you can do at home to address the issue with your child:

- 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 your child for following the rules and use nonphysical and logical consequences when rules are broken. A logical consequence for bullying could be losing rights to use the phone to call friends, using email to talk with friends, or other activities your child enjoys.
- Spend lots of time with your child and keep close track of his or her activities. Find out who your child's friends are and how and where they spend their free time.
- Build on your child's talents by encouraging him or her to get involved in positive activities (such as clubs, music lessons, or nonviolent sports).
- Share your concerns with your child's teacher, counselor, and/or principal. Work together to send a clear message to your child that his or her bullying must stop.
- If you and your child need more help, talk with a school counselor and/or mental health professional.



## Tips for Parents: What To Do If Your Child Witnesses Bullying.

Many children are observers or “bystanders” in cases of bullying at school. It is important that even students who are bystanders in a bullying situation take action to get help, so the bullying stops. If your child talks to you about the bullying that he or she witnesses at school, you are encouraged to do the following:

- Teach your child how to get help without getting hurt.
- Encourage your child to verbally intervene if it is safe to do so, by saying such things as: “Cool it! This isn’t going to solve anything.”
- Tell your child not to cheer on 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. Talking to an adult is not “tattling”—it is an act of courage and safety. Suggest going to an adult with a friend, if that will make it easier.
- Help your child support others who tend to be bullied.
- Teach your child to include these children in activities.



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- Praise and reward “quiet acts of courage”—where your child tried to do the right thing to stop bullying, even if he or she was not successful.
- Work with your child to practice specific ways he or she can help stop bullying. For example, role-play with him or her what he or she could say or do to help someone who is being bullied.

