

Big Bad Bully Wolf Can't Blow Every School House Down?

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Bullying – Fact or Fiction?

- Bullying is not a school problem per se, because most of it takes place on the way to and from school.
- Bullying occurs in big schools in in schools with over crowded classrooms.
- Bullies are insecure people who use bullying to hide their insecurities.

Bullying Quiz – Cont.

- Bullies usually choose victims who are physically different or who look funny.
- Bullies are mainly from culturally disadvantaged, low-income families.
- Bullies are usually unpopular.
- Bullies usually respond well to kindness and understanding. They need caring adults and empathetic classmates to help them with peer mediation, anger management, and conflict resolution.

Bullying Quiz – cont.

- Bullying is a male activity not common among females.
- Bullies use violence because they have been bullied by adults or older siblings.
- Bullying is a normal part of growing up.

Adapted from the works of Allan L. Beane, PH.D. [The Bully Free Classroom](#)

What is Bullying?

What is Bullying?

- Aggressive behavior that is intended to hurt, control, intimidate, or humiliate the target;
- Can be physical, verbal, or emotional;
- Is carried out repeatedly over time;
- Occurs in relationships with a power imbalance.

Facts About Bullying

- Approx. one in six school children is either a bully or a victim.
- Bullying affects about 5 million elementary and junior high students in the US
- Most bullying happens in School!!! In the hallways, cafeteria, and bathrooms.
- Ten to 15% of all children report being bullied on a regular basis.
- Nearly 60% of boys who researchers identified as bullies in grades 6 – 9 were convicted of at least one crime by the age of 24. Forty percent of them had three or more convictions (Fight Crime Advocacy Group)

When were YOU bullied?





- Writing Graffiti
- Staring / Leering
- Gesturing
- Starting Rumors
- Eye Rolling

- Shooting someone with a gun
- Stabbing someone
- Flashing a weapon
- Hitting / Kicking
- Shoving / Punching
- Spitting / Pushing
- Intimidation / Extortion
- Stalking
- Sexual Harassment
- Damaging Property
- Stealing
- Taunting / Ridiculing
- Name Calling
- Threatening

Violence Continuum

Johnson Institute

Johnson Institute

Types of Bullying:

- Physical: includes punching, poking, strangling, suffocating, finger bending, biting, excessive tickling, burning, poisoning, stealing possessions
- Verbal: includes name calling, teasing and gossip
- Emotional: includes rejecting, terrorizing, extorting, defaming, humiliating, blackmailing, isolating, racism, peer pressure
- Sexual bullying

Why do Some People Bully?



Why do some people bully?

- Because it works! It gets them what they want which can meet needs such as belonging, power, attention or gain possessions
- The person believes he/she can only have relationships by being the strongest.
- The person has no real power or control of he/her life. Bullying meets those needs

Why do some people bully (cont)

- The person has not yet learned a better way to cope with problems
- The person goes through life scared and angry
- The person has learned that violence is the way to deal with frustration

Characteristics of Bullies

- Need to control and dominate
- Impulsive
- Little empathy
- Do NOT usually have low self esteem
- Often popular until the secondary level

Is there a difference between girl and boy bullies?

***YES,
but . . .***



BOYS...

GIRLS...

Tend to:

- bully boys and girls
- bully pupils from all classes
- use physical aggression, & threats

Tend to:

- bully girls
- bully girls from their own class
- spread malicious gossip/outcast the victim from their 'group'

How Girls Bully!

- Calling each other "Ho" or "Slut"
- Damaging other's property
- Making fun of one's clothes, appearance, or weight
- Instant messaging rumors or gossip



RELATIONAL AGGRESSION - SIMPLY DEFINED

Relational aggression is when a girl decides who's going to loathe whom.

Examples:

- Purposefully ignoring someone when angry (giving the "silent treatment")
- Spreading rumors on the internet
- Telling others not to play with a certain classmate as a means of retaliation.

Who are the victims of bullying?

- Anyone can be a victim
- Many victims come from “enmeshed” families where there is an overdependence on parental support which leave school age kids socially ineffective, insecure and disadvantaged around peers.

Two Types of Victims

- Passive: Sensitive loners who “don’t fit in,” lack self-defense skills, don’t think quickly on their feet, and have few friends.
- Proactive: easily aroused, impulsive, annoying kids who tease, or taunt bullies, and make themselves targets but can’t defend themselves.

Who is hurt by bullying?

- Victims suffer more than physical harm:
- Their grades drop
- Fear leads to absenteeism
- Victims often become depressed
- Students and then later as adults may become unwilling to take risks
- Victims feel compelled to fight back
- Higher incidence of suicide

Who is hurt by bullying (cont.)

Bystanders and Peers:

- Are afraid to associate with victim
- Afraid to report bullying incidents
- Experience guilt for not defending peers
- May feel unsafe, not in control
- May be drawn into bullying behavior

Victims of Bullying – What to do



- Listen carefully. Ask questions to clarify the details. Who was involved? What happened? When?, Where? Were there any witnesses?
- Be patient, Don't expect all of the details to come pouring out. The student may be reluctant to give details.

Victims – What to Do (cont)

- Avoid questions that imply he or she might have done something wrong or "deserved" the bullying.
- If the student still skirts the issue, let him/her know that you are willing to talk when they are ready.
- It's your job to stay calm.
- Let the student know you believe what he/she is telling you

What to do (cont.)

- Ask the student if he/she has any ideas for changing the situation.
- Ask the student if he/she wants help
- Offer specific suggestions. If you are not sure what to say, let the student know you will get back with them. Then talk to a school counselor, principal or another teacher who has some experience dealing with this type of situation.

What to do (cont.)

- Redouble your efforts to create a positive classroom where bullying is not tolerated
- If at any time a student mentions, threatens, or alludes to suicide, take this very seriously. Get professional help immediately.

Why do we tolerate Bullying?



- Cultural ideals about gender roles (boys will be boys)
- Cultural ideas about respect (lack of respect at home and/or violence at home)
- School policies
- Lack of research
- Misguided notions about child abuse

- What can Schools Do?**
- Practice the new 3 R's
 - RULES: students must know that teachers are in charge and that you will not tolerate students hurting each other. Set and enforce rules regarding bullying.
 - RIGHTS: every student has the right not to be hurt and to learn in a safe environment.

- What can schools do? (cont)**
- RESPONSIBILITY: THE ENTIRE SCHOOL (administrators, teachers, cafeteria workers, aides) must be responsible for supervision. One of the best ways to stop bullying is to take away the audience. The most effective deterrent to bullying is when students are taught to be courageous enough to report it and not to take part when they see it occur.

School Bullying Action Plans



What can teachers/counselors do?

- Let students know bullying will not be tolerated.
- Post rules and consequences and ENFORCE EVERYTIME.
- Teach worth and respect for all
- Teach empathy
- Offer students ways to report bullying
- (In private or in writing)

What can teachers/counselors do?

- Model behavior you expect from your students
- Control your emotions: If the student knows you get easily angered, you become the target.
- Learn the signs of potential victims and bullies where you can intervene before a "meltdown" occurs and "nip it in the bud."

What can teachers/counselors do?

- Build a Relationship with students
- Actively listen
- Offer encouragement and hope
- Encourage students to get involved in school activities

R-Time Program

- Relationship building – anti-bullying program
- Based on random pairing
- Lessons are 15 minutes in length and are conducted once a week
- All teachers at all grade levels...including "specials" teach lessons
- Outcomes have been fantastic

"Don't Laugh at Me!"



- Video clip

Thank you!

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