

Bullying in Schools

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Effects of Bullying

- ❑ 160,000 students skip school each day in fear of being bullied
 - ❑ About 30% of students say that they have been bullied in some form
 - ❑ Bullies need to gain control over another person
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Types of Bullying

Verbal

Includes name-calling, threats, racist or sexist remarks, and teasing.

Physical

Includes hitting, hair pulling, biting, punching, and poking.

Types of Bullying

Relational

Includes the exclusion of one person from their group and the spreading of rumors

Reactive

Includes bullying others due to one being bullied themselves.

Students' Roles

- Students who bully others
 - Students who are victims of bullies
 - Students who are both bullies of others and victims of others
 - Students who observe bullying
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Effects of Bullying

- The well being of children may be adversely affected by engagement in bullying whether as a victim, perpetrator or both
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Effects of Bullying

- ❑ Loneliness
 - ❑ Social and Emotional Maladjustment
 - ❑ High Risk for Alcohol/Drug use
 - ❑ Poor Academic Achievement
 - ❑ Lack of Close Peer Relationships
 - ❑ High Risk of Psychosocial/Behavioral Issues
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Effects of Bullying

- Isolation in middle school can be developmentally destructive.
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Interventions for Bullying- What can be done to help

- Peers present during bullying
 - Social Support from Teachers/Peers
 - Bullying Prevention Programs
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Help from Peers

- Students present during bullying can be involved in two ways
 1. They can join in the bullying by actively reinforcing or passively accepting it.
 2. They can intervene, defend, or discourage the bullying.
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Social Support

□ Teachers

Social and Emotional support from teachers has been linked to academic competence, school adjustment, and mental health

□ Students

Peer social support has been linked positively to school achievement and self-esteem

Bullying Prevention Programs

- ❑ Programs have shown reduction in bullying and a increase of positive social relationships at school
 - ❑ School-Wide prevention/intervention promotes students' social-emotional well-being
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BullyBusters- A Drama

- A theatrical intervention performed by students in a middle school drama club followed by a question/answer session with audience.
 - The school reported a 20% decrease in bullying activity.
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Literature Against Bullying

- ❑ Reading stories about bullying helps both the victim and the bully
- ❑ Some stories include:

A Letter from the Fringe by Joan Bauer

Tuesday of the Other June by Norma Fox Mazer

Muffin by Susan Cooper

Shortcut by Nancy Werlin

Your Turn, Norma by Gary Soto

Satyagraha by Alden R. Carter

How Does Literature Help?

Victims

Offers examples of coping skills

Increases self-esteem

Lets victim know that they are not alone

Bullies

Teaches empathy

Helps learn to label emotions

Promotes self-control

School Wide Anti-Bullying Effort

- Speakers
 - Drama Group
 - Social Studies
 - Foreign Language
 - Music Class
 - School Social Workers
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Cyberbullying

- [The Megan Meier Story](#)
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Cyberbullying

- Defined as “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.”

(Patchin & Hinduja, 2010 p. 614)

Forms of Cyberbullying

- Sending threatening text messages
 - Posting libelous/malicious messages on Facebook/Myspace
 - Uploading unflattering or humiliating pictures or videos without permission
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Why Cyberbully?

- Virtual Anonymity
 - Lack of Regulation
 - Ease of Cruelty
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Virtual Anonymity

- With the use of temporary/throwaway email and IM accounts, cyberbullies can keep their name off of most of what they post
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Lack of Regulation

- ❑ Websites offer warnings about malicious posts but few do anything to regulate them
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Ease of Cruelty

- Without the physical presence, it is much easier to forget social norms, rules and morals and say cruel/malicious things online
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School Issues with Cyberbullying

- ❑ School officials are reluctant to get involved in interactions of students that happen off campus
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Ways to Prevent Cyberbullying

- Block harassing messages
 - Log off when tempers flare
 - Never respond to hurtful messages
 - Include cyberbullying in school-wide bullying prevention programs
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