

Bullying in Schools



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Problem Statement:

- Why am I studying this area?
 - It is an important issue in our schools today.
 - Although bullying in our schools has decreased in recent years (Center for Disease Control and Prevention) it is still a major and scary problem in our schools.
 - Some studies show that 15-25% of US students are bullied.
 - In the recent years bullying is taking new electronic forms commonly known as cyber bullying.
 - All forms of bullying pose serious consequences for the bully and the bullied. It needs to be taken seriously by educators.

Bullying-Definition:

- Bullying is aggressive behavior that is intentional and involves an imbalance of power or strength. Usually, it is repeated over time. Traditionally, bullying has involved actions such as: hitting or punching (physical bullying), teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. In recent years, technology has given children and youth a new means of bullying each other.

Definition of Bullying and Harassment

According to Michigan's Anti-bullying policy

- "Harassment or bullying" is any gesture or written, verbal, graphic, or physical act (including electronically transmitted acts – i.e. internet, cell phone, personal digital assistant (pda), or wireless hand held device) that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression; or a mental, physical, or sensory disability or impairment; or by any other distinguishing characteristic. Such behavior is considered harassment or bullying whether it takes place on or off school property, at any school-sponsored function, or in a school vehicle.

What does bullying look like?

- Bullying is when someone keeps doing or saying things to have power over another person (nobully.org.nz).
 - Some ways people bully others:
 - Calling a person mean names
 - Saying or writing nasty things about a person
 - Leaving another person out of activities
 - Not talking to a person
 - Threatening another person
 - Making another person feel uncomfortable or scared
 - Taking or damaging another persons things
 - Hitting or kicking another person
 - Making someone do things they don't want to do

What is Cyber Bullying?

- Sometimes referred to as online social cruelty or electronic bullying:
 - "an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself" (Smith et al., 2008, p. 376).



Cyber bullying can involve:

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information and/or lies about another person
- Pretending to be someone else in order to make that person look bad
- Intentionally excluding someone from an online group

Youth can cyber bully through:

- Emails
- Instant messaging
- Text or digital imaging messages sent on cell phones
- Social networking sites
- Web pages
- Blogs
- Chat rooms or discussion groups

How common is cyber bullying?

- In a Cox Communications (2009) survey 13-18 year-olds were asked how often they had ever been involved in cyber bullying.
 - 15% said they had been cyber bullied online
 - 10% had been cyber bullied by cell phone
 - 7% said they had cyber bullied another person online
 - 5% had cyber bullied another person by cell phone

Bullying now and then....

Here is a link to a video that shows the different forms young people bully and the negative effects of cyber bullying:

- <http://video.google.com/videoplay?docid=8257033886646108219&hl=en&emb=1>
- Really makes you think about what our students face when they are not at school.....
- Should we share this information with our students parents so they can help to monitor and prevent cyber bullying?

Why do some kids bully?

- Some kids bully because they want to fit into the 'right' crowd, they want to be popular.
- They see other kids do it, they think it is cool.
- It makes them feel stronger, smarter, or better than the person they are bullying.
- It helps to keep others from bullying them, protections

(www.stopbullyingnow)

Common Characteristics of children who bully:

- Impulsive, hot-headed, dominant
- Easily frustrated
- Lack empathy
- Have difficulty following rules
- View violence in a positive way
- Boys who bully tend to be physically stronger than other children.

Effects of being the bully:

- Young people who bully are more likely to skip school and drop out of school.
- Young people who bully are more likely to smoke drink alcohol and get into fights.
- It can lead to huge problems later in life. Children who bully are more likely to get into fights, vandalize property, and drop out of school. And 60% of boys who were bullies in middle school had at least one criminal conviction by the age of 24 (Olweus, 1993).

Effects of being bullied:

- Young people who are bullied are more likely to skip school, they are often scared to come to school.
 - As many as 160,000 students may stay home on a given day because they are afraid of being bullied.
- More likely to commit suicide
- Low self-esteem
- Their school safety is threatened
- They are more likely to be involved in school shootings
- They experience frequent depression and anxiety

What is the real consequence of bullying?

- We have all seen the headlines in the paper or on the news. Lets look at an exert from Barbra Coloroso's book: *The Bully, The Bullied, and the Bystander*:
- ***“January 1999; Manchester, England: Eight-Year-Old Marie Bentham hanged herself in her bedroom with her jump rope because she felt she could no longer face the bullies at school. Marie is though to be Britain's youngest bullycide.***

(Continued on next 2 slides)

- ***January 1995; Belfast, Ireland: Maria McGovern overdosed after being bullied. The diary she left behind recorded a life of daily terror at the hands of her schoolmates.***
- ***April 1997; Nanaimo, British Columbia: A grade four student pulled a knife on another student who was taunting him. According to his mother, the knife-wielding boy had been tormented by his peers for over a year. 'He gave up all forms of sport, wouldn't do his homework, and would just end up leaving school- he was angry all of the time. He was picked on, period. Home was the only place he could go where he wouldn't get picked on.'***

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- ***April 20, 1999; Littleton, Colorado: Eric Harris and Dylan Klebold used assault weapons and homemade bombs to lay siege to their high school. The two boys killed twelve classmates and a teacher, injured eighteen other teenagers, and then killed themselves. Their friends at school said the two boys were constantly ridiculed at school.” (Coloroso 2003).***
- ***November 14, 1997; Victoria, British Columbia: Fourteen-year-old Reena Virk died after being lured by schoolmates, attacked, and beaten unconscious. Reena’s arm, neck, and back were deliberately broken before she was dumped in the Gorge Inlet. She had tried to fit in and had wanted desperately to belong to their group, but she was regularly mocked and taunted about her brown skin and weight. Particularly startling was the fact that hundreds of students knew about the relentless taunting and even of her death before someone tipped off the police.***

Can educators help
prevent students from
being bullied?

What do you do to
prevent bullying in your
school?

Statistics

According to the National Youth Violence Prevention Center:

- Almost 30% of youth in the United States (or over 5.7 million) are estimated to be involved as bullying as either a bully, a target of bullying, or both.
- In a recent national survey of students in grades 6-10, 13% reported bullying others, 11% reported being the target of bullies and another 6% said that they bullied others and were bullied themselves” (National Youth Violence Prevention Center).
- When looking at these statistics- you have to take into consideration the students who are less prone to admit to bullying or being bullied. Therefore, the prevalence of this behavior is probably more frequent than what is being reported.

Statistics- Gender/Race Differences

- Among whites, Hispanics, and Asians bullying was about twice as common among males compared with females (Carlyle and Steinman, 2007).
- Among African Americans, 22.8% of females reported bullying compared with 32.5% of males (Carlyle and Steinman, 2007).

Myths about bullying:

- Bullying is a 'natural' part of childhood
- Children must learn how to deal with bullies on their own



In Conclusion

- Educators can be powerful influences in the lives of our students. We need to be know what bullying looks like and how we can prevent it. It is our responsibility as educators to learn strategies on how to deal with bullying. For tip sheets for educators and administrators on bullying go to <http://stopbullyingnow.hrsa.gov/adults/teachers-corner.aspx> for more information.

Some bullying prevention programs for educators:

- Stop Bullying Now- Provides games and webisodes that students can view (really neat)-
<http://www.stopbullyingnow.hrsa.gov/kids/>
- Steps to Respect-
<http://www.cfchildren.org/programs/str/overview/>
- Olweus Bully Prevention Program-
<http://www.clemson.edu/olweus/>
- Botvin Life skills training-
http://www.lifeskillstraining.com/other_prevention_bully.php?cat=Bullying%20Prevention%20Programs
- **What are you going to do to prevent your students from being bullied?**

Children's books that address bullying:

Educators can use in their bully prevention program

- *Oliver Button is a Sissy*, by: Tommie dePaola
- *Stop Picking on Me: A First Look at Bullying*, by: Pat Thomas
- *Blubber*, by Judy Blume
- *Dealing with Bullying*, by Marianne Johnston
- *Nobody Knew What To Do*, by Becky R. McCain

*Don't laugh at me, don't call me names,
Don't take your pleasure from my pain.
I'm a little boy with glasses
The one they call a geek,
A little girl who never smiles
'Cause I have braces on my teeth
And I know how it feels to cry myself to sleep
I'm that kid on every playground
Who's always chosen last
A single teenage mother
Tryin' to overcome my past
You don't have to be my friend
But is it too much to ask: Don't laugh at me
Don't call me names
Don't get your pleasure from my pain...
Don't laugh at me I'm fat, I'm thin, I'm short, I'm tall
I'm deaf, I'm blind, hey aren't we all.*



*-Steve Seskin and Allen Shamlin.
"Don't Laugh at Me"*

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Stop Bullying Now (n.d.). Retrieved July 24, 2010, from Stop Bullying Now Website, <http://stopbullyingnow.hrsa.gov/kids/>

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National Groups:

National Youth Violence Prevention Center. <http://www.safeyouth.gov/scripts/faq/bullying.asp#1>

National Center for Education Statistics. <http://nces.ed.gov/programs/crimeindicators/crimeindicators2009/>

National Crime Prevention and Control. <http://www.ncpc.org/topics/bullying>

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Books:

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- Blanco, Jodee. *Please Stop Laughing at Me: One Woman's Inspirational Story*. Avon, MA: Adams Media, 2003.
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