



BULLYING

Presented by The Floating Hospital
Health Education Department



THE FLOATING HOSPITAL

BULLYING FACT OR MYTH

1. Over 20% of teens report having been bullied.
2. Victims of bullying experience increased mental health issues such as depression and suicidal thoughts.
3. Peer bystanders intervene in bullying incidents more than 40% of the time.
4. Girls typically use physical bullying more than other types of bullying, such as emotional.
5. A typical bullying incident lasts 2 minutes.
6. Being the subject of lies and rumors is the #1 type of bullying people experience



IS IT BULLYING?

- **Not all** negative interactions at school are considered bullying.



- There is a **distinction** between rude, mean, and bullying behavior.



RUDE, MEAN, OR BULLYING?

- **Rude:** *Unintentionally* doing or saying something that hurts someone else.
- Actions or comments are usually unplanned, spontaneous, and are based on poor manners or selfishness
 - **Example:** Bragging about achievements



RUDE, MEAN, OR BULLYING?

- **Mean:** *Purposely* doing or saying something to hurt someone else.
- Intention makes being mean different from rude behavior and is often motivated by angry feelings or wanting to prop yourself up by putting others down
 - **Example:** Criticizing clothing, intelligence, or popularity



WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior.

- 1. Deliberate:** a bully's intention is to hurt someone
- 2. Repeated:** A bully often targets the same victim multiple times
- 3. Imbalance of Power:** A bully chooses victims that he or she thinks are weak/vulnerable



BOY WHO CRIED WOLF

“At the same time, however, I have already begun to see that gratuitous references to bullying are creating a bit of a “little boy who cried wolf” phenomena. In other words, if kids and parents improperly classify rudeness and mean behavior as bullying — whether to simply make conversation or to bring attention to their short-term discomfort — we all run the risk of becoming so sick and tired of hearing the word that this actual life-and-death issue among young people loses its urgency as quickly as it rose to prominence.”

-Signe Whitson



IS IT BULLYING?

Michelle and her friend Camiah got in an argument.
Camiah told Michelle that she was a loser.

NOT BULLYING



IS IT BULLYING?

Randall and Erik were playing football. Randall told Erik that he sucked at football, so Erik pushed him.

NOT BULLYING



IS IT BULLYING?

Keyani has posted several rumors about Shakya on her Snapchat.

BULLYING



IS IT BULLYING?

Edrick called Elvis “stupid” in class one time when he mispronounced a word while reading out loud.

NOT BULLYING



IS IT BULLYING?

Cindy and her friends laugh at Vicky every time they see her in gym class and call her “fat.”

BULLYING



IS IT BULLYING?

Hector is a popular kid at school and he always tells his classmates not to hang out with the new kid, Jamal.

BULLYING



IS IT BULLYING?

Jasmine is having a party and did not invite Nilsa.

NOT BULLYING



IS IT BULLYING?

Shawn told Sincere that he doesn't like him.

NOT BULLYING



IS IT BULLYING?

Franco doesn't like Nick, so he got a group of his friends to jump Nick on his way home from school one day.

BULLYING



TYPES OF BULLYING

- **Verbal (words)**-yelling, taunting, insulting
- **Physical (actions)**-pushing, hitting, kicking
- **Relational/Social (friendships)**-excluding, spreading rumors, turning friends against you
- **Cyberbullying (social media/internet)**-sending hurtful messages or images by social media, message, or phone



WHY DO PEOPLE BULLY?



SOMETIMES THE HARDEST
PEOPLE TO LOVE ARE THE ONES
WHO NEED IT THE MOST.

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THE EFFECTS ON THE BULLY

- A child who bullies becomes more removed emotionally from their victims with each act of bullying. They learn the way to get what they want is through force.
- In adulthood, children who bully show higher rates of:
 - Aggression, antisocial behavior, convictions for crime, depression and suicide



SIGNS YOUR CHILD MAY BE BULLYING OTHERS

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Does not accept responsibility for their actions
- Is competitive and worry about their reputation or popularity



IMPORTANT!

**A bully is not necessarily
the product of bad parenting!**

Bullying behavior by your child does not make you a bad parent, but it does mean that you will have to take steps to correct their behavior.



WHO GETS BULLIED?

THE EFFECTS ON THE BULLIED

- The harmful effects of bullying range from immediate to lasting well into adulthood
- **Victims may show high levels of:**
 - Headaches, abdominal pain, sleep problems, bed-wetting, crying, depression
- In cases of extreme bullying, victims have resorted to violence toward others or themselves
 - The Safe Schools Initiative Report suggested that 71% of the attackers in school shootings were victims of bullying



BULLYING AND SUICIDE

The relationship between the two is complex

- It is NOT accurate, and POTENTIALLY DANGEROUS, to present bullying as the “cause” or “reason” for a suicide, or to suggest that suicide is a natural response to bullying

Research shows that persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as depression and anxiety, which can contribute to suicidal behavior.

- Most young people who are bullied DO NOT become suicidal.
- Most young people who die by suicide have multiple risk factors.



SIGNS OF BULLYING

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide



SIGNS OF CYBERBULLYING

- Becoming emotionally upset before or after internet usage
- Being secretive or protective over one's digital life
- Withdrawal from family, friends, and activities
- Avoiding school or group gatherings
- Slipping grades and "acting out" in anger at home
- Changes in mood, behavior, sleep and appetite
- Wanting to stop using the computer or a cell phone
- Being nervous or jumpy when receiving a text or instant message
- Avoiding discussions about computer and cell phone usage



BYSTANDERS

Those who see or hear bullying
Play an important role in promoting
or preventing bullying



HURTFUL VS. HELPFUL BYSTANDERS

- Bystanders can make bullying worse by providing passive acceptance, maintaining silence, actively encouraging, or joining in.
- **Hurtful Bystanders:** Instigate the bully, encourage the bully, join the bully, and passively accept the bullying
- **Helpful Bystanders:** Directly intervene or get help



THE EFFECTS ON THE BYSTANDER

- Bystanders may choose not to intervene for many reasons including:
 - Thinking it's none of their business, fear becoming a victim, feeling powerless against the bully, etc.
- Bystanders who don't intervene or report bullying can experience negative consequences including:
 - Pressure to participate in the bullying, anxiety about speaking to anyone about the bully, guilt for having not defended the victim, etc.



WHAT PARENTS CAN DO

MY CHILD BULLIES: WHAT PARENTS CAN DO

Work with your child to understand some of the reasons why they bully and/or bullied others.

■ **To Fit In**

- Ensure that they participate in positive activities (i.e., sports and clubs).

■ **Underlying Issues** (ex: issues at home, school, abuse, also victim of bullying, or stress)

- Seek professional help to help them cope, such as mental health services.



MY CHILD BULLIES: WHAT PARENTS CAN DO

- **Intervene when children are young**

- Children are not born bullies or victims
- Many children engage in aggressive behavior that can lead to bullying, and other children respond by submitting or fighting back
- Adults can stop these patterns by encouraging cooperative behavior and preventing aggressive responses

- **Encourage empathy**

- Children who can empathize understand that bullying hurts
- They are less likely to bully and are more likely to help children who are bullied

- **Help children critically evaluate media violence**

- Children may learn aggressive behaviors from movies, television shows, and video games
- Help children understand that these portrayals of violence are unrealistic and inappropriate
- Intervene when you see children imitating media violence in their play



MY CHILD IS BULLIED: WHAT PARENTS CAN DO

- **Take bullying seriously**

- Pay careful attention to warning signs and children most at risk
- Make sure children know bullying will not be tolerated

- **Teach bullying prevention strategies**

- Most children are likely to be victimized by a bully at some point in their lives
- All children can benefit from learning to distinguish between acceptable and unacceptable behaviors

- **Provide opportunities for children to learn and practice the qualities and skills that can protect them from bullying**

- Confident children are less likely to tolerate bullying and more likely to respond effectively
- Assertive children know how to respond to bullies in effective, non-aggressive ways and are less likely to be targeted
- Children who know how to make and keep friends can rely on them for protection



MY CHILD IS BULLIED: WHAT PARENTS CAN DO

- Calmly listen to your child and show them that you understand their feelings.
- Practice bullying prevention strategies together
 - Pick responses that will work best for your child
 - Role-play the responses with them until they become comfortable
- You can help them become more resilient by offering your support and encouraging activities and friendships that utilize their strengths and build their confidence
- Ask about your child's day and focus on what went well in addition to any difficult moments
- Write down everything: every encounter with the bully and every contact with teachers/administrators
- Seek additional help together if the situation does not improve



MY CHILD IS CYBERBULLIED: WHAT PARENTS CAN DO

- **Block** the bully on social media sites and phones
- Encourage your child **not to respond** to the cyberbullying to avoid making the situation worse.
- **Keep** any threatening messages or other communications as these can be **used as evidence when reporting** the bullying.
- **Know your child's online world.** Request to friend or follow your child on social media sites to monitor their activity *without overstepping*. Talk to them about the importance of privacy and instruct them not to share personal information with anyone, including friends.



EVERYONE: WHAT PARENTS CAN DO

- **Encourage children to talk about and report bullying**

- When children do talk about bullying listen carefully and be patient
- Talking about bullying can be difficult and children may feel embarrassed or afraid

- **Develop strong connections with the children in your care**

- Children are less likely to bully if they know it will disappoint an adult whom they respect and trust
- Children are also more likely to confide in an adult with whom they have a caring and trusting relationship

- **Teach by example**

- Children learn how to behave by watching and emulating the adults in their lives
- Consider how you solve problems, discipline, control your anger and disappointment, and stand up for yourself and others without fighting
- If children observe you acting aggressively, they are more likely to show aggression toward others



HOW TO HELP KIDS COPE WITH SOCIAL EXCLUSION AND FRIENDSHIP BREAKUPS

- Be available to listen and support them
- Help them cast a wide net: Get them involved in activities outside of school
- Resist the urge to talk badly about their friends: Enemy today, BFF tomorrow
- Help them understand friendship breakups are not a failure: People change
- Take advantage of teachable moments: Quality vs. Quantity
- Create distance with dignity: Encourage them not to put much energy into the broken friendship



SCHOOL OBLIGATIONS

Schools are obligated by these laws to address conduct that is:

1. **Severe, pervasive or persistent**
2. **Creates a hostile environment at school**, if it is sufficiently serious that it interferes with or limits a student's ability to participate in or benefit from the services, activities, or opportunities offered by a school
3. **Based on a student's race, color, national origin, sex, a type of disability, or religion.** The US Department of Justice has jurisdiction over religion under Title IV of the Civil Rights Act of 1964.

A school that fails to respond appropriately to harassment of students based on a protected class may be violating one or more civil rights laws enforced by the Department of Education and the Department of Justice, including:

- Title IV and Title VI of the Civil Rights Act of 1964
- Title IX of the Education Amendments of 1972
- Section 504 of the Rehabilitation Act of 1973
- Titles II and III of the Americans with Disabilities Act
- Individuals with Disabilities Education Act (IDEA)



WHAT TO TEACH KIDS

TIPS FOR STANDING UP TO BULLIES

BE ASSERTIVE!

- Take a deep breath and let the air out slowly
- Sit or stand tall with your head up
- Have a relaxed and purposeful facial expression
- Maintain eye contact
- Speak with a calm voice, loud enough to be heard clearly
- Use a confident tone of voice
- Reply briefly and directly



ASSERTIVENESS PRACTICE!

A bully comes up to you, laughs, and starts chanting “You’re a loser!”

How do you respond ASSERTIVELY?



POTENTIAL RESPONSES

- **Submissive** (giving in)- look upset and start to cry
- **Aggressive** (hurting back)- angrily reply, “Yea, well your mother is ugly.”
- **Assertive** (standing up)- calmly look at the bully and say, “You’re wasting your time trying to make me mad.”



ASSERTIVENESS PRACTICE!

You overhear a bully whispering to someone that you are weird, and if they want to sit at the bully's lunch table, then they cannot hang out with you.

How do you respond **ASSERTIVELY**?



POTENTIAL RESPONSES

- **Submissive** (giving in)- You decide to sit alone and say “I guess I have to eat by myself.”
- **Aggressive** (hurting back)- You start a nasty rumor about the bully
- **Assertive** (standing up)- You talk privately with the bully and say “I know you’re talking about me behind my back, and I don’t like it.”



OTHER WAYS TO DEAL WITH BULLIES

If you don't feel comfortable with approaching your bully in an assertive way, you can try one of these options below:

- Ignore and walk away
- Tell an adult
- Surround yourself with friends
- Ask classmates for support



CYBERBULLYING: WHAT CAN YOU DO?

Cyberbullying is different than other types because it can happen 24/7. Luckily there are a few extra ways to handle this:

- Do not respond to the bully
- Block the bully
- Change social media handles
- Keep all cyberbullying communication to be used as evidence when reporting the bullying



WHAT IF I'M THE BULLY?

■ Think About It:

- Think back to a time when someone bullied you and how it made you feel.
- Think about how you will feel afterwards. Will it truly make you feel happy to make someone else feel small?
- Think about how you want to be remembered. Do you want people to look back and only remember how cruel you were to others?
- Think about your role models. Do they do this?
- Think about the kids who look up to you. Is this the behavior you want them to repeat?
- Think about why you are doing it. Might it be better for you to talk to someone about your feelings instead of acting out on someone who probably doesn't deserve it?

It's NEVER too late to be kind.



BYSTANDERS: HOW CAN I HELP?

- Don't join in
- Seek an adult for help
- Calmly ask the bully to stop if it's safe to do so.
- Help the person being bullied to walk away.
- Talk to the person being bullied afterwards and offer support.
- Ask the person being bullied to join you and your friends.



FRIENDSHIP BREAK UPS

- It's ok to break up with a toxic friend
- Friendship breakups are not a failure - People change
- Create distance with dignity – Don't put too much energy into the broken friendship
- Make new friends- start new hobbies, join new clubs to widen your social circle.



ADDITIONAL RESOURCES

- StompOutBullying.org
- StopBullying.org
- Teachingtolerance.org
- <https://www.apa.org/topics/bullying>
- <https://kidshealth.org/en/teens/bullies.html>
- <https://www.pacer.org/bullying/>
- <https://www.weareteachers.com/anti-bullying-videos/>

- If problem isn't solved:
 - Google "**Public School Bullying Complaint**" and fill out online form:
 - <https://www.nycenet.edu/bullyingreporting>



QUESTIONS?

