

HOW TO DETECT AND PROTECT AGAINST BULLYING

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Connecting you back to what matters most.

Objectives:

- Parents will leave understanding what bullying is and how to detect it
- Parents will leave with tools on how to engage in meaningful conversations with their kids on how to respond to being bullied, seeing someone bullied, or having urges to bully.

A young boy with dark hair, wearing a dark jacket with white stripes on the sleeves, stands in a school hallway. He is holding a green folder or book in front of him. The hallway is filled with red lockers, and the lighting is soft and somewhat dim. The background is slightly out of focus, emphasizing the boy in the foreground.

Silence is a bully's best friend.

Current statistics in the US

1 in 5
students
K-12 report
being bullied

54% of youth
will not report
it to school
personnel

~160K teens
skip school
every day due
to being
bullied

National Center for Educational Statistics, 2019

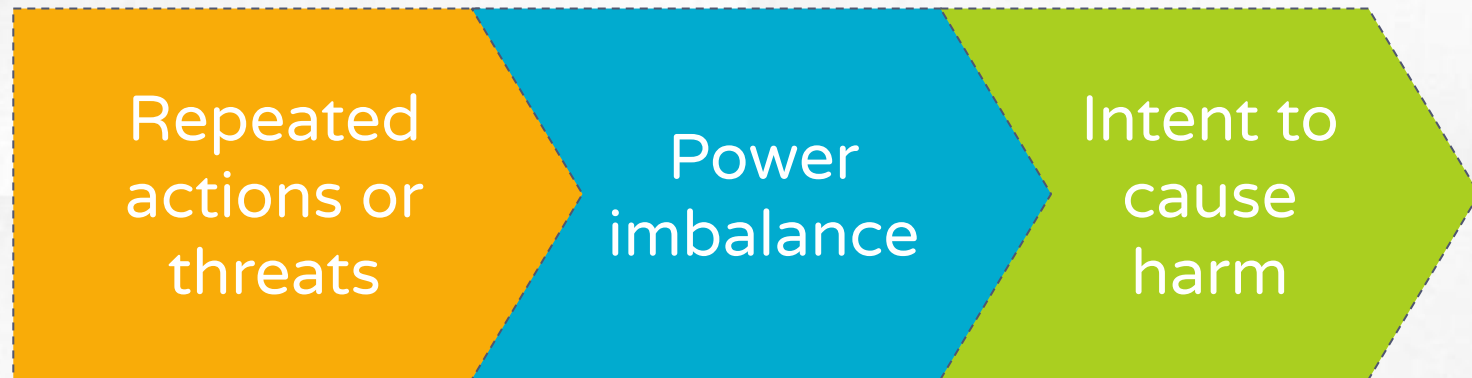
Current statistics in the US

Of students
ages 12 – 18
15% reported
being
cyberbullied

Females
report higher
rates of
bullying than
males

6th grade
students
experience
the highest
rate of
bullying

3 Elements of Bullying Behavior



Recognizing Bullying Behaviors

Behavior that is:

- x Unwanted/uninvited
- x Intentional
- x Hurtful
- x Repetitive

Power Differential

- x Physical strength
- x Status (“popularity”)
- x Access to information

What Does It Look Like?

Direct Bullying



Verbal:

- teasing
- name calling
- inappropriate sexual comments
- taunting
- threatening



Physical:

- hitting/kicking
- spitting
- pushing/tripping
- Taking/breaking items

What Does It Look Like?

Indirect Bullying



Social or Relational:

- Excluding someone on purpose
- Telling others not to befriend someone
- Spreading rumors
- Embarrassing someone in public

Recognizing Bullying Behaviors

Power Imbalance:

- Ability to influence other students' perceptions (56%)
- Has more social influence (50%)
- Are physically stronger/larger (40%)
- Have more money (31%)



Indirect Bullying 24/7



Access to technology

Social media - Snapchat, Discord,
Instagram

Instant messaging

Text Messages

Bullying behavior no longer limited to
school building, playground or bus



Examples of Cyberbullying

Sending mean messages or threats

Posting hurtful messages on social networks or web pages

Posting embarrassing photos or secrets

Recording unauthorized videos & uploading them

Stealing someone's identity

Leaving someone out of online groups

Creating fake online persona to bully others



Impact of Bullying Behavior - The Target



Kids who are bullied:

- ▣ Health complaints
- ▣ Poor school performance
- ▣ Fear
- ▣ Poor sleep/eating
- ▣ Risk of suicide
- ▣ Self Harm Behaviors
- ▣ Mood/Language Shifts

Impact of Bullying Behavior - The Bully

Kids who are bullies may experience higher rates of:

- ▣ Aggressive & destructive behaviors
- ▣ Drug & alcohol use
- ▣ Higher dropout rates
- ▣ Criminal activity
- ▣ Domestic violence



Impact of Bullying Behavior - The Bystander

Kids who witness bullying may experience higher rates of:

- ▣ Drug & alcohol use
- ▣ Higher truancy
- ▣ Depression
- ▣ Anxiety



Is my child being bullied?

- Visible signs of anxiety & stress
- May not want to talk about it when asked
- Unexplained bruising or cuts
- Damaged property
- Drop in school performance
- Attempts to stay home from school/excuses
- Low self worth

Take Home Reading

How to help your child - The target

- Bullying is likely not going to stop on its own
- If child is reluctant to tell you:
 - Find opportunities to bring it up – tv show/movie, story you heard
 - Ask – What do you think about that?
Have you ever seen this happen?
Has this ever happened to you?
 - Let your child know it's important to talk about it either with you or another trusted adult

How to help your child - The target

- If child is willing to tell you:
 - Remain calm and open to hearing their side of the story
 - Avoid overly-emotional reactions
 - Avoid minimizing the situation instead look for clarity
 - Offer comfort/support
 - Praise your child for talking to you about it
 - Remind your child that he/she isn't alone, and you will figure out what to do together

How to help your child - The target

- Engage the help of school personnel – principal, teacher, counselor
- Avoid approaching parent yourself
- Document incidents and responses
- Reach out to a mental health professional if your child needs additional support

How to help your child - the Bully

Usually a parent learns of their child's behavior from the school or another parent

- Talk it through with your child to gain insight
 - Does he/she want to fit in with others doing the same?
 - Is he/she getting bullied by others?
 - Is he/she looking for attention – negative attention is better than no attention?
 - Is he/she overly assertive or impulsive?

How to help your child - the Bully

- Provide a meaningful response
 - Cyberbullying = loss of phone or tablet privileges
 - Verbal bullying = loss of social privileges
 - Physical bullying = depending on severity potential legal consequences
- Making amends
 - Help your child correct behavior by making it right
 - Apologize
 - Service hours
 - Engaging in positive social interactions with former targets

How to help your child - the Bully

- Monitor
 - Maintain contact with your child's school counselor, teacher or principal to keep tabs on school behaviors
 - Maintain access to their phones, tablets, etc and check on their activity regularly
- Connect with a mental health provider
 - If you are working with your child and the behaviors do not stop, a mental health assessment may be helpful
 - Your child may need assistance from a therapist or other mental health professional to address underlying issues

How to help your child - the Bystander

Bystanders often worry about:

- Not know what to do
- Fear of making it worse
- Their own safety
- Becoming the target of the bully



How to help your child - the Bystander

Encourage your child to:

- Report incidents to school personnel
- Speak up – even if it’s just a distraction “The teacher is coming!”
- Provide an escape – ask if the victim wants to go elsewhere
- Provide support – check in with the victim and offer encouragement



Thanks!



Any questions?

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