ADDRESSING BULLYING & CYBERBULLYING

BUSD WELLNESS SYMPOSIUM
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Caring Schools

"The ability to love, work, and learn.

Parents and children and teachers and students

having unobstructed pathways to relationships

and friendships that are respectful, positive, and

constructive."

Maureen Wong, LAUSD 1999

EXPOSURE TO TRAUMATIC LIFE EVENTS

- An event that threatens injury, death, or physical safety;
- May cause fear, insecurity, terror, horror, hopelessness, or helplessness and;
- Examples may include witnessing or experience various forms of abuse, violence, disasters, suicides, traumatic physical injury.

Students Experiencing Trauma

SAMHSA, 2017

67% before age 16

APA & SAMHSA, 2017

Students Experiencing Trauma

- Often demonstrate either externalized or internalized behaviors.

Student Disengagement

EXTERNALIZED

- Undercontrolled behaviors
- Disruptive behaviors
- Acting out

INTERNALIZED

- Overcontrolled behaviors
- Withdrawn behaviors

Bullying Defined

"Unwanted or aggressive behavior(s) involving perceived or observed power imbalance that is repeated or likely to be repeated." CDC, 2012

Cyberbullying Defined

"Bullying that occurs over digital devices."

US DHHS, 2018

Forms of Bullying

DIRECT

- ✓ Obvious
- ✓ Aggression
  - ✓ Verbal
  - ✓ Actions
- ✓ More common in children
- ✓ More common in males

INDIRECT

- ✓ Social isolation
- ✓ Exclusion
- ✓ Not as obvious
- ✓ More common in adolescents
- ✓ More common in females

Four Considerations When Understanding Bullying

PEOPLE WHO BULLY CAN FEEL

- Acceptance
- Aggression
- Anxiety
- Confusion
- Control
- Embarrassment
- Hostility
- Power
- Prestige
- Prejudice
- Satisfaction

PEOPLE WHO BULLY & ARE TARGETS OF BULLYING CAN FEEL

- Acceptance
- Aggression
- Confusion
- Control
- Devalued
- Embarrassment
- Fear
- Isolation
- Hostility
- Power
- Rejection
- Satisfaction

PEOPLE WHO ARE TARGETS OF BULLYING CAN FEEL

- Anxiety
- Devalued
- Embarrassment
- Fear
- Frustration
- Helplessness
- Hopelessness
- Humiliation
- Intimidation
- Isolation
- Loneliness
- Persecution
- Rejection

PEOPLE WHO WITNESS BULLYING CAN FEEL

- Confusion
- Embarrassment
- Fear
- Helplessness
- Shame
- Sadness

Contributing Factors

Under controlled behavior

Negative beliefs/attitudes about others

Negative beliefs/attitudes about self

Over controlled behavior

Lacking empathy

Poor impulse control

Tolerance for aggression by adults

Acceptance for aggression in some situations

Conflicts with adults

LET’S LISTEN…

Don’t be fooled by the face I wear
For I wear a mask,
That I am afraid to take off.

Beneath is the real me, in confusion, aloneness, and fear but I hide this;

Please listen carefully to what I am NOT saying;

I really want to be me, who I truly am
But I don’t know how;

I fight against the very thing I cry out for;

I need your help, your hand to hold, your guidance but when you reach out I may strike back;

Who am I? I am every man, woman, and child you meet who wears a mask;

Don’t be fooled, at least not by the face I wear.

Charles C. Finn

Impacting Bullying

- ✓ Shift the focus in learning from acquiring knowledge and facts to developing skills that redirect compromising behaviors and reinforce healthy appropriate behaviors. (2004, Smith, Schneider)
- ✓ Empower children with alternatives to bullying behavior including teaching empathy skills and healthy-appropriate communication skills. (2004, Smith, Schneider)
- ✓ Developing understanding with empathy, coping, socialization, & problem solving skills can positively impact bullying, bystander, target, and bully-target behaviors. (1987, Dodge, Coie)

How Learning Happens

- ✓ Modeling attitudes, beliefs, actions, and behaviors in self and in others;
- ✓ Explicit instruction in higher order critical thinking skills with guided and independent practice and;
- ✓ Sincere acknowledgement of accomplishments.

words unspoken
no judgements
power off
focus on feelings
acceptance
don't speak
Listen
observe

Be Mindful

words

of yourself

of others

actions

feelings

Empathy is a Skill that May be Taught and Learned

Teaching Empathy as a Skill

- Non-judgmental observations of others
- Recognize the feelings of others
- Reflect on body language as methods of expression
- Listen without commentary
- Acknowledge feelings, thoughts, insights of others
- Appreciate varying points of view and perspectives
- Recognize the perspective of others
- Reflect upon self and others as members of shared community

Practice Recognizing & Expressing Feelings in Healthy & Appropriate Ways

- Identify the feelings;
- Understand the source of the feelings;
- Recognize healthy-appropriate strategies for expressing the feelings;
- Appreciate that not everyone will have healthy-appropriate communication skills and;
- Teach and model healthy-appropriate expression of feelings and emotions.

breathe

tactile senses

Visualize emotions

Create an emotion word vocabulary

practice expressing feelings through words

If we live with criticism,

We learn to condemn;

If we live with hostility,

We learn to fight;

If we live with ridicule,

We learn to feel shy;

If we live with shame,

We learn to feel guilty.

If we live with encouragement,

We learn to confidence;

If we live with tolerance,

We learn patience;

If we live with praise,

We learn appreciation;

If we live with acceptance,

We learn to love;

If we live with approval,

We learn to like ourselves;

If we live with consideration,

We learn respect;

If we live with security,

We learn to have faith in ourselves;

If we live kindness,

We learn to find our place in this world.

Dorothy Law Nolte