“Bullying”

Project VIDA

Life in Community • Vida en Comunidad



Today's presentation

- What is bullying?
- Types of bullying
- Warning signs
- What can we do as parents?

Project VIDA

What is bullying?

Bullying is aggressive, repetitive and constant behavior that occurs in an environment of unequal power, where one person or group intimidates, harasses or mistreats another.

Bullying can occur in different contexts, such as at school, work, at home or on the internet, and can have serious consequences for the emotional and psychological health of the person who suffers from it.



Project VIDA



Project VIDA

TYPES OF BULLYING

- Physical bullying
- Verbal bullying
- Social or relational bullying
- Cyber bullying
- Psychological/emotional bullying

Physical

Physical bullying refers to any type of unwanted, violent or intimidating physical contact such as;

- Pushing
- Punching
- Kicks
- Groping
- Hair pulling
- Serious assaults
- Any type of physical violence

Project VIDA







Verbal

Verbal bullying is aggression that involves the use of words to humiliate, intimidate or denigrate another person such as;

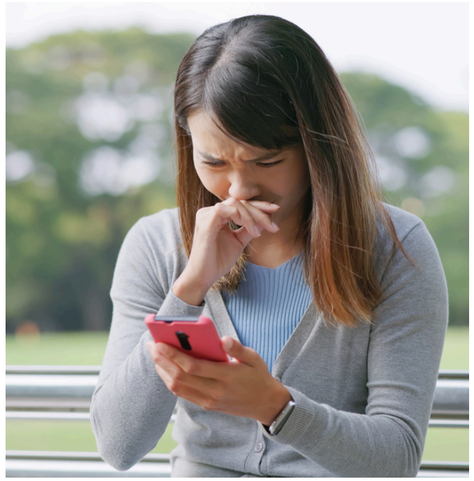
- Abuse
- Teasing/making fun of...
- Threats
- derogatory comments
- Defamation
- any other way that causes emotional or psychological harm

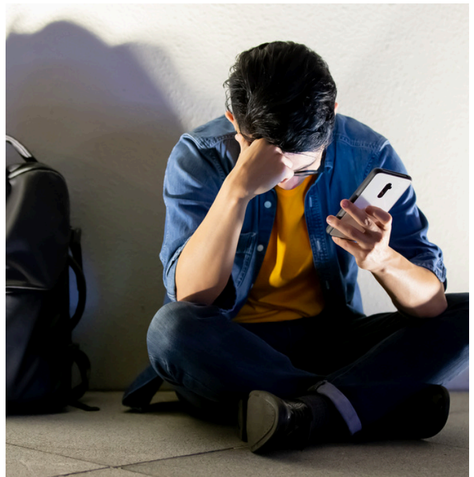
Social

Social or relational bullying involves damaging someone's social relationships, harming a group or their emotional well-being;

- Social exclusion
- Spreading rumors/gossip
- Emotional manipulation
- Cyberbullying
- Social isolation







Cyberbullying

Cyberbullying occurs on any digital platform that involves the use of technology to harass, intimidate, humiliate or threat repeatedly and with the intention of causing emotional or psychological harm;

- Spread of false information
- Threats/intimidation
- Exclusion in social networks
- Identity theft
- Post photos/videos WITHOUT consent
- Constant harassment

Project VIDA

Psychological/ Emotional

Psychological or emotional bullying is a form of abuse that aims to manipulate, control, or harm a person's mental health through tactics that affect their emotional and psychological well-being such as;

- Emotional manipulation
- Gaslighting
- Constant disqualification
- Isolation (family, friends, support network)
- Contempt or humiliation
- Excessive control
- Emotional threats



Project VIDA

Bullied Warning & Signs

Keep in mind that not all children who are bullied show warning signs and every child is different. The signs can be both physical and emotional. Some of these may be:

- Unexplained injuries
- Lost or destroyed property
- Frequent physical symptoms
- Changes in eating habits
- Changes in appearance
- Difficulty sleeping
- School performance/avoiding going to school
- Social isolation
- Decreased self-esteem
- Changes in behavior (un-normal)
- Anxiety or depression

Project VIDA





Warning & signs of someone who is bullying

The signs of someone who is bullying can be more difficult to detect, since they often try to hide their behaviors. However, there are some behaviors and attitudes that may indicate that they are bullying others. Some may be:

- Aggressive/intimidating behavior
- Lack of empathy
- Tendency to humiliate/ridicule others
- Search for power/control
- Lying or distorting facts
- Hostile behavior in moments of frustration
- Repetition of behavior

Project VIDA

How to prevent bullying



Parents, school staff, and other caring adults have a very important role to play in preventing bullying.

- Help children understand bullying
- Keep the lines of communication open
- Encourage children to do what they love.
- **Model how to treat others.**

Project VIDA

Keep the lines of communication open

- Research tells us that children actually look to parents and caregivers for advice and help making difficult decisions.
- Sometimes spending 15 minutes a day talking can reassure children that they can talk to their parents if they have a problem.
- Talking directly about bullying is an important step in understanding how the problem might be affecting children.



Project VIDA

Model how to treat others with kindness, empathy and respect.



- Children learn from the actions of adults
- By treating others with kindness and respect, adults know that children in their lives have no place for bullying.
- Even if they don't seem to be paying attention, children observe how adults handle stress and conflict, and how they treat their friends, colleagues, and family.

Project VIDA

Free Resources

- Stop Bullying.gov
  - https://www.stopbullying.gov/
- End to Cyberbullying
  - https://endcyberbullying.org/cyberbullying-call-center-and-safe-house-to-be-established-in-el-paso-texas/
- Advocacy Center for the Children of El Paso
  - chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://advocacycenterep.org/resources/2014%20Spring%20Newsletter.pdf
- Center for Children
  - https://epccinc.org/victims-of-crime/

Project VIDA

NOS PUEDE CONTACTAR

Audrey Hernandez

au.hernandez@pvida.net

915.694.5697

Cristina Ramos

C.ramos@pvida.net

915.207.4523



Project VIDA