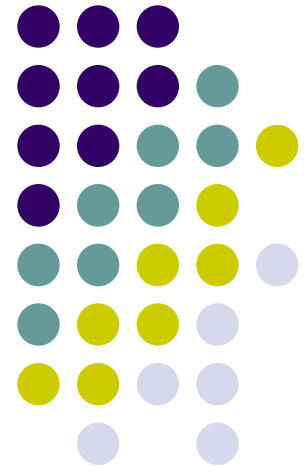


# **Bullying in Middle Schools: What schools need to know**

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# Goals of Presentations

- Identify Types of Bullying
- Prevalence
- Characteristics of Bullies and Victims
- Prevention Strategies
- Management Strategies



# Bullying: What is it?

- Bullying is a specific type of aggression in which:
  - 1. The behavior is intended to harm or disturb
  - 2. The behavior occurs repeatedly over time
  - 3. There is an imbalance of power with a more powerful person or group attacking a less powerful person.

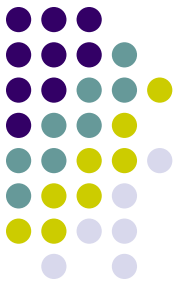
# Bullying is also called...



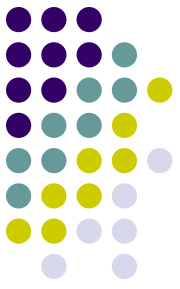
- Hazing
- Gossip
- Exclusion
- Rejecting
- Teasing
- Assault
- Harassment



# Some Facts on Bullying



- Bullying occurs once every seven minutes
- On average, bullying episodes are brief, approximately 37 seconds long
- Bullying occurs most frequently from sixth to eighth grade, with little variation between urban, suburban, town and rural areas.
- 90% of middle school students report being bullied



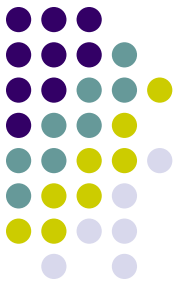
# Some Bullying Facts

- The majority of bullying occurs in or close to school buildings
- Most victims are unlikely to report bullying
- Only 25% of students report that teachers intervene in bullying situations, while 71% of teachers believe they always intervene
- The emotional scars from bullying can last a lifetime

# Is Bullying More Frequent Than Thought?



- A recent study found that 80% of middle school students engaged in bullying behavior in the past 30 days
  - Teasing
  - Name Calling
  - Threatening
  - Social Ridiculing
  - Physical Aggression



# Types of Bullies

- Physical Bullies
- Verbal Bullies
  - Most common type
  - Appearance, Rumors
- Relational Bullies
- Reactive Bullies
- Cyber Bullies

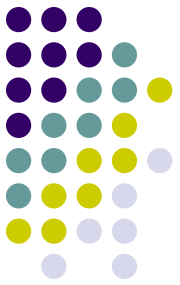




## ■ Who Bullies?

- Impulsive
- Easily Frustrated
- The desire to dominate peers
- Difficulty following rules
- The need to feel in control, to win
- View violence positively
- A refusal to accept responsibility for his/her behavior
- Have friends who bully

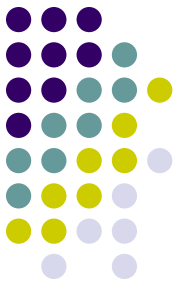




# Bullies: Risk Factors

- Poor academic achievement
- Potential Family Factors
  - Lack of parental warmth and involvement
  - Lack of discipline and supervision
  - Harsh punishment

# Bullies: Long-Term Concerns



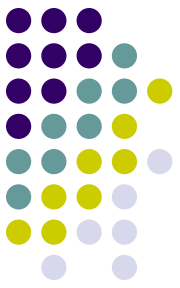
- It is estimated that one in four boys who bully will have a criminal record by age 30
- Increased risk of delinquency
- Alcohol and Drug Abuse
- Dropping out of school
- Depression
- Academic difficulties
- Interpersonal difficulties



# Who Gets Bullied?

- Anxious
- Insecure
- Cautious
- Low-Self esteem
- Socially Isolated

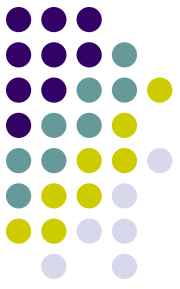




# Victims of Bullies Suffer

- Higher rates of absences and truancy
- Can develop low self-esteem, depression, anxiety
- Academic difficulties
- As students and later as adults, less likely to take social, vocational, intellectual risks.
- May retaliate against bullies

# Bystanders of Bullying Behavior



- May become fearful of being near victim for fear of being next
- Fear of reporting the incident for chance of being called a snitch.
- May feel guilt/hopeless about not reporting incident or helping the victim
- Feel unsafe or lack of control in school.

# Intervention Strategies



- School Protective Factors
- School-wide Prevention
- Classroom Strategies
- Intervening

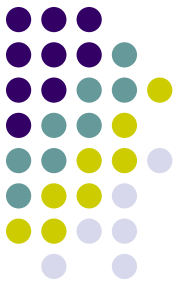




# School Protective Factors

- Communicates high academic and behavioral expectations
- Encourages goal-setting, academic achievement and positive social development
- Positive attitude toward school
- Fosters active involvement of students, parents, and community members

# School-Wide Effective Bullying Prevention



- Begin in kindergarten and last through high school.
- Comprehensive
- Specific to the individual school
- Clear and consistent policies and rules regarding bullying
- Interventions geared towards bullies and victims.
- Attention and praise for positive, pro-social behaviors of students

# How Teachers Can Help



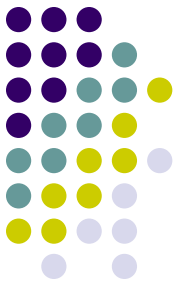
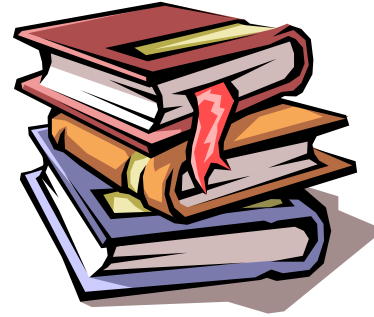
- Project in everything you do or say that you will not accept any form of bullying in your presence, in your room, anywhere in the school or on school grounds, or on school trips.
- Give the “bully” test. Grade and critique it and demonstrate by role-playing what is bullying and what is not (where do you draw the line).
- Teach kids what to do when they have been, or are being bullied. Teach them how to react properly, without getting into trouble.

# How Teachers Can Help



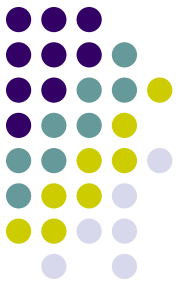
- Teach kids what to do when someone around them is being bullied.
- Show them what harm bullying can do
- Share with students some of the reasons that a bully may choose to be a bully and what can be done to help the bully stop his bullying, (counseling, family counseling, anger management, etc.).

# Your Classroom

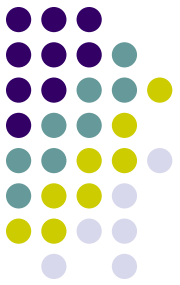


- Consistent rules for bullying
- Bullying is taken seriously in the classroom
- Pro-social behaviors are encouraged and reinforced
- Regular classroom discussions of concerns

# Guidelines for Intervening



- Intervene immediately: stop the bullying behavior as soon as you see it or become aware of it.
- Talk to the bully and victim separately
- Review with the bully the rules of the school and what made their behavior unacceptable. Discuss what behavior is expected and the consequence of their actions.
- Reassure victim that steps are being taken regarding the bullying incident
- Involve parents and other school personnel as needed



# Helping Bullies and Victims



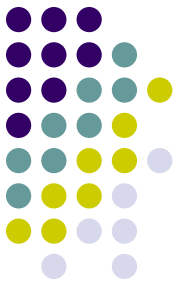
# How to Help Bullies

- Empathy training
- Anger management skills
- Conflict Resolution
- Impulse Management
- Social Skills Training
- Consequences for Behavior



# How to Help Victims

- Understanding they are not at fault
- Activities to increase self-esteem
- Assertiveness Skills
- Improving social skills
- Support Groups

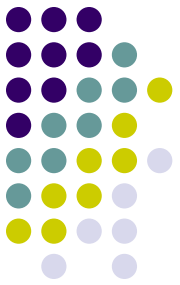


# In Conclusion

- 90% of students report being a victim of bullying
- Approximately 80% of students engaged in bullying behavior
- Establishing a school environment with no-bully tolerance
- Encourage open dialogue with students about bullying

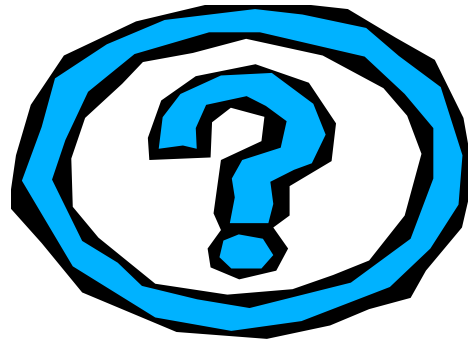
# Helpful Resources

- [www.bullypolice.org](http://www.bullypolice.org)
- [www.safeyouth.org](http://www.safeyouth.org)
- [www.bullybeware.com](http://www.bullybeware.com)





# Questions?



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