

Definition of Bullying

Negative, repetitive behaviors toward an individual that is powerless to stop the mistreatment

- More damaging than normal conflict
- Anxiety, depression more prevalent in those mistreated over long period of time

Seeds of Bullying

The Reasons for mistreating others:

- Modeling in the home
- Conduct-Disorder or need to Control
- Establish their social place
- Power and Prestige
- That is what people expect

Types of Bullying

Direct vs. Indirect Bullying

- Direct bullying involves a confrontation that may or may not be physical
- Indirect bullying is often occurring through means that allow the perpetrator to avoid seeing their victim
- Cyber, Texting, chat rooms have doubled the amount of mistreatment taking place

3 Distinct Groups involved in this issue:

Bully

- Often acts at the prodding of henchmen
- Surprisingly strong self esteem
- Peak age is 3rd grade

Bullied

- May be part of identifiably *different* group
- May take form of “ganging up” by high school years

Both groups may suffer more mental illness

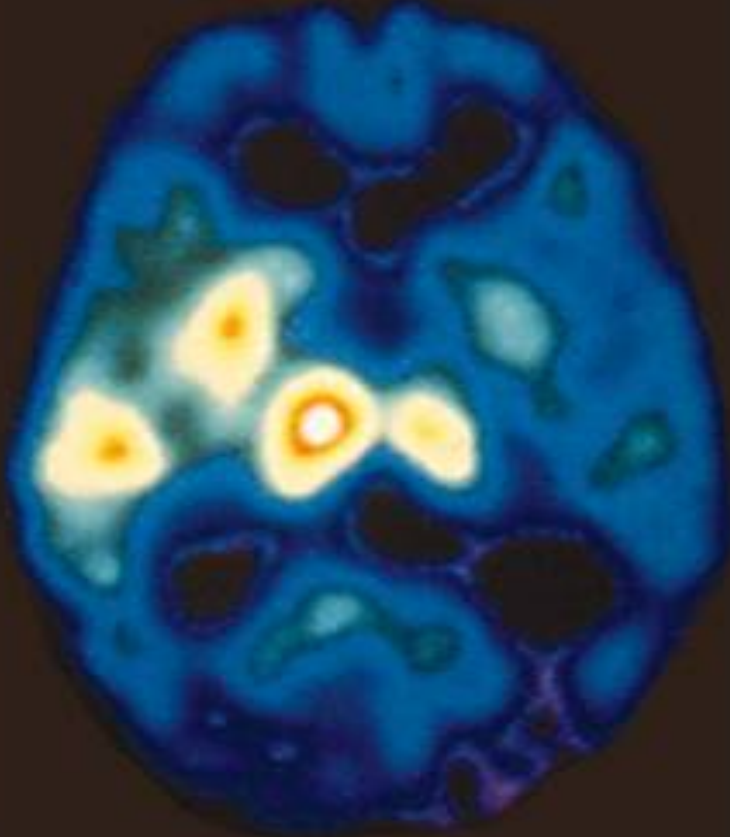
Bystanders

- The largest of the three groups in the Bullying Paradigm
- The group in a school that can have the greatest positive effect on the school climate
- The Bystanders are the link to the adults in the building, the more committed they are the greater the reduction in exclusion and bullying

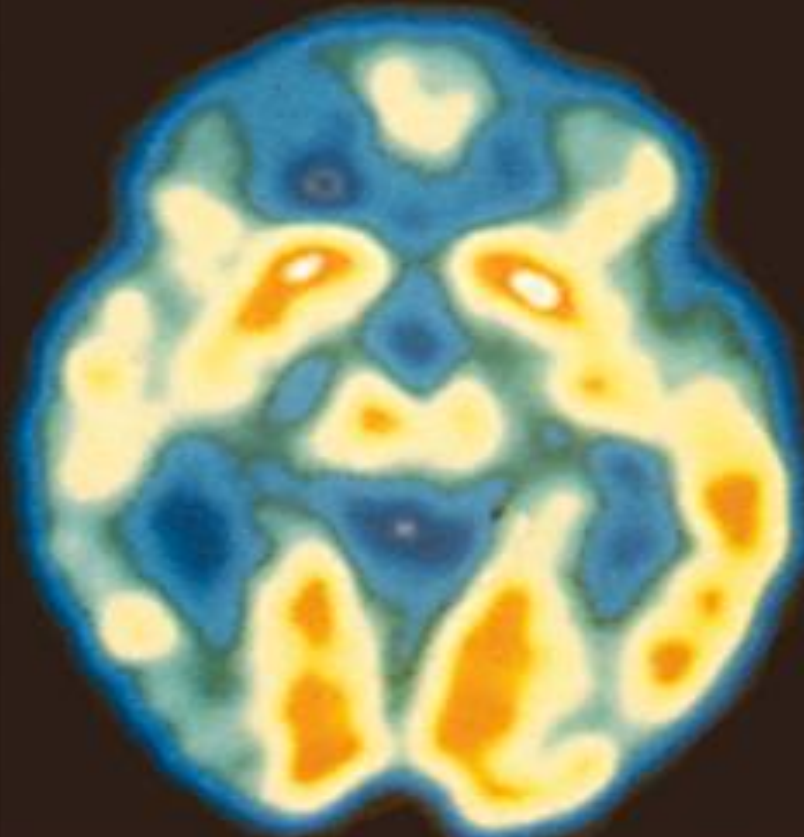
Maslow's Hierarchy of Needs



Depressed



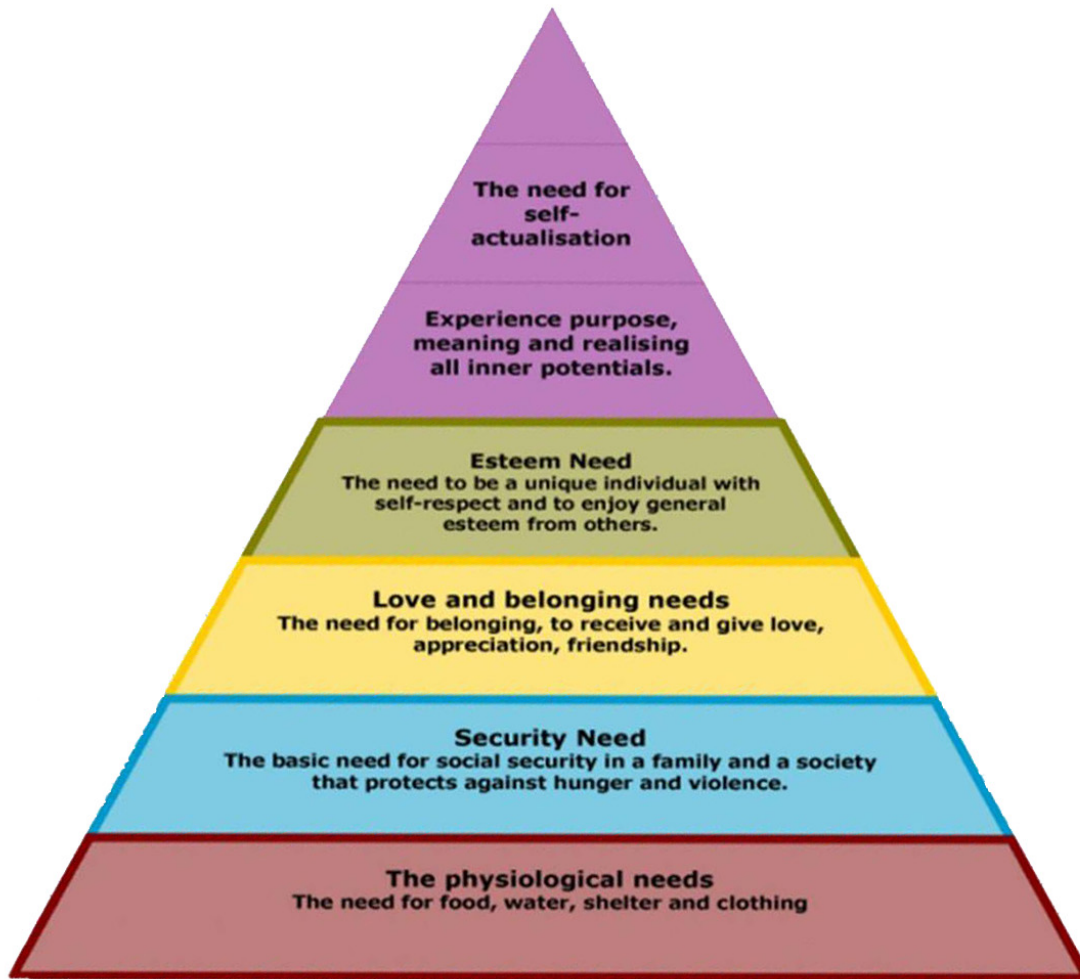
Not depressed



© Mayo Foundation for Medical Education and Research. All rights reserved.

www.chadscoalition.org
CHADS Coalition
FOR Mental Health
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE

Victimization



Coping Mechanisms

Exercise

Religion

Yoga

Substances

Self-Injury

Eating/Not eating

Most Common Mental Illnesses

Depression

OCD

Bi-Polar Disorder

Generalized Anxiety



GENERALIZED
ANXIETY

Statistics

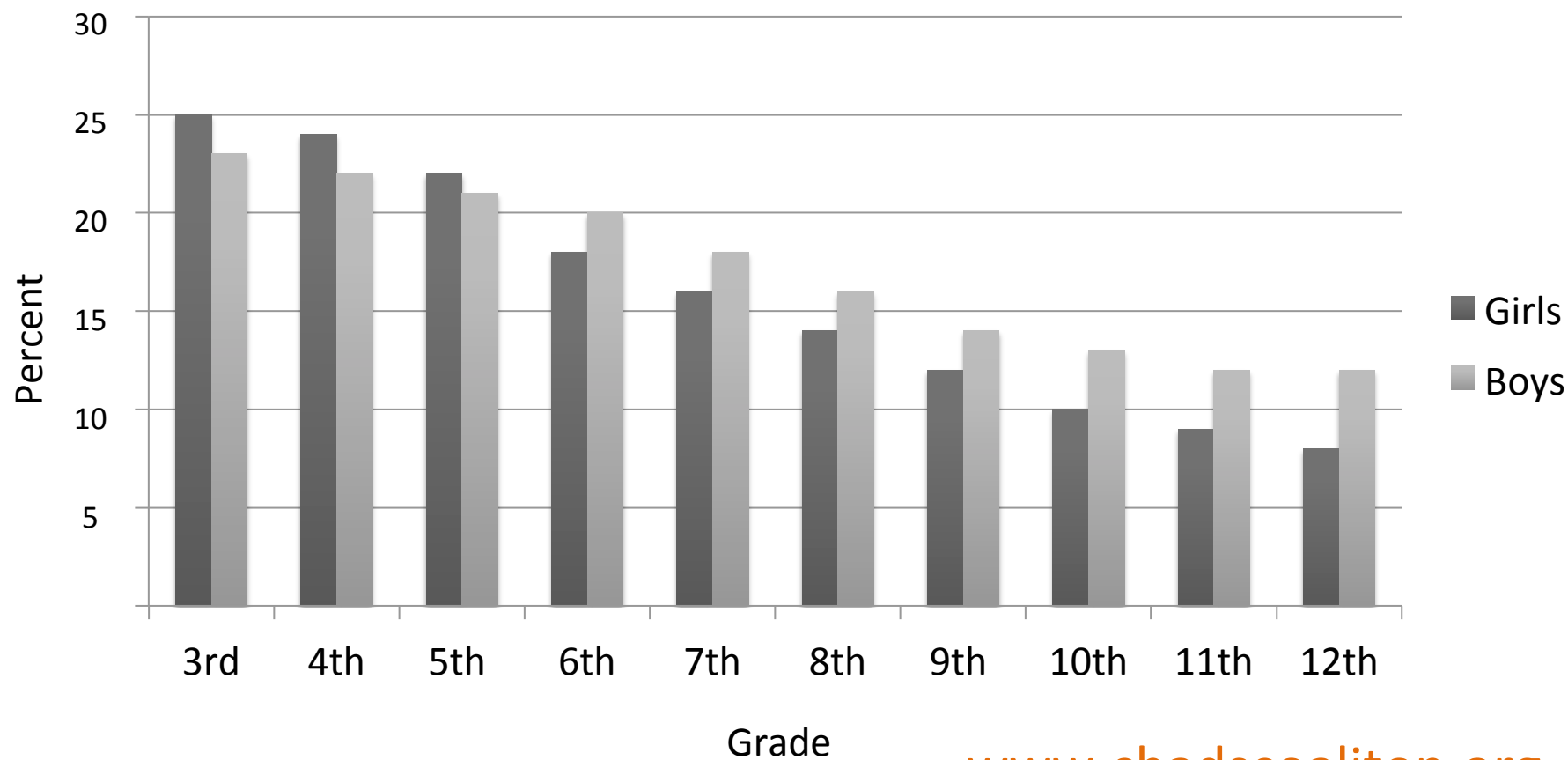
- Suicide is the 3rd leading cause of death for 15-24 year olds
- More children die from suicide in the 15-19 year old age group than the top six medical causes of death combined
- One in sixteen students report making a suicide attempt in the last year
- For every completed suicide by a youth, it is estimated that 900 attempts are made
- In Missouri, 101 adolescents and young adults die from suicide every year and 30 in the St. Louis area

Bullying and Suicide: Bullicide

- Every day an estimated 160,000 kids nationwide stay home from school because they are afraid of being bullied
- Yale School of Medicine Study
 - ❑ Bully victims are between 2 to 9 times more likely to consider suicide than non-victims
 - ❑ Not just the victims are in danger
- 1 out of 4 kids are bullied nationwide
- 42% of kids are cyber-bullied nationwide

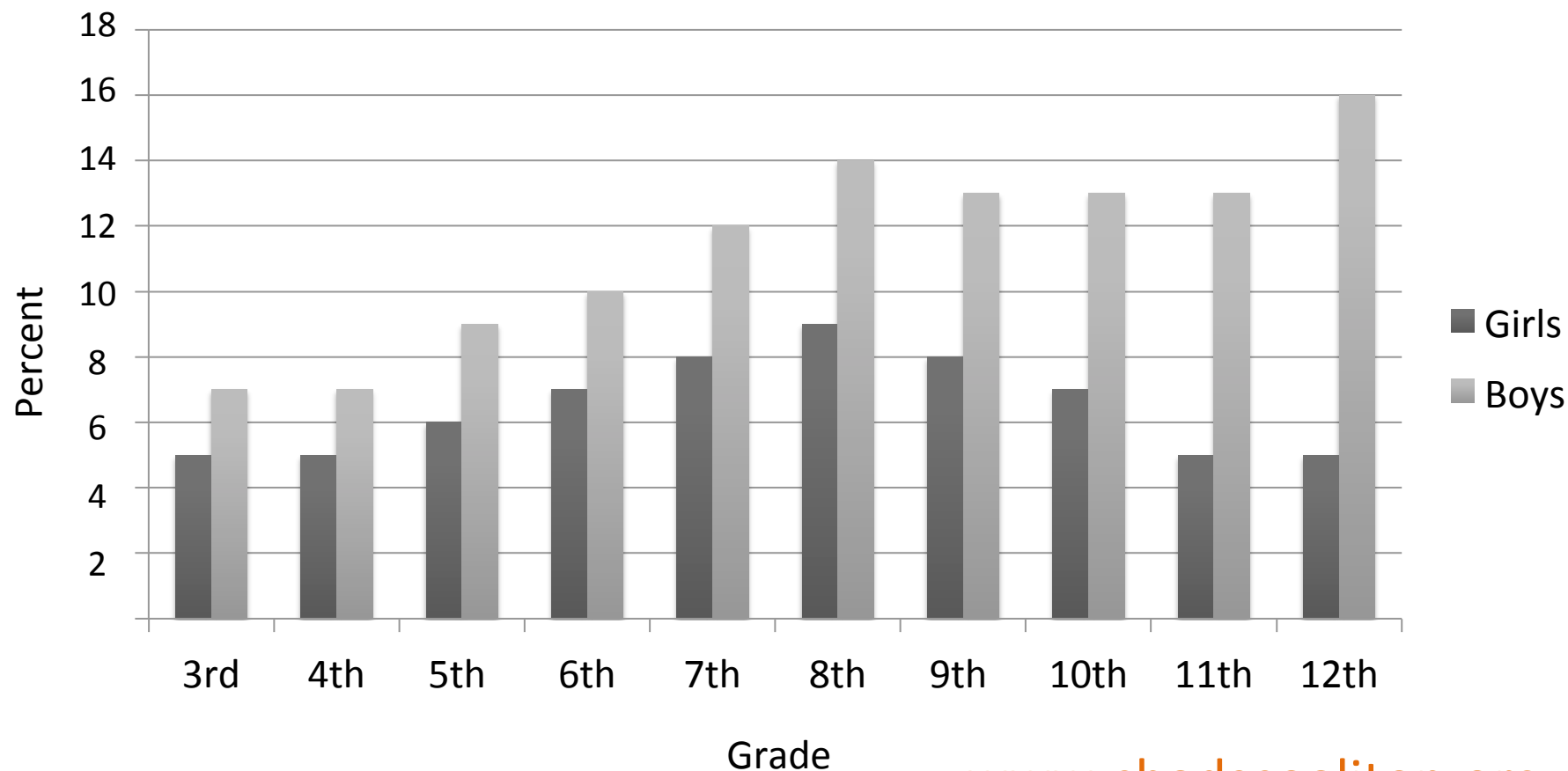
Bullied Students: Grade Trends

2-3 times per month or more

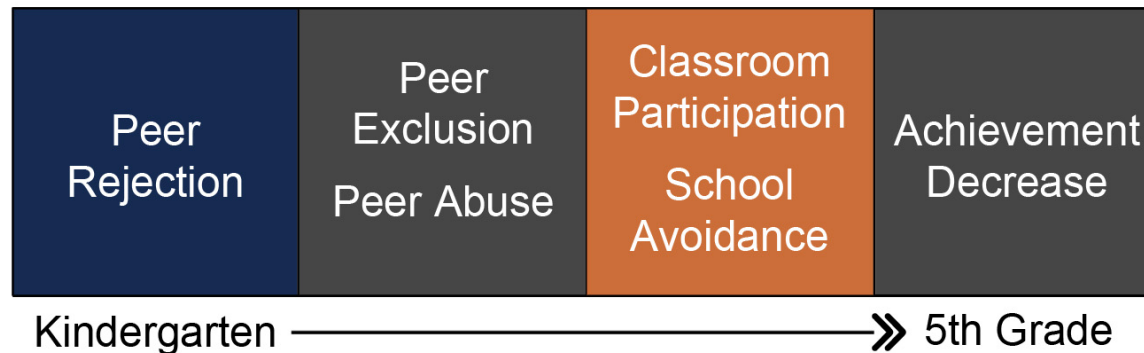


Percentage of Students Bullying Others

(Olweus & Limber, 2010)



Buhs et al. (2006) Study of Peer Exclusion, Victimization and Academic Achievement



- Peer rejection in K associated with peer exclusion and peer abuse, grades K-5
- Peer exclusion leads to decrease in classroom participation, which leads to decrease in achievement
- Peer abuse leads to increase in school avoidance (but not directly to decreases in achievement)

Concerns About Children Who Bully

- Children who bully are more likely to:
 - Get into frequent fights
 - Be injured in a fight
 - Steal, vandalize property
 - Drink alcohol, smoke
 - Be truant, drop out of school
 - Report poorer academic achievement
 - Perceive a negative climate at school
 - Carry a weapon

Effects of Bullying on Bystanders

Bystanders may feel:

- Afraid
- Powerless to change the situation
- Guilty for not acting
- Diminished empathy for victims over time

Effects of Bullying on School Climate

- Creates a climate of fear and disrespect
- Interferes with student learning
- Students may feel insecurity and not like school as well
- Students may perceive lack of control/caring

©Marty Bucella

www.martybucella.com



"I know the kids don't like you and pick on you, but you have to go to school...you're the teacher."

Children at Higher Risk of Being Bullied:

- Children with disabilities, special needs, and health problems
- Children who are obese
- Children who are lesbian, gay, bisexual, transgender, or who are questioning their identities (GLBTQ) [TG CD #5]

Common Myths About Children Who Bully

“Children who bully are loners.”

“Children who bully have
low self-esteem.”

What does cyberbullying look like?

- Taking “polls” about others
- Posting/sending mean comments
- Forwarding/sharing information to others

- Impersonate someone else
- Posting vague accusing statements
- Sending inappropriate or demeaning photos

- Threatening remarks
- Posting rumors or false statements
- Tricking someone into giving out personal info

Cyberbullying...once it is out there, it never goes away!

Website
chadscoalition.org

Facebook page
[Facebook.com/chadscoalition](https://www.facebook.com/chadscoalition)

CHADS' Support
314.952.8274

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

CHADS Coalition
FOR Mental Health
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE