Bullying Among Children & Youth

Hemet Unified School District

(c) 2005 Take a Stand. Lend a Hand. Stop Bullying Now!
Overview of the Workshop

• What is known about the nature and prevalence of bullying?
• Why be concerned about bullying?
• How are schools addressing bullying?
• What works and doesn’t work in bullying prevention and intervention?
• HRSA’s National Bullying Prevention Campaign
Bullying…

- Is aggressive behavior that intends to cause harm or distress.
- Usually is repeated over time.
- Occurs in a relationship where there is an imbalance of power or strength.
Direct Bullying

• Hitting, kicking, shoving, spitting…

• Taunting, teasing, racial slurs, verbal harassment

• Threatening, obscene gestures
Indirect Bullying

- Getting another person to bully someone for you
- Spreading rumors
- Deliberately excluding someone from a group or activity
- Cyber-bullying
How common is bullying?

- Nansel et al. (2001): national sample of 15,600 students in grades 6-10
  - 19% bullied others “sometimes” or more often
  - 9% bullied others weekly
  - 17% were bullied “sometimes” or more often
  - 8% were bullied weekly
  - 6% reported bullying and being bullied “sometimes” or more often
Gender Differences in Bullying

• Most studies find that boys bully more than do girls
• Boys report being bullied by boys; girls report being bullied by boys and girls
• Boys are more likely than girls to be physically bullied by their peers
• Girls are more likely to be bullied through rumor-spreading, sexual comments, social exclusion
Conditions Surrounding Bullying

- Children usually are bullied by one child or a small group
- Common locations: playground, classroom, lunchroom, halls, bathrooms
- Bullying is more common at school than on the way to/from school
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
Longitudinal Study of Children who Bullied (Olweus, 1993)

- 60% of boys who were bullies in middle school had at least one conviction by age 24.
- 40% had three or more convictions.
- Bullies were 4 times as likely as peers to have multiple convictions.
Children who are bullied have:

- Lower self esteem
- Higher rates of depression
- Higher absenteeism rates
- More suicidal ideation
## Health Consequences of Bullying (Fekkes et al., 2003)

<table>
<thead>
<tr>
<th>Health Concern</th>
<th>Bullied</th>
<th>Not bullied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>16%</td>
<td>6%</td>
</tr>
<tr>
<td>Sleep problems</td>
<td>42%</td>
<td>23%</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>17%</td>
<td>9%</td>
</tr>
<tr>
<td>Feeling tense</td>
<td>20%</td>
<td>9%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>28%</td>
<td>10%</td>
</tr>
<tr>
<td>Feeling unhappy</td>
<td>23%</td>
<td>5%</td>
</tr>
<tr>
<td>Depression scale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>moderate indication</td>
<td>49%</td>
<td>16%</td>
</tr>
<tr>
<td>strong indication</td>
<td>16%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Common Characteristics of Bully/Victims

- Hyperactive, have difficulty concentrating
- Quick-tempered, try to fight back if provoked
- May be bullied by many children
- Try to bully younger, weaker children
Concern About Bully/Victims

- Display the social-emotional problems of victimized children AND the behavioral problems of children who bully (Nansel et al., 2003)
  - Poor relationships with classmates
  - Lonely
  - Poorer academic achievement
  - Higher rates of smoking and alcohol use
  - More frequent fighting
Concern About Bully/Victims

(cont.)

• **Peer Ratings**
  – Who do children most want to avoid? *bully/victims*

• **Teacher Ratings**
  – Who is least popular? *bully/victims*
  – Who has the most conduct problems? *bully/victims*
  – Who is seen as the most disengaged from school? *bully/victims*
Safe School Initiative Report
(2002)

- US Secret Service and US Dept. of Education
- Studied 37 incidents of targeted school violence, involving 41 attackers (1974-2000)
  - 3/4 of attackers felt persecuted, bullied prior to the incident
  - 1/3 of attackers characterized as “loners”
  - 1/4 socialized with students who were disliked by most mainstream students
  - Many had considered suicide
Reporting of Bullying to School Staff

- Many do not report being bullied.
- Older children and boys are less likely to report victimization.
- Why don’t children report?
  - 2/3 of victims felt that staff responded poorly
  - 6% believed that staff responded very well. (Hoover et al., 1992)
Adults’ Responsiveness to Bullying

- Adults overestimate their effectiveness in identifying bullying and intervening.
- Many children question the commitment of teachers and administrators to stopping bullying
  - 35% believed teachers were interested in stopping bullying
  - 25% believed administrators were interested in stopping bullying (Harris et al., 2002).
Kids Who Observe

What do you usually do when you see a student being bullied?

• 38% Nothing, because it’s none of my business
• 27% I don’t do anything, but I think I should help
• 35% I try to help him or her
What Are Schools Doing To Address Bullying?

- Awareness-raising efforts
- Reporting, tracking
- Zero tolerance (student exclusion)
- Social skills training for victims of bullying
- Individual & group treatment for children who bully/children who are bullied
- Mediation, conflict resolution programs
- Curricular approaches to bullying prevention
- Comprehensive approaches
Common “Misdirections” in Bullying Prevention and Intervention

• Zero tolerance (student exclusion)
• Conflict Resolution/Peer Mediation
• Group treatment for children who bully
• Simple, short-term solutions
What works in bullying prevention?

• What is required to reduce bullying in schools is nothing less than a change in the school climate and in norms for behavior.

• This requires a comprehensive, school-wide effort involving the entire school community.
STOP BULLYING NOW!
TAKE A STAND. LEND A HAND.

www.StopBullyingNow.hrsa.gov
Campaign Goals

• Raise awareness about bullying

• Prevent and reduce bullying behaviors

• Identify appropriate interventions for “tweens” and other target audiences

• Foster and enhance linkages among partners
Resources Used for the Campaign’s Development

- Review of existing research on bullying
- Focus groups & in-depth interviews with tweens, teens, adults
- Input from Youth Expert Panel
- Input from Steering Committee of Partner Organizations
Campaign Partners

- Over 60 public, not-for-profit groups, & government agencies
- Represent fields of:
  - Education, health, mental health, law enforcement, youth development, faith-based communities
- Responsibilities:
  - Advise Campaign’s development
  - Provide feedback on Campaign products
  - Disseminate Campaign’s results
Campaign’s Launch
TV, Radio, and Print Public Service Announcements for Tweens

She's so ugly, that sorry outfit
I hate her

so not cool

Be a friend. Stop bullying now!

Nobody likes being picked on. It can make you feel like you're all alone. So if you see it happening to someone else, be their friend and let them know they're not alone. To find out more, get your parents' permission and log on to www.StopBullyingNow.hrsa.gov

HRSA
Health Resources and Services Administration
Maternal and Child Health Bureau
U.S. Department of Health and Human Services

STOP BULLYING NOW
Take a Stand. End a Hand.
If you don't help stop bullying, who will?

Parents, teachers, school administrators, health care professionals, law enforcement officers—we all have a responsibility to prevent bullying. To find out how you can help stop it, log on to www.StopBullyingNow.hrsa.gov

PSAs For Adults
Interactive Website

- www.stopbullyingnow.hrsa.gov
- Animated Serial Comic
- Games, polls for tweens
- Advice for tweens
- Resource Kit for adults
- Links to partner groups and activities
Animated Serial Comic

- Twelve 2-minute episodes
- Entertaining cast of characters
- Model positive behaviors
- Interactive
Resource Kit

• More than 20 tip sheets/fact sheets
• Database of existing bullying prevention resources
  – Bullying prevention programs
  – Books, videos, other resources
• Available on the web (stopbullyingnow.hrsa.gov) or in hard copy via HRSA Helpline (1-888-ASK-HRSA)
Communications Kit

• Provides bullying prevention communication materials to be used by local communities

• Components:
  – PSAs for radio and TV
  – Print PSAs
  – Posters
Launched in 2008, this is the largest bullying prevention effort ever designed to reach 6- through 15-year-old youth—and those who shape their worlds. Guided by proven, research-based bullying prevention and intervention strategies, the campaign was developed with significant assistance from a Youth Expert Panel or young people who have helped create a wide range of public service products, including:

- A dramatic, engaging animated story—brought to life through “webisodes” at www.StopBullyingNow.hrsa.gov—featuring a cast of young people and adults who respond to bullying in and around a middle school

- An interactive website, designed with special support from the Youth Expert Panel, that engages young people in bullying prevention activities and provides extensive insights for adults as well

- Print Public Service Announcements, available for through the campaign website and television and radio PSAs available by order through the website and through the National Association of Broadcasters (NAB), a campaign partner

- Resources for young people, parents, educators, and organizations looking for help in stopping and preventing bullying also available at the campaign website

While the campaign is national in scope, there are numerous opportunities for schools, businesses, community and civic organizations to get involved. To learn more about how you and/or your organization can join this effort, go to www.StopBullyingNow.hrsa.gov.

Bullying...
- Is intentional harm-doing
- Is repeated over time
- Involves an imbalance of power

Bullying behaviors include...
- Pushing, shoving and other physically aggressive acts
- Spreading gossip and hurtful rumors
- Social exclusion
- Teasing and name-calling

Nearly 10 percent of all youth aged 11 to 15 have been a victim or perpetrator of bullying

www.StopBullyingNow.hrsa.gov
1-866-ASK-HRSA
National Teleconference

• 90-minute teleconference held in the spring of 2004.
  – www.mchcom.com

• Sponsored by the Health Resources & Services Administration and the U.S. Department of Education, Office of Safe & Drug-Free Schools

• Participants discussed the nature of bullying and effective bullying prevention and intervention strategies.

• Included 6-8-minute video workshops for
  – Educators
  – Health professionals
  – Mental health professionals
  – Youth organizations
  – Law enforcement officials