

# Bullying Among Children & Youth

Hemet Unified  
School District



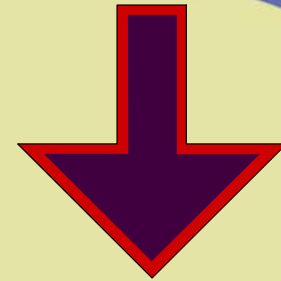
# Overview of the Workshop

- 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...

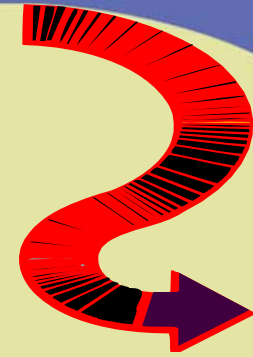
- Is aggressive behavior that intends to cause harm or distress.
- Usually is repeated over time.
- Occurs in a relationship where there is an imbalance of power or strength.

# 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)

	<u>Bullied</u>	<u>Not bullied</u>
Headache	16%	6%
Sleep problems	42%	23%
Abdominal pain	17%	9%
Feeling tense	20%	9%
Anxiety	28%	10%
Feeling unhappy	23%	5%
Depression scale		
moderate indication	49%	16%
strong indication	16%	2%

# 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  
TAKE A STAND. NOW! LEND A HAND.

[www.StopBullyingNow.hrsa.gov](http://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



**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](http://www.stopbullyingnow.hrsa.gov)



Developed by the Health Resources and Services Administration, the National 988 Health Service, and the U.S. Department of Health and Human Services

# PSAs For Adults



**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](http://www.StopBullyingNow.hrsa.gov)

**STOP BULLYING NOW!**

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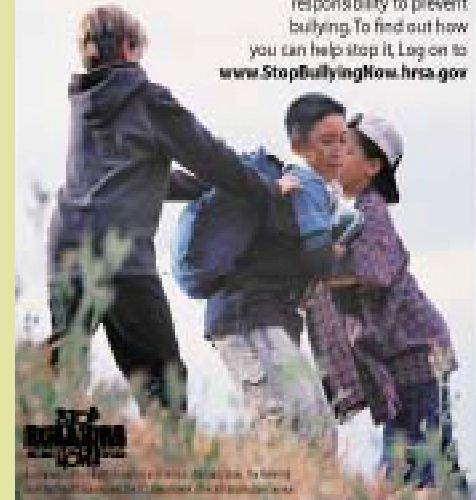
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# Interactive Website

- [www.stopbullyingnow.hrsa.gov](http://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](http://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

# Bullying Prevention Posters

**What is bullying?**

Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.

- Hitting, kicking, shoving, and other physical kinds of bullying
- Taunting, teasing, name-calling
- Spreading rumors about others
- Excluding or ignoring others in a mean way
- Taking money or other belongings
- Sending mean e-mails or notes

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**What should I do if I'm bullied?**

- Tell your parents. Your parents can help stop the bullying.
- If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling. Write down what happened, where and when it happened, and who bullied you.
- If you are nervous about talking with an adult at school, ask a friend or a parent to go with you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Don't fight back.
- Calmly tell the student to stop...or say nothing and then walk away.

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# Campaign Brochure

## Launched

in 2004, this is the largest bullying prevention effort ever designed to reach 9-through-13-year-old youth—and those who shape their world. 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](http://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 insight 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](http://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 harmful rumors
- Social exclusion
- Teasing and name-calling

Nearly 30 percent of all youth aged 11 to 15 have been a victim or perpetrator of bullying

Journal of the American Medical Association



[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)  
1-888-ASK-HRSA

# National Teleconference

- 90-minute teleconference held in the spring of 2004.
  - [www.mchcom.com](http://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