BULLYING & CYBERBULLYING

American**SPCC**

American Society for the Positive Care of Children

WHAT IS BULLYING?

BE A FRIEND, NOT A BULLY

HELP PREVENT THE EFFECTS OF BULLYING NOW!

THE THREE B'S OF BULLYING

30%

BULLY

30% of youth admit to bullying.

BULLIED

1 in 3 students are bullied at school.

70%

BYSTANDER

70% have witnessed bullying.

IMPACT OF BULLYING

INJURIES   ILLNESS   FEAR   EMBARASSMENT   LOW SELF-ESTEEM   DEPRESSION & ANXIETY   SUICIDE

WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. Both kids who are bullied and who bully others may have serious lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

An imbalance of power: kids who bully use their power, physical strength, access to embarrassing information, or popularity, to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

RISK FACTORS OF BULLYING

No single factor puts a child at risk of being bullied or bullying others. Bullying can happen anywhere—cities, suburbs, or rural towns. Depending on the environment, some groups, such as lesbian, gay, bisexual, or transgendered (LGBT) youth, youth with disabilities, and socially isolated youth, may be at an increased risk of being bullied.

Generally, children who are bullied have one or more of the following risk factors:

• Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"

• Are perceived as weak or unable to defend themselves

• Are depressed, anxious, or have low self esteem

• Are less popular than others and have few friends

• Do not get along well with others, are seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.

BULLYING STATISTICS & INFORMATION

STATS ABOUT BULLYING

28%

OF U.S. STUDENTS IN GRADES 6–12 EXPERIENCED BULLYING.

20%

OF U.S. STUDENTS IN GRADES 9–12 EXPERIENCED BULLYING.

30%

OF YOUNG PEOPLE ADMIT TO BULLYING OTHERS IN SURVEYS.

MORE STATS

160,000 kids per day skip school for fear of being bullied.

WITNESSED BULLYING

70.6% of young people say they have seen bullying in their schools. 70.4% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month and 41% witness bullying once a week or more. When bystanders intervene, bullying stops within 10 seconds 57% of the time.

CYBERBULLYING

6% of students in grades 6–12 experienced cyberbullying.
16% of high school students (grades 9–12) were electronically bullied in the past year.
However, 55.2% of LGBT students experienced cyberbullying.

BULLYING: LEARN THE SIGNS

WARNING SIGNS
THAT A CHILD COULD BE A VICTIM OF BULLYING

Unexplainable injuries

Lost or destroyed clothing & items

Headaches or stomach aches

Faking illness

Skipping meals or binge eating

Difficulty sleeping or nightmares

Bad grades or loss of interest

Not wanting to go to school

Sudden loss of friends

Avoiding social engagement

Feelings of helplessness

Low self esteem

Self-harming behaviors

Running away from home

Talking about suicide

NOT ALL CHILDREN WHO ARE BULLIED EXHIBIT THESE WARNING SIGNS.

SEE THE WARNING SIGNS

If you notice your child is the target of bullying and appears anxious, sad, or ill, has difficulty sleeping, or exhibits other worrisome behaviors, talk to your child openly, or contact his or her doctor or a mental health counselor immediately. Recognizing the warning signs of bullying is crucial to preventing further harm to the child.

KEEP UP TO DATE WITH YOUR KIDS LIVES

There are simple ways that parents and caregivers can keep up-to-date with kids' lives:

- Read class newsletters and school flyers. Talk about them at home.

- Check the school website.

- Go to school events.

- Greet the bus driver.

- Meet teachers and counselors at "Back to School" night or reach out by email.

- Share phone numbers with other kids' parents.

MODEL HOW TO TREAT OTHERS WITH KINDNESS & RESPECT

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.

PARENTS

Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.

Recognize the warning signs that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying. Although these signs could signal other issues, you should talk to your child if they display any sort of behavioral or emotional changes. Many times kids won't ask for help, so it is important to know what to look for. If your child is at immediate risk of harming himself or others, get help right away.

Learn what bullying is and what it is not. Understanding what constitutes bullying is the first step in forming a plan to prevent or respond to bullying with your child.

Talk to your child about bullying. Keeping the lines of communication open with your child will make it easier to talk to them if an incident occurs. It is also important to work with your child's school to help prevent bullying before it starts.

BULLYING AT SCHOOLS

Without careful prevention and intervention planning, the school campus can become a place where many kids are marginalized and feel unsafe. As students become alienated from school, academic performance declines. Schools are increasingly sued for failing to provide a safe learning environment and are being held liable for the harassment, violence, and suicides caused by bullying.

Bullying impacts the school community as a whole, even if the bullying occurs in isolated incidents. For the school, the costs of bullying are countless hours consumed in tackling a problem that leads to truancies, reduced student retention, low teacher morale, negative perceptions of the school by the wider community, and parent hostility.

POSSIBLE SIGNS A CHILD IS BULLYING OTHERS

NOT ALL CHILDREN WHO BULLY OTHERS EXHIBIT THESE WARNING SIGNS.

- Physical or verbal fights
- Aggressiveness
- Friends who bully others
- Sent to the principal's office
- Frequent detention
- Unexplained extra money
- New belongings
- Blame others for their problems
- No responsibility for their actions
- Very competitive
- Reputation or popularity concerns

HOW TO PREVENT BULLYING IN SCHOOLS

- Learn what bullying is and what it is not. Many behaviors that look like bullying may be just as serious, but may require different response strategies. You can also learn about what to look for as warning signs that some of your students might be involved in bullying and who might be at more risk for being involved. Know about special considerations for specific groups.

- Establish a safe school climate. Often the first step to prevent bullying is making sure the students, teachers, and administrators alike are educated about bullying. Tools like the School Bus Driver Training and Classroom Teacher Training can help. For kids, tools like these WEBISODES can help them learn about bullying.

- Learn how to engage parents and youth in the building of a positive school climate. Learning how to talk about bullying with youth is a critical step.

- Know about your obligations under your state's anti-bullying law. Also learn about federal laws that require schools to address harassment based on race, color, national origin, sex, and disabilities. Work to establish rules and policies to help let the entire school community know the expectations around bullying and procedures to report and investigate when something happens.

- Assess bullying in your school and understand how your school compares to national rates of bullying.

- Respond when bullying happens. Learn how to stop it on the spot, find out what happened, and support all students involved.

- Avoid misdirections in bullying prevention and response strategies.

EFFECTS OF BULLYING

BULLYING HAS NO WINNERS
THE BULLIED, BULLY & BYSTANDER ARE ALL AFFECTED

What happens to kids during childhood shapes who they become. Bullying is often written off as a rite of passage or as "kids just being kids." However, bullying can have lasting physical, mental, and emotional effects.

While the target of the bullying bears the brunt of the harm, everyone is impacted by it.

Bullying is a direct attack on a student's status, sense of belonging, and core identity, often resulting in low self-esteem.

Bullying can result in reluctance to go to school, truancy, headaches, stomach pains, reduced appetite, shame, anxiety, irritability, aggression, and depression.

The effects of bullying often continue many years into adulthood, both for a child who was bullied and for a child who was bullying others. In the most extreme cases, targets have taken out their anger and despair through school shootings or by committing suicide.

THE IMPACT OF BULLYING

THE BULLIED

LASTING EFFECTS INCLUDE:
INJURIES, FEAR, EMBARRASSMENT, LOW SELF-ESTEEM, DEPRESSION & ANXIETY, RISK OF SUICIDE, HEADACHES, DIGESTIVE ISSUES, WEIGHT CHANGE, & POSSIBLE HEART DISEASE

- They are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool."

- They are perceived as weak or unable to defend themselves.

- They are depressed, anxious, or have low self esteem.

- They are less popular than others and have few friends.

- They do not get along well with others, seen as annoying or provoking, or antagonize others for attention.

THE BYSTANDER

LASTING EFFECTS INCLUDE:
TOBACCO & SMOKING, ALCOHOL & DRUG USE, MENTAL HEALTH PROBLEMS, DEPRESSION & ANXIETY, MISSING OR SKIPPING SCHOOL

- Students on the sidelines (the "bystanders") commonly report extreme discomfort at witnessing bullying, but say that they do not know how to prevent it.

- Many are silenced by their fear that they will be the next target of bullying if they dare to speak out.

- Often they grow up believing that they are powerless to stop abusive behaviors in others.

When bystanders intervene, bullying stops within 10 seconds 57% of the time.

THE BULLY

LASTING EFFECTS INCLUDE:
AGGRESSIVE & DESTRUCTIVE BEHAVIOR, DROPPING OUT OF SCHOOL EARLY, RISKY SEXUAL ACTIVITY, CRIMINAL & TRAFFIC CONVICTIONS, & INTIMATE PARTNER VIOLENCE

- Students who habitually bully miss the opportunity to learn an alternative to aggression. Research tells us that they often develop a habitual tendency to abuse power and are increasingly shunned as they reach the higher grades.

- Approximately 25 percent of school bullies will be convicted of a criminal offense in their adult years.

CYBERBULLYING

WHAT IS CYBERBULLYING?
RUMORS, EMBARRASSING PICTURES, HARASSING MESSAGES, FAKE PROFILES, AND OTHER AGGRESSIVE BEHAVIOR CREATED THROUGH A VARIETY OF DIGITAL PLATFORMS. EXAMPLES INCLUDE:

TEXT MESSAGES   **EMAILS**   **SOCIAL MEDIA**   **VIDEO GAMES**   **WEBSITES**   **ONLINE CHATS**

MORE ABOUT CYBERBULLYING

Bullying is repetitious, unwanted, aggressive behavior that involves a real or perceived power imbalance. Like bullying, cyberbullying can take many forms, but all instances of cyberbullying include repeated aggressive behavior online or on a digital platform. Both kids who are bullied and those who bully others may develop harmful or serious lasting problems.

If cyberbullying is the issue, then online/digital safety, education, and supervision is the solution.

Kids need:
- A trusted adult to talk with
- Online monitoring
- Safety education
- An advocate to intervene
- Support

CYBERBULLYING: LEARN THE SIGNS

IS A CHILD BEING CYBERBULLIED OR CYBERBULLYING OTHERS?

CYBERBULLYING IS HARD TO NOTICE. BECAUSE TEACHERS AND PARENTS MAY NOT OVERHEAR OR SEE CYBERBULLYING TAKING PLACE, IT IS HARDER TO RECOGNIZE. SOME WARNING SIGNS TO NOTICE INCLUDE:

MORE COMPUTER & TABLET USE **MORE TEXTING** **OVERLY EMOTIONAL** **HIDING ACTIVITY** **SITTING ISOLATED**

SIGNS OF CYBERBULLYING:
WHAT A PARENT SHOULD KNOW

Many of the warning signs that cyberbullying is occurring happen around a child's use of their device. Some of the warning signs that a child may be involved in cyberbullying are:

- Noticeable increases or decreases in device use, including texting.

- A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.

- A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device.

- Social media accounts are shut down or new ones appear.

- A child starts to avoid social situations, even those that were enjoyed in the past.

- A child becomes withdrawn or depressed, or loses interest in people and activities.

Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is being bullied or is acting as a cyberbully, there are several resources that may help.

Utilize tips and tools to talk to your child about cyberbullying. Opening lines of communication before your child is involved in bullying makes it easier for them to tell you when something happens. It is also important to work with a school to help prevent bullying before it starts.

HOW TO PREVENT CYBERBULLYING:
WHAT KIDS & TEENS SHOULD KNOW

- Never respond to harassing or rude comments.

- Save or print the evidence.

- Talk to your parents or guardian if you are harassed; get help reporting this to your ISP, school, or local law enforcement.

- Respect others online.

- Only share your password with your parent or guardian.

- Change your passwords often.

- Password protect your cell phone.

- Use privacy settings to block unwanted messages.

- Think before posting or sending photos – they could be used to hurt you.

- Contact the site administrator if someone creates a social networking page in your name.

CAUSES OF CYBERBULLYING

Cell phones and computers themselves are not to blame for cyberbullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people. Whether done in person or through technology, the effects of bullying are similar.

WHY DO PEOPLE CYBERBULLY?

What causes one person to bully another online? According to Joseph Magliano, Ph.D., Professor of Psychology and Director of the Center for the Interdisciplinary Study of Language and Literacy at Northern Illinois University, the answer to this question involves factors that are "multiple and complex."

A 2010 study published by the Archives of General Psychiatry also found that cyberbullies tend to be more hyperactive and have conduct-related issues. Interestingly, many cyberbullies also reported not feeling safe while at school.

However, based on research in the field, Magliano says that people who cyberbully often:

- Have difficulty feeling empathy for others.

- Use cyberbullying to feel more powerful than they think they are.

- Bully online in an attempt to gain popularity.

- Think that their peers are engaging in this behavior, so they do it too.

- Have poorer parent-child relationships.

- Are not monitored by a parental unit while online.

EFFECTS OF CYBERBULLYING

CONSEQUENCES OF CYBERBULLYING

WHAT HAPPENS TO KIDS DURING CHILDHOOD SHAPES WHO THEY BECOME. BULLYING IS OFTEN WRITTEN OFF AS A RITE OF PASSAGE AS "KIDS JUST BEING KIDS." HOWEVER, CYBERBULLYING CAN HAVE LASTING NEGATIVE PHYSICAL, PSYCHOLOGICAL, AND EMOTIONAL EFFECTS. CHILDREN WHO ARE INVOLVED IN CYBERBULLYING MAY:
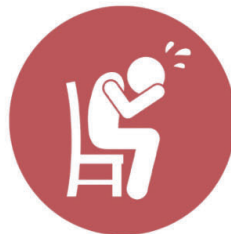
EXPERIENCE IN-PERSON BULLYING

ABUSE DRUGS & ALCOHOL

SKIP SCHOOL

HAVE LOWER SELF-ESTEEM

RECEIVE POOR GRADES

HAVE MORE HEALTH PROBLEMS

EFFECTS OF CYBERBULLYING ON THE VICTIM

Research reveals that there are many negative consequences sustained by victims of cyberbullying.

These include:

- Higher rates of depression and anxiety
- Reduced feelings of self-worth
- Difficulties sleeping and increased bed-wetting events
- Higher number of physical issues such as headaches and stomachaches
- Increased suicide attempts (a Yale study found that victims of bullying are thought to be "two to nine times more likely to report suicidal thoughts than other children")
- Increased instances of eating disorders (Another study also found that, for girls specifically, eating disorders are often more prevalent when they are involved in a bullying relationship.)

TEENAGE SUICIDE

TEENAGE SUICIDE STATISTICS

WHAT ARE RISK FACTORS FOR SUICIDE?

Risk factors vary with age, gender, or ethnic group. They may occur in combination or change over time. Some important risk factors are:

These include:

- Depression and other mental disorders

- Substance-abuse disorder (often in combination with other mental disorders)
- Prior suicide attempt
- Family history of suicide

- Family violence including physical or sexual abuse
- Firearms in the home
- Incarceration

- Exposure to suicidal behavior of others, such as family members or peers

However, it is important to note that many people

If you are in crisis and need help:

Call 1-800-273-TALK (8255), available 24 hours a day, every day . You will reach the NATIONAL SUICIDE PREVENTION LIFELINE , a hotline service available to anyone. You may call for yourself or for someone you care about. All calls are confidential. You can also visit the Lifeline's website at **SUICIDEPREVENTIONLIFELINE.ORG.**

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

WHAT ARE RISK FACTORS FOR SUICIDE?

The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

- Talking about wanting to die or to kill oneself

- Looking for a way to kill oneself, such as searching online or buying a gun

- Talking about feeling hopeless or having no reason to live

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings.

HOW CAN I HELP A SUICIDAL PERSON?

If you are concerned about yourself or someone you know, immediate action is very important. Suicide can be prevented and most people, including teenagers, who feel suicidal demonstrate warning signs.

Recognizing some of these warning signs is the first step in helping yourself or someone you care about.

The next step is to reach out for help. If there is immediate danger, call 911. Otherwise, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) 24 hours a day, every day of the year. You're not alone.

Asking for help is a sign of strength. If you are concerned, go with your instincts, and get help!

STATISTICS ABOUT TEENAGE SUICIDE

- According to the Centers for Disease Control (CDC), for youth between the ages of 10 and 24, suicide is the third leading cause of death.

- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined.

- Suicide results in approximately 4600 lives lost each year.

- Each day in our nation, there are an average of over 5,400 suicide attempts by young people grades 7-12.

- Four out of five teenagers who attempt suicide have given clear warning signs.

- Kids who are bullied are more than twice as likely to consider suicide, according to a recent study in the Journal of the American Medical Association.

HOW TO STOP BULLYING IN SCHOOLS

Article from WWW.USNEWS.COM, February 27, 2018

Certainly this was my view as a kid, and I remember being bullied, and bullying, as a normal part of what happened in schools. But a growing body of research shows that schools can prevent bullying – and ensure that all kids go to school each day without fear of being physically hurt or socially targeted.

The research on bullying builds on a substantial body of evidence around the importance of helping students develop social-emotional skills, and studies increasingly shows just how IMPORTANT these abilities are for a child's success. This is true for bullying and in many other aspects of life. Indeed, many scholars now believe that showing empathy for others is just as important as learning algebra.

But helping students develop social-emotional skills can be challenging for some schools. For one, school leaders are under significant pressure to improve academic progress, and so many schools neglect the social and emotional side of learning. Plus, social-emotional skills may seem a little vague, and so educators do not get much guidance on what to teach or even how to teach it.

Some years ago, a team at the University of Virginia led by Catherine Bradshaw decided to help educators understand how to help students develop better social-emotional skills in an effort to address bullying. After all, bullying can have very negative effects. In an extreme example, a teen STABBED and killed another teen in a New York City school over bullying last year.

So the UVA team leveraged the widely used school-wide prevention framework known as "Schoolwide Positive Behavioral Interventions and Supports," which aims to improve school climate and student behavior across a range of outcomes like discipline and academics.

This framework is innovative for a number of reasons. First, it targets the entire school, and so all of the staff are involved in its implementation, developing a shared sense of norms around things like student engagement in the classroom and positive reinforcement for good behavior.

Second, the framework focuses on setting clear expectations for behavior around daily school interactions, and staff provide help to students who have trouble following the norms around everything from safety to teasing. This means that efforts are put in place to stop bullying before it even starts, catching it early instead of being allowed to fester.

HOW TO STOP BULLYING IN SCHOOLS

Article from WWW.USNEWS.COM, February 27, 2018

Finally, the framework also provides tailored support for the both victims and bullies in each school. Specifically, the victims and bullies both get small group or individual counseling to develop stronger social-emotional skills and develop a richer sense of empathy, and alternative methods of coping with challenges.

This sort of targeted approach works, and schools that had this framework had better climates and fewer student discipline issues. There were also much lower incidents of bullying.

Of course, there's no way to address every form of bullying in school. Because technology is so widespread, lots of bullying incidents happen privately on smart phones, far away from adults, and while this program might help even with technology, it simply can't address every issue. Plus, such approaches take time to implement well, and it can be difficult to get enough buy-in from the entire staff around key issues.

But what's clear is that bullying can be stopped. By learning better social-emotional skills and norms, students are far kinder to each other. In other words, when we understand and care about bullying, we begin to understand that there are actually strategies to stop bullying.

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American SPCC is the voice for children in America. We are determined to harness the power of education to end child abuse and give all children the chance to flourish as adults.

Through the generosity of our donors, we make life-saving educational resources available to all through our Learning Center and The Happy Child app. A Better Future Starts Here!

FOR ADDITIONAL RESOURCES VISIT:

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