

BULLYING

Love Thy Neighbor as Thyself

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Objectives

- What is bullying
- Who is bullied and how to help them
- Why people bully and ways to help them
- Silence can be deadly
- Adult bullies
- Bullying Statistics
- Questions

What Is Bullying?

- Bullying takes place any time a person or group uses physical force, insults or threats to ignore or hold power over another.
- 500 years ago “bully” meant friend, family member or sweetheart. The root comes from the Dutch, meaning lover or brother.

Different Types of Bullying

- Physical
- Verbal
- Relationship – Spread rumors, refuse to talk to someone, make someone do something he/she does not want to do
- Cyber – Refers to embarrassment, threats, and harassment taking place through social media

People at Higher Risk of Being Bullied

- People with disabilities, special needs, health problems
- Obese
- Gay, lesbian, or those questioning their sexual identities
- Those with poor social skills/immature
- Those with lower IQ's
- Those with low self-esteem

People Who Bully Tend to ...

- Like violence
- Be impulsive and have quick tempers
- Show little empathy for victims
- Be aggressive to adults
- Be involved in rule breaking activities
- Like to dominate others in a negative way
- Gain satisfaction by inflicting injury and suffering

People Who Bully Tend to ...

- Receive “rewards” such as prestige, attention, possessions
- Steal, vandalize
- Use drugs and/or alcohol
- Be truant
- Carry a weapon
- Do poorly academically
- Be four times more likely to have three or more convictions by age 24

Bullies Want Power & Attention

- The easiest way to get attention is to do something negative
- Human nature is to focus on the negative
- Need to train ourselves to focus on the positive
- Need to be genuine/honest
- Need to be strong and not let others manipulate us

Bullies Will Respect Those Who...

- Make them earn rights & privileges
- Don't play “let's make a deal”
- Are fair, firm, consistent, calm and positive
- Teach by example
- Set clear boundaries

Ways To Teach...

- Be an example
- Give positive feedback
- Give no feedback
- Give appropriate consequences
- Talk less and listen more
- Make the person accountable
- Be respectful

Ways To Teach...

- Listen
- Explain
- Implement
- Don't try to be a friend
- Be a trusted and respectable adult
- Don't laugh inappropriately “to be cool”
- Focus on their strengths
- Be positive

Ways to Help Those Being Bullied

- Make them feel safe so they will talk
- Listen! Listen! Listen!
- Validate, even when bullied by an adult
- Dialogue
- Ask what they want you to do
- Empowerment
- Ask open-ended questions
- Offer honest suggestions, i.e., silly vs. funny

Ways to Help Those Being Bullied

- Explore what they can do differently
- Be proactive
- Get others, such as peers, involved
- **NEVER** tell them how to feel or that they are over reacting

A Bullied Person Tends to ...

- Perceive silence and inaction as deserving of treatment
- Blame/bully self
- Believe what they are being told b/c they hear it enough
- Isolate, which leads to depression, which can lead to suicide

A Bullied Person Tends to ...

- Become a bully because he/she...
 - Wants to be accepted
 - Thinks kids are laughing **WITH** him/her, not **AT** him/her
 - Finds it easier to do the wrong thing rather than the right thing
 - Lies to him/herself and others

THE LADDER EXERCISE



Dealing with Adults Who Bully

- Teach through our actions
- Tone of voice
- Little things turn into big things
- Positivity grows
- Negativity grows

Dealing with Adults Who Bully

- Be approachable
- Watch body language/facial expressions
- Respectfully and privately approach adult bullies
- Diffuse the situation

Food for Thought

- WE CANNOT CHANGE A PERSON OR SITUATION BUT WE CAN CHANGE HOW WE REACT TO THE PERSON OR SITUATION

More Food for Thought

- Balance is the key
- We cannot save everyone, we can only try our best
- We need to consider the whole situation
- Little steps turn into big steps
- We need to take care of ourselves
- St. Seraphim of Sarov: “Acquire the Spirit of Peace and you will save a thousand souls around you”
- ASK GOD FOR GUIDANCE

BULLYING STATISTICS

- 160,000 students miss school every day due to fear of attack or intimidation
- 15% of all school absenteeism is directly related to fears of being bullied
- 71% of students report incidents of bullying as a problem at their school
- 1 out of 20 students has seen a student with a gun at school

BULLYING STATISTICS

- 30% of students who reported they had been bullied had, at times, brought weapons to school
- 282,000 students are physically attacked in secondary schools each month
- 90% of 4th through 8th graders report being victims of bullying
- Revenge is the strongest motivation for school shootings
- 100,000 students carry a gun to school

BULLYING STATISTICS

- 2/3 of students who are targets become bullies
- 20% of high school students have SERIOUSLY considered suicide
- Every seven minutes a child is bullied
 - Adult intervention 4%
 - Peer intervention 11%
 - No intervention 85%

BULLYING STATISTICS

- Bullying was a factor in 2/3 of the 37 school shootings reviewed by the U.S. Secret Service
- Kids become more tolerant of bullying as they grow older
- Many kids don't believe there is a system in place to protect them
- Much bullying takes place even when an adult is present

BULLYING STATISTICS

- The older kids get, the less likely they are to talk to their parents and teachers about bullying
- Bullying is happening at earlier ages, more frequently and incidents are more violent
- According to a bullying study in 2007, the top 5 worst states to live in are CA, NY, IL, PA, WA
- Over 1/2 of all bullying incidents go unreported; Cyber bullying is even less

BULLYING STATISTICS

- A bully is 5 times more likely to have a serious criminal record when he/she grows up
- The average child has watched 8,000 televised murders and 100,000 acts of violence before finishing elementary school

QUESTIONS
COMMENTS