

Bullying Prevention

“Truths, Myths and What To Do!”

Before we get started...

- Just the last couple weeks...

Overview

- **What Do YOU Know About Bullying?**
- **Why Does Bullying Matter?**
- **Arm You With Info:**
 - **State Laws**
 - **Kinds Of Bullying**
 - **Key Data**
- **What Schools Do**
- **The Study On Martial Arts Schools**
- **What You Can Do... How To Use The Info**

What do YOU know about bullying?

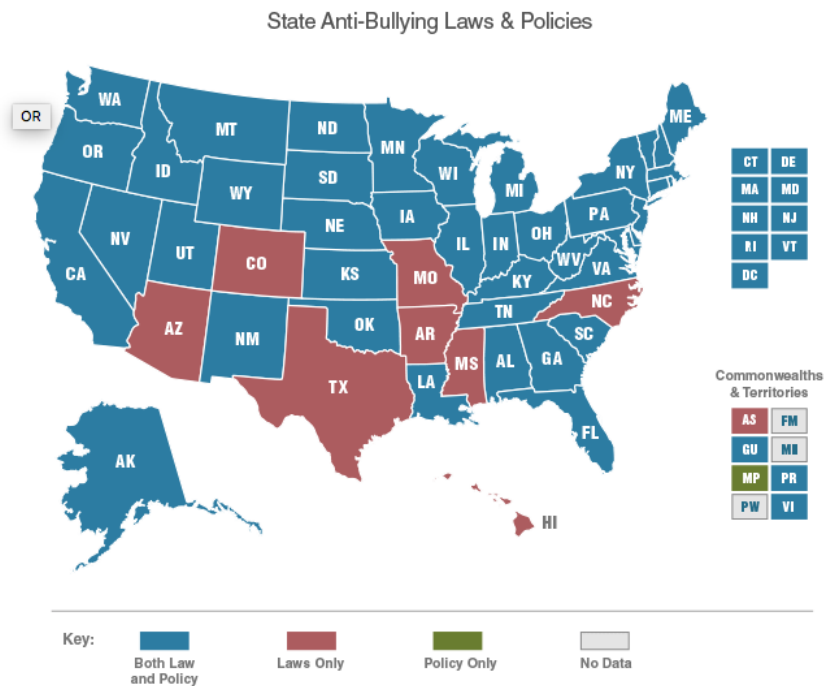
- Back to school... QUIZ!

Why Bullying Prevention?

- **The most common danger kids face is bullying...**
- **Serious bullying impacts 1 out of 3 kids**
- **It's difficult for teachers to always catch bullying behavior**
- **Bullying leads to other problems...**
 - **Partial list – anxiety, depression, suicide ideation, physical ailments, lower academic achievement**
 - **60% of kids who were bullies were convicted of a felony before the age of 25.**

State Laws

- All states have laws and most have policies...



- AZ is A.R.S. § 15-341

Background – Bullying

● Definition

● In everyday language:

- “Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.”

● 3 key components:

- Aggressive behavior
- Typically involves a pattern of behavior repeated over time
- Involves an imbalance of power or strength

Background – Bullying – Getting Worse?

- **Prevalence:**

- **29.9% of children are involved in bullying**
- **16.9% are getting bullied (2-3x a month or more)**
- **19.3% bullied others**
 - **More recent 19-20%**
- **Special case: 6.3% bullied others and were bullied – bully-victims**

Kinds of Bullying

- **Direct Bullying**

- **Hitting, kicking, shoving, spitting (physical)**
- **Taunting, name-calling, degrading comments**
- **Threatening, obscene gestures**

- **Indirect Bullying**

- **Getting another person to assault someone**
- **Spreading rumors**
- **Social isolation**
- **Cyber-bullying**

Bullying = Peer Abuse

- **Similarities to**

- **Domestic violence, child abuse, sexual harassment**

- **All involve**

- **Imbalance of power**
- **All are often repeated over time**
- **Often, the perpetrator blames the victim for their bad behavior**
- **The victim may blame him or herself for the abuse, if it is not stopped**

Reactions

- **Denial:** “It’s not important;” “He didn’t mean it.”
- **Blaming the victim or asking the victim to solve the problem** (“You should wear different clothes;” “He just does it because he knows it bothers you;” “Just laugh it off;” “Try to avoid them.”)
- **Occasionally:** Through comprehensive prevention/ intervention including training, consequences, helping abusers change, positive peer pressure, and support for targets

Key Findings...

1. Many children are involved in bullying situations, and most are quite concerned about it
 - 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

Special Case - Cyberbullying

- **Study of 3,767 children from grade 6-8**
 - **Frequency of Being Cyber Bullied:**
 - 25% of girls and 11% of boys had been cyber bullied at least once.
 - **Frequency of Cyber Bullying Others:**
 - 13% of girls and 9% of boys had cyber bullied someone else at least once
 - **Recent Meta-Analysis:**
 - About 2x as much offline bullying as online
- **Shares three general characteristics: aggressiveness, power imbalance, and repetitiveness, but...**
 - The enemy you know...
 - Accessibility
 - Punitive fears
 - Bystanders
 - Disinhibition

Key Findings...

2. There are similarities and differences among boys and girls in their experiences of bullying

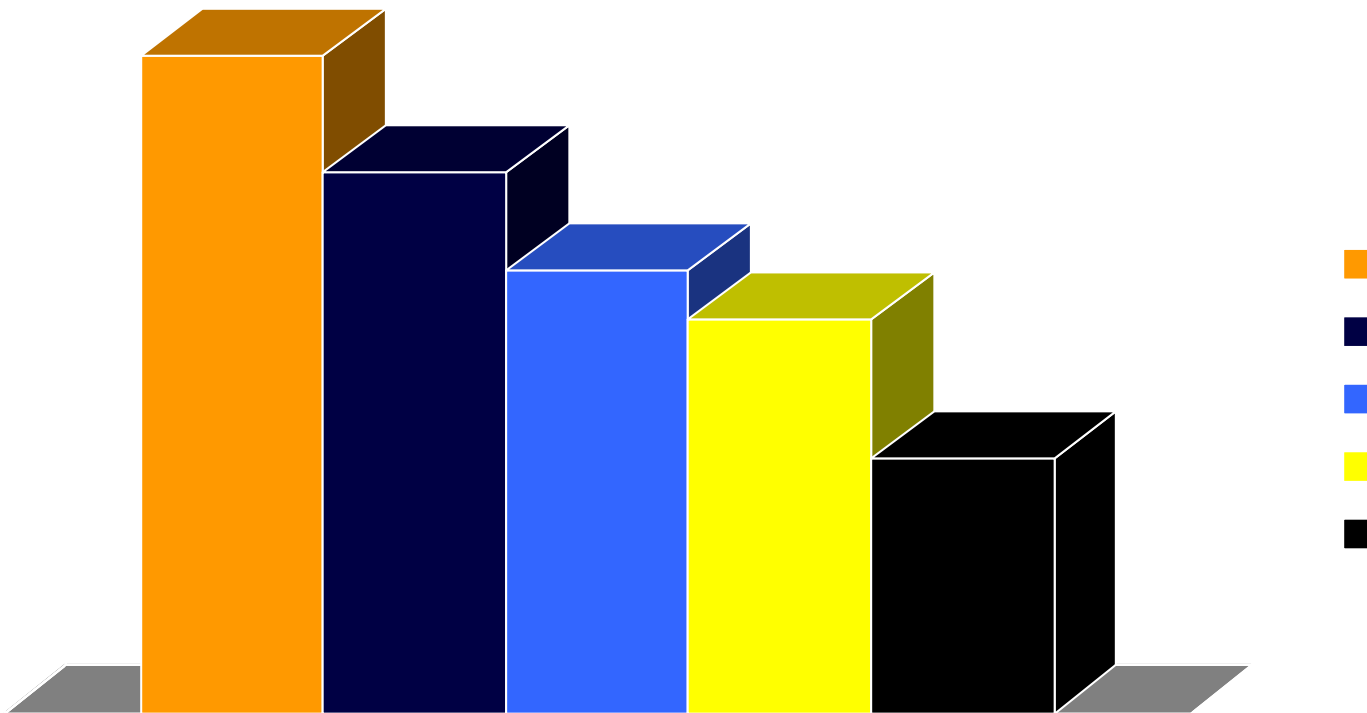
- **Similarities:**
 - Both boys and girls engage in frequent verbal bullying.
 - Girls and boys engage in relational bullying.
- **Differences:**
 - Most studies indicate that boys bully more than girls.
 - Boys are more likely to be physically bullied.
 - Girls are more likely to be bullied through social exclusion, rumor-spreading, cyber bullying, and sexual comments.
 - Boys are bullied primarily by boys; girls are bullied by boys and girls.

Girl's Fears About Bullying

- Harris poll of 2,279 girls ages 8-17 years
- The biggest fear cited was being teased or made fun of (41% of tweens)
 - 2x as often as natural disasters, terrorist attacks, war
 - 15x as often as dying/death of loved one
 - 30x as often as school grades

Key Findings...

3. Bullying is more common among elementary and middle school children than high school youth



Key Findings...

4. **Bullying can seriously effect children who are targeted.**

Myth: Bullying isn't serious—it's just a matter of "kids being kids." Or "Being bullied makes you a stronger person."

Short Term Effects of Bullying

- Lower self-esteem
- Depression & anxiety
- Absenteeism & school achievement
- Thoughts of suicide
- Illness

Long Term Effects of Bullying

| | Bullied | Not bullied |
|---------------------|---------|-------------|
| 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% |

From Fekkes et al., 2004

Key Findings...

5. **Children who bully are more likely to be engaged in other antisocial, violent, or troubling behavior**

Myth: Children who bully are outcasts or loners with few social skills.

Reality: Children who bully are not socially isolated. Usually they have peers who support them. They may even be known as the “popular kids”.

Kids 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**

Get Ready for Mind Blowing Stat...

- 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.

Olweus, 1993

Key Findings...

6. There is no single “profile” of a child who bullies (or a child who is bullied)...but research has identified characteristics common to many of these children

Passive Victims:

- Be quiet, cautious, & sensitive
- Lack confidence
- Be physically weaker than peers (boys)
- Physically mature earlier (girls)
- Be afraid of getting hurt
- Find it easier to associate with adults than with peers

Key Findings...

7. There are particular reasons to be concerned about bully-victims

Special Case: Bully/Victim

- **That 6% that both bullies and gets bullied...**
 - **Has difficulty reading social signals.**
 - **Often is actively disliked by adults, including their teacher.**
 - **May have reading/writing problems.**
 - **May try to bully weaker students.**
- **Both the social emotional issues of the victimized kids and the behavioral problems of the children who bully...**
 - **Studies show both teachers and peers don't get along with them**
 - **Similarities to perpetrators of school violence**

Key Findings...

8. Most children who observe bullying believe that they should get involved to stop it

Kids Who Observe Bullying...

- **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

Key Findings...

9. **Bullying can occur anywhere—even where adults are present**

Common Bullying Locations...

- **Classroom (with and with or without teacher present)**
- **Hallways/stairwells**
- **Playground/athletic fields**
- **Cafeteria**
- **Restrooms**
- **Gym/gym locker rooms**
- **Bus/bus stop**

Key Findings...

10. Many children don't report bullying experiences to adults

Kids Reporting Bullying?

- Older children and boys are less likely to report victimization.
- Why don't children report?
 - 66% of victims felt that staff responded poorly
 - 6% believed that staff responded very well. (Hoover et al., 1992)
- Study of 9th grade students:
 - 35% believed their teachers were interested in trying to stop bullying (25% for administrators)
 - 44% did not know if their teachers were interested
 - 21% felt teachers were NOT interested

Key Findings...

11. Bullying isn't just an issue between children - adults also bully children

Examples From Students...

- She calls me mean names (idiot, baby)
- Tries to make a fool of me
- Uses sarcasm, different treatment than other students
- He's sarcastic, embarrasses us if we don't understand new material right away

Olweus, 2005

What Schools Do... Wrong...

- **Simple, short-term solutions**
- **“Program du jour” approaches**
- **Group treatment for children who bully**
- **Anger management or self-esteem enhancement for children who bully**
- **Zero-tolerance policies for bullying**
- **Mediation/conflict resolution to resolve bullying issues**
- **Selecting inappropriate supplemental materials**



Some Good Programs...

- **OSEP: Bully Prevention in Positive Behavior Support (BP-PBS)**
 - Curriculum based: “stop”, “walk” or “talk”
 - Results: lower teacher reported incidence
- **International: UNICEF Program**
 - Proactive network to suppress bullying
 - Results: abusive behavior reduced by half
- **“No Bullying Allowed Here”**
 - Curriculum based set of lessons and goals
 - Results: lower student fear of bullying

Some Good Programs...

- **Olweus Bullying Prevention Program**
 - **Systemic culture change in the school environment**
 - **Five components: school, classroom, individual student, parents and community**
 - **Results: 62% reduction in being bullied, 33% reduction in bullying others (after 8 months)**

Martial Arts... The Study...

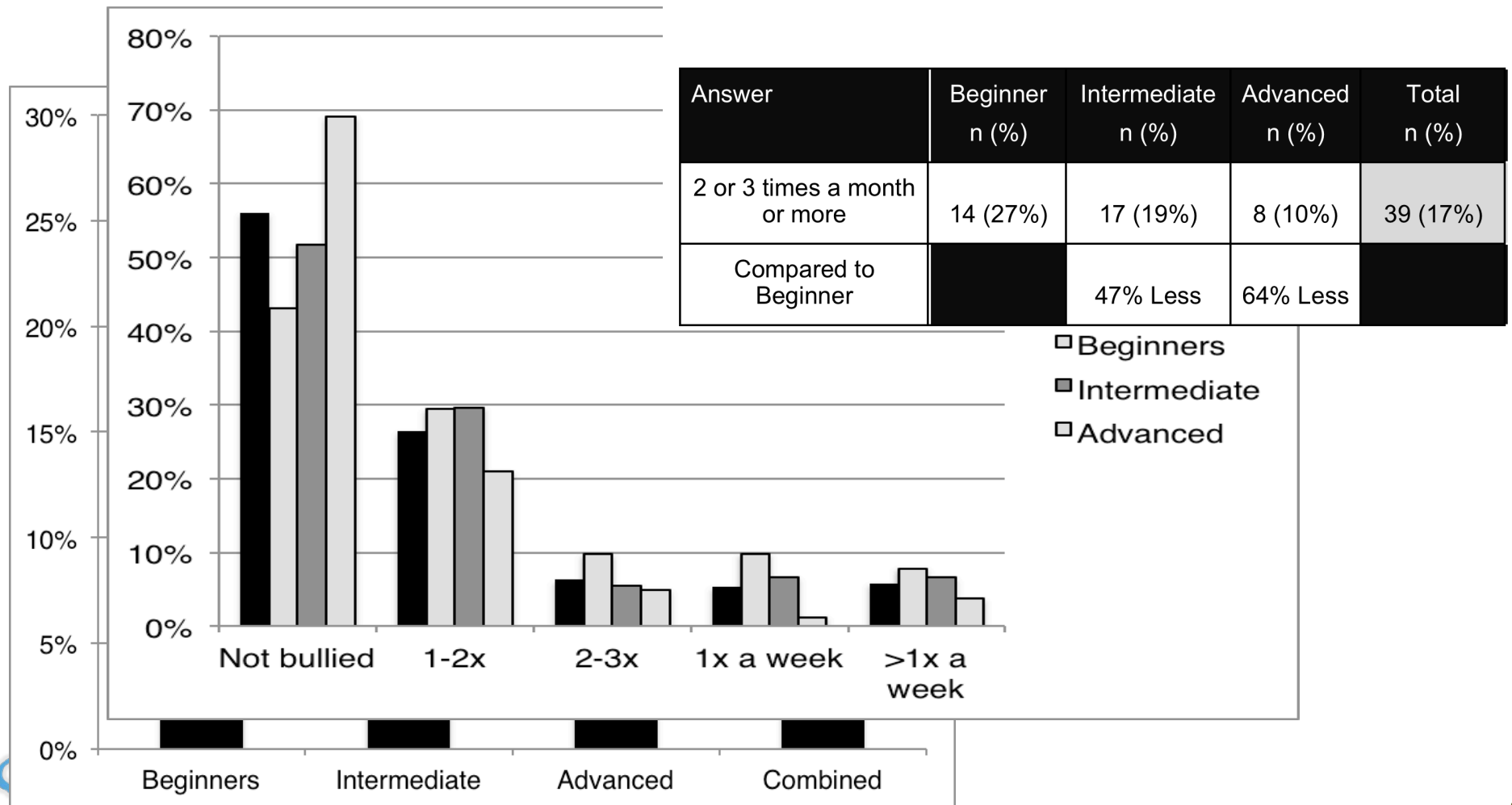
- **Title: The Effects of Martial Arts on Bullying In Children**
 - **So you can look it up and use it if you like...**
- **Asked 2 questions:**
 - **Do children who take martial arts for some time get bullied less than children who just started?**
 - **Do children who take martial arts for some time bully others more or less than children who just started?**

Martial Arts... The Study...

- **22 martial arts schools in 17 states and at a national tournament in Las Vegas**
- **227 Students took the Olweus Bullying Questionnaire (OBQ)**
 - **Some were rejected because they were under 8**
 - **51 beginner, 91 intermediate, 81 advanced (black belt)**
 - **Mean age 11, 79 girls (35%), 144 boys (65%)**
 - **Parents median education: college graduate**
 - **Median household income: \$90k-110k**

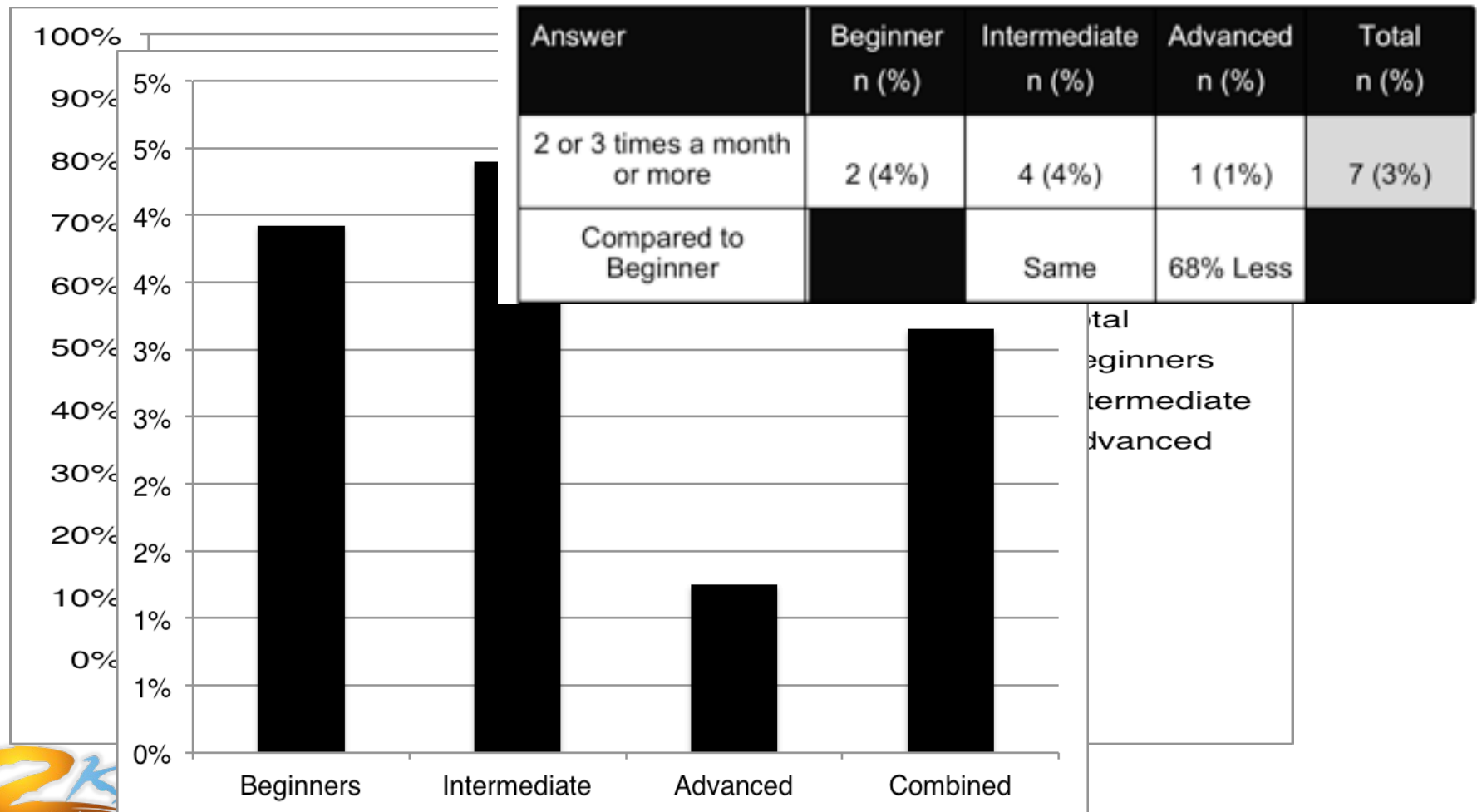
Martial Arts... The Study...

- Q1: Kids Getting Bullied:



Martial Arts... The Study...

- Q2: Kids Bullying:



Martial Arts... The Study...

- **SO... The academics say**
 - **Beginners report bullying others only 4% of the time (compared to Nansel, et al., at 19%) indicating children who bully others are less likely to be brought to martial arts classes**
 - **Based on the data above we can't interpret any statistical significance between the groups based on the standard OBQ question**
 - **Further analysis on all the bullying others related questions did, however show a statistical difference. Standardized scores indicated the behavior of bullying others does indeed reduce at the advanced ranks**
 - **It appears kids who bully are not often brought to martial arts classes**

Martial Arts... The Study...

- **So...**
 - **Bullying was reduced – by getting a Black Belt – 64% (better than any school based bullying prevention program)**
 - **Hardly ANY kids who bully start martial arts**
 - **Parent Surveys:**
 - **Beginner parents think their kids were only bullied 4% (they reported 27%)**
 - **Intermediate: Kids: 19%, Parents: 10%**
 - **Advanced: Kids: 10%, Parents: 7%**

Martial Arts... The Study...

- **More Parent Survey...**
 - **Bullying others**: very few thought their child bullied (supported by child reports)
 - **Ability to avoid being bullied**: 86% reported improvement
 - **Improvement in Parents Understanding of Bullying**: 90% reported improvement
 - **Bullied as a child**: 25% were bullied 2-3x a month or more as a child (48% more than Nansel et al.)
 - **Bullying others as a child**: 2% reported bullying others as a child
 - **Improved self-concept**: 98% reported child improved since starting martial arts
 - **Safety skills**: 99% reported valuable
 - **Liked martial arts experience**: 98%

So...

- **Getting a Black Belt... 64% Less Bullying**
 - Better than any school based program...
 - The best action a parent can take to guard against the most common danger a kid faces
- **Very probably reduces bullying**
 - Kids who bully just don't start martial arts!
- **Parents love karate!**
 - The parent survey was positive and useful!

Q&A...

Use This Information... Instruction

- **Make sure you understand it as an educator**
 - **Watch out for instructor language – make sure you don't bully**
 - **Identify and help kids who are bullied**
 - **Communicate with parents and students who are being bullied**
 - **Refer them to StopBullying.gov for resources on what to do when your child is being bullied and how to talk to your school when your child is being bullied.**
 - **School program:**
 - **StopBullying.gov!**

Summary

- Now YOU know a TON about bullying!
- Bullying is a widely misunderstood problem
- Bullying will not go away with short term or poorly researched solutions
- Identifying conflict resolution vs. bullying is critical
- This gives you ideas about what to do – long term solutions require consistent long term work, policies and practical solutions.