The Bullying Dilemma

Words Hurt, Actions Heal

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ANTI×BULLYING
INSTITUTE

RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION
support groups | bullying prevention | lectures | scholarships

History

- 1984 Riverside Medical Clinic Foundation
  - Providing health education
- 2013 Riverside Medical Clinic Charitable Foundation (RMCCF), a 501(c)(3)
  - RMCCF was established as a Public Non-profit Organization
- 2014 The Anti-Bullying Institute
  - Hands-on anti-bullying programs designed to empower children, parents, schools and youth organization personnel to effectively deal with the issue of bullying.

Mission

Riverside Medical Clinic Charitable Foundation is dedicated to improving health and the quality of life in Inland Southern California through advocacy, individual and professional education, and service.

What Does RMCCF Offer?

- **Monthly support groups** for chronic diseases and other conditions, including Alzheimer's, endometriosis, prostate cancer, brain injury and strokes.

- **Health-based events and lectures** with community partners, along with innovative programs focused on health-related subjects, such as diabetes and pediatric obesity.

- **Scholarships** to individuals who have chosen health care, families needing help caring for a loved one, and children or adults with special needs or special circumstances.

Definition of Bullying

Bullying is unwanted, aggressive behavior among school aged children and adults that involves a real or perceived power imbalance.

The behavior is repeated, or has the potential to be repeated, over time.

If not managed, the **Aggressor** and the **Target** may have more serious and lasting problems in the future.

Bullying is...

- Verbal
- Physical
- Emotional
- Sexual
- Cyber
- Text/Video
- Exclusion
- Ridicule
- Can also be racism, sexism, etc.

Teasing vs. Bullying

Teasing
- No intentions of anyone getting hurt
- It would be playful between both people
- It is fun and good natured
- Can bring people closer in their friendship

Bullying
- It is intentionally being done to hurt or cause distress to the person
- It is not playful at all
- The harmful behavior is repeated over and over

Examples of...

Teasing

Marie trips over her own feet and all day her friend Sara calls her a klutz, but they both laugh about it.

Bullying

Marie falls after being tripped by Sara. But Sara tells everyone that Marie fell because she is clumsy and dumb.

Questions to think about...

What is your definition of bullying?

Is your child being bullied?

Were you bullied as a child?

Were you the aggressor?

Is there a pattern that you notice?

How bad is it from your child's perspective?

What is Cyberbullying?

Willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices

•*Willful*: The behavior has to be deliberate, <u>not accidental</u>.

•*Repeated*: Bullying reflects a pattern of behavior, not just one isolated incident.

•*Harm*: The target must perceive that harm was inflicted.

Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior.

Why is Cyberbullying Different?

- It can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.

- Messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.

- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

This, of course, is what differentiates cyberbullying from traditional bullying.

Examples of Cyberbullying:

- Sending mean messages or threats to a person's email account or cell phone

- Spreading rumors online or through texts

- Posting hurtful or threatening messages on social networking sites or web pages

- Stealing a person's account information to break into their account and send damaging messages

- Pretending to be someone else online to hurt another person

- Taking unflattering pictures of a person and spreading them through cell phones or the Internet

- Sexting, or circulating sexually suggestive pictures or messages about a person

Online Apps 101 That Your Children Use to Communicate

Apps your children may have on their phone and what do they do...

Some of these apps are free and some at a cost....new apps are constantly being developed and advertised and shared with children.

Ask.fm A global social networking site where users create profiles and can send each other questions, with the option of doing so anonymously.

Burnbook Inspired by the 2004 movie "Mean Girls," was created as a social media app where high school and college students could leave anonymous posts, without having to create accounts or user names.

Cyber Dust Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.

Down This app, which used to be called "Bang with Friends," connects using Facebook. Down users pick Facebook friends to whom they think are "hot" and if the friend is attracted to them the app lets them know they are both "down to bang."

Facebook Free social networking website that allows registered users to create profiles, upload photos and videos, send messages and keep in touch with friends, family and colleagues.

Facefeed An app that allows you to share photos and short messages with people.

Fess This app lets you post anonymously to your high school. Only students can make anonymous posts.

Hot or Not The purpose of the app 'Hot or Not' is to rate pictures of other people. When you rate somebody as hot, and they rate you as hot, then you become connections. When you're connected, you get to chat with each other. Users also receive a hotness rating out of 10 based on the number of people who rate you as hot, vs. those who don't.

Instagram Online mobile photo-sharing, video-sharing and social networking service that enables its users to take pictures and videos, and share them on a variety of social networking platforms.

Kik An instant messaging application for mobile devices. Kik also allows users to share photos, sketches, mobile webpages, and other content. Kik Messenger requires users to register a username.

MeerKat and YouNow (18+) Allows individuals to live stream right from phones and record themselves.

Meet Me A free app to meet new people and chat!

Omegle Encourages people (kids) to talk to strangers. Kids are able to connect Omegle to their Facebook account to find chat partners with similar interests. When an individual selects this feature, an Omegle Facebook App will receive their Facebook "likes" and match them with a stranger with similar likes.

Periscope Allows kids to live stream right from their phone. When you hit the record button, anyone that uses this app can watch the person live.

Secret Allows people to share messages anonymously within their circle of friends, friends of friends, and publicly.

Snapchat A photo messaging application where users can take photos, record videos, add text and drawings, and send them to a controlled list of recipients. These sent photographs and videos are known as "Snaps". Users set a time limit for how long recipients can view their Snaps (as of April 2014, the range is from 1 to 10 seconds),after which they will be hidden from the recipient's device and deleted from Snapchat's servers.

StreetChat (Formerly called Gaggle) a free, live, anonymous, photo-messaging board for schools and colleges. Individuals can post whatever they want and anyone within a two mile radius can see it. Known for gossip and bullying behaviors.

Swipe Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.

Tagged Mature (17 and up), Meet new friends, flirt and play dating games.

Tango Makes free voice and video calls. You can send free text messages and share photos, videos, and status updates. Swipe profile cards or join a trending conversation to make new friends.

Tumblr A microblogging platform and social networking website that allows users to post multimedia and other content to a short-form blog. Users can follow other users' blogs, as well as make their blogs private.

Twitter An online social networking service that enables users to send and read short 140-character messages called "tweets". Registered users can read and post tweets, but unregistered users can only read them.

uMentioned uMentioned Where students can post gossip about their school (spread rumors too). Mature material, profanity and drug use references are mentioned.

VaporChat Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.

Vine A short-form video sharing service. The service lets users record and edit five to six-second-long looping video clips and revine, or share others' posts with followers. Some Vines are revined automatically based on what is popular. The videos can then be published through Vine's social network and shared on other services such as Facebook and Twitter.

Viber is a free cross-platform instant messaging app used on smartphone. Send texts, pictures, voice messages, contacts, locations, links, stickers, emotions and more to your friends and family. Create groups and "like" each other's texts and follow Public Chats, forward and share information on social platform.

Voxer A walkie talkie app that allows users to share short messages that make the experience similar to chatting back and forth on a walkie-talkie. Images and texts can also be shared. Users can chat one on one or in groups. The app shares the users current location by default which can put kids at risk.

WhatsApp An instant messaging app for smartphones that operates under a subscription business model. The proprietary, cross-platform app uses the Internet to send text messages, images, video, user location and audio media messages.

Whisper Free app which allows users to send messages anonymously, and to receive replies. Users post messages which are displayed as text superimposed over an image, similar to greeting cards.

Yik Yak Anonymous social media app. It allows people anonymously to create and view "Yaks" within a 10 mile radius. It is intended for sharing primarily with those in close proximity to the user, potentially making it more intimate and relevant for people reading the posts. All users have the ability to contribute to the stream by writing, responding, and liking or disliking yaks.

YouTube A video-sharing website that allows users to upload, view, and share videos, and it makes use of Adobe Flash Video and HTML5 technology to display a wide variety of user-generated and corporate media video. Available content includes video clips, TV clips, music videos, and other video content.

Helpful Software

https://www.netnanny.com/

- Given visibility and control in managing a child's online experience.

- Helps parents gain insight into their kids' data activity and usage.

- Enables parents to control and manage what their kids access online, creating a safer digital experience for everyone.

https://pumpic.com/

- Monitor mobile phone usage
- Follow Online Activity
- Control Device remotely

https://meetcircle.com/ (Disney circle)

- Every device managed if it's connected to your Wi-Fi
- Circle sees it and allows you to manage it (laptop, tablet, or smart TV)
- Circle has you covered without any software needed on any device

https://screentimelabs.com/

- Web and app reports everyday
- Daily summary showing you which websites and apps your child used, and for how long
- See which apps your child downloaded and approve before install or block

Statistics on Bullying

- One out of every four students (22%) report being bullied during the school year.

- 64% of children who were bullied did not report it; only 36% reported the bullying.

- 19.6% of high school students in the US reported being bullied at school in the past year. 14.8% reported being bullied online.

- 81.9% of students who identify as LGBTQ were bullied in the last year based on their sexual orientation.

- Peer victimization of all youth was less likely to occur in schools with bullying policies that are inclusive of LGBTQ students.

Statistics on Bullying

- 63.5% of students feel unsafe because of their sexual orientation, and 43.9% because of their gender expression. 31.8% of LGBTQ students missed at least one entire day of school in the past month because they felt unsafe or uncomfortable.

- Peer victimization of all youth was less likely to occur in schools with bullying policies that are inclusive of LGBTQ students.

- More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.

- School-based bullying prevention programs can decrease bullying by up to 50%.

Statistics on Cyberbullying

- Among high school students, 15.5% are cyberbullied and 20.2% are bullied on school property

- Among middle school students, 24% are cyberbullied and 45% are bullied on school property

- The percentages of individuals who have experienced cyberbullying at some point in their lifetimes have nearly doubled (18% to 34%) from 2007-2016

- 90% of teens who report being cyberbullied have also been bullied offline

- Females are 2 times more likely to be victims of cyberbullying

- Cyberbullying victims are 2 to 9 times more likely to contemplate suicide

What Statistics Prove

- Students who engage in bullying behavior are at risk for academic problems, substance use, and violent behavior later in adolescence and adulthood.

- Students who are both targets of bullying and engage in bullying behavior are at greater risk for both mental health and behavior problems than students who only bully or are only bullied.

- Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomach pain.

Why Bullying is not Reported?

Young people may not report bullying to an adult because they:

- are scared of confrontation

- fear repercussions from the bully

- don't know how to report it

- do not think an adult can help

- do not like or know the target

- rely on someone else to intervene

- are friends with the Aggressor

I don't want to say anything.

- "Snitches get stitches."
- "If I speak up, no one else will."
- "He/she is too popular."
- "I won't be cool."
- "I don't want the bully to come after me."
- "No one will listen to me!"

The Effects of Bullying

The severity of bullying is often undermined by the following misguided statements:

- "Bullying is just a normal part of growing up."

- "It helps children deal with the cruelties of the 'real world'."

- "It helps sensitive children toughen up."

The reality is…

- The effects of bullying can be devastating, as they often continue long into adulthood and drive countless children into depression or self-harm. Some will even attempt or commit suicide.

- Bullying doesn't just affect the target and the children who are the aggressors, but everyone who is exposed to the environment in which it occurs - most commonly at school.

Aggressors

- Tend to have high self-regard, lower empathy, may be 'popular' in school

- Defiant and aggressive towards peers/adults

- May have behaviors modeled at home

- Invalidated often

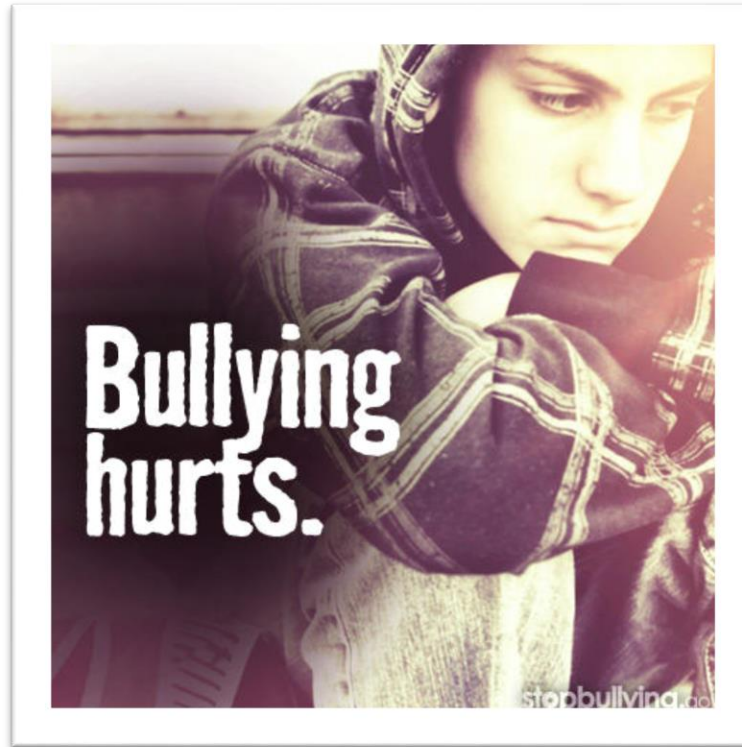- Recent research shows pleasure center of brain activated during aggression

Aggressor's Targets

- Tend to be shy or socially uncomfortable, or very good at something
- Tend to be a "late" or "early" bloomer
- Have low self-esteem
- Become socially withdrawn, isolated and lonely
- Have lower academic achievements due to avoiding or becoming disengaged with school
- Have asked for help in past, and not received it

So, what can we do?

TALK TO OUR CHILDREN

Helping Targets

- Being able to give bullied kids an overall picture that this is temporary

- Teaching bullied kids to have healthy thoughts

  - "This is not my fault."
  - "No one deserves this kind of treatment."
  - "What he/she is doing is not ok."

Helping Targets

Being able to address and prepare kids ahead of time so they can be emotionally and mentally prepared. Help take the power away from these words.

Words   Freak, ugly, idiot, dumb, weird, gay, queer, fat

Emotions   Shame, fear, anger, sadness, frustration, resentment

Mental   Need to run away
Need to isolate
I am not important
I am fat, ugly, etc…

Your Child comes home and says:	What can you say?
Nobody Likes me	Why do you think that is? How have you tried to make friends?
Richard won't leave me alone	How long has this been happening? Have you asked him to stop? Are you the only one he won't leave alone?
My Teachers aren't helping; they are making it worse	What have they said to you? What have they done to help? Have you brought this up to anyone else?
Nobody understands	Can you help me understand? So what you're saying is…and (reflect)
Sarah got into a fight	Did she get hurt? Were you involved? Do the teachers know? Anyone else know?
Kevin doesn't let me do anything	Aw, I'm sorry. It sounds like you got hurt. Have you tried this?

Addressing Cyberbullying

- Have a conversation about the use of technology and staying safe early and often **(take inventory of social networks they belong to)**

- Educate your child on appropriate online behavior **(Set the standard that social media will not be used to hurt or humiliate anyone)**

- Set Cyber safety rules **(discuss websites they are visiting, what is and isn't appropriate to share online)**

- Know what your children are doing online **(privacy is important but safety is more important)**

- Talk to them about the impact of their digital footprint and how it can affect their future **(jobs, colleges will be looking at social media activity)**

- Have the Cyberbullying conversation **(if something hurtful is communicated online this counts as cyberbullying)**

But most importantly let them know that together you will find a solution if they are being cyberbullied

Role Playing

Reenact scenarios in the classroom and at home

- Use Friends

- Use Parents

Example:

- An upper grade students grabs your stuff and throws it on the ground and proceeds to laugh at you. What can you do?

  - What can the other students do around you?

Role Playing

Fogging technique- is a way to accept criticism without letting it bring you down. Just imagine you're like the fog. When someone throws a stone at you, you accept it and you envelop the stone in your fog without throwing the stone back at the other person.

• The idea with 'fogging' is to acknowledge that what the aggressor says may be true or seem true to him or her, without getting defensive and upset. Getting practically no expected reaction, the bully is often discouraged.

Broken Record Technique - It is exactly what the name means. It is to repeat and be very clear in what you would like in that situation.

Example:

• **Bully:** "You suck at tennis. Why even bother playing? Hahaha

Target: "I want you to stop right now."

• **Bully:** "You can't even hit the ball. It's so easy."

Target: "You need to stop! Stop acting like you are better than everyone right now."

Working With Your School

Keep a written record of all bullying incidents as reported by your child.

- ◦ Who, what, where, when, how and also record the witnesses if possible

Cyberbullying

- ◦ Print evidence (texts, emails, Twitter messages, Snapchat screen shots, web postings, Facebook comments) along with the time stamp

Act Immediately

- ◦ Find an ally (primary teacher, former teacher, playground aide, etc.)

Schools, Bullying, and What to Expect

How Does the School Learn About Bullying?

- A student tells a teacher, counselor, playground supervisor, administrator
- A parent tells a site or district administrator
- A complaint or grievance is filed (oral or written)
- A staff member observes harassing behavior
- A report is received indirectly (e.g., members of the community or the media)
- Graffiti on campus

How Does the District Learn About Bullying?

- Each district has an anti-bullying policy. This policy applies to students on school grounds, while traveling to and from school or a school-sponsored activity, during the lunch period, whether on or off campus, and during a school-sponsored activity.
- Immediately report the behavior to the designated school official. (Who is that?)
- Explain to the complainant their right to file a formal grievance with the school/district
- Investigate, document, communicate, follow through

Uniform Complaint Procedure

Complaints Process:

– Initiation of Investigation

– Initial Interview with Subject of Complaint

- Describe procedures
- Discuss remedies/actions requested

– Investigation Process

- Interview relevant witnesses/complainant/accused
- Review records, notes, etc

– Written Report – within 60 calendar days of receipt of complaint.

Family/Community

Red Flags

- Sudden low grades

- Change in character

- Developmentally delayed

- Socially awkward

- Onset of disrespect

- Gets in fights often

- Teacher reports

- History of family discord

As a Parent

Think about your feelings of bullying

- Were you bullied?
- Were you "popular"?
- Were you an outsider?

Be very clear about how you feel about it

- Counter transference!
- Let the child know it is not okay

Think about both sides of story

How Can Bystanders Help?

Bystanders play an important role in preventing bullying, as bullies only thrive in an environment that promotes secrecy. While we do not suggest young people put themselves in danger, there are some safe steps everyone can take to make a positive change.

- Reporting the incident to a trusted teacher or adult (this can be done anonymously)
- Sticking up for the target by disagreeing with what the bully has said and making it clear that the behavior is not acceptable
- Rallying the support of a group of peers to stand up to the bully and report the incident
- Making a special effort to include others and befriend peers who appear isolated

It is equally important that parents and schools communicate these points explicitly to young people so they know that they will be supported when they make the correct decision not to 'stand by'.

Protective Factors for Bullying

Individual and Family Factors

- Secure , caring and self confident

- Supportive parenting, and the modeling of positive relationships

- Consistent and affectionate parent-child interactions

Peer and School Factors

- Close positive friendships with peers

- Engaged and responsive teachers and school staff

- Inclusive environment

Things to Keep in Mind

- Safety is always the priority

- Every case is different

- Targets significantly underreport the intensity and frequency of bullying

- Family therapy is often effective when working with these issues

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More Information And Additional Resources

AntiBullyingInstitute.org

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