Bullying in Schools

Behavior Disorders in Schools Aged Children
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Statistics

- Study of over 500,000 American students grades 3-12- 16.8% reported being victims of bullying two or three times a month or more

- 9.6% reported bullying others two to three times a month or more. (Kowalski, 506)

- In a survey with over 3,700 middle school students found that 18% reported having been cyberbullied at least once within the previous two months

- 11% reported cyberbullying others at least once in the previous two months. (Kowalski, 506)
Bullying can be defined as an aggressive behavior that is repeated multiple times and intended to hurt another person. It is fueled by a power struggle between victim and the bully.

- Physical
- Verbal
- Social Exclusion
- Spreading Rumors
- Cyber-bullying

Roles: Bully, Victim, Bully-victim, Bystander (onlooking, participating).

Peers play a huge role in the process.

Bullies are more likely to engage in externalizing behaviors. “Linked to various psychological adjustment and academic problems among school aged children” (Wang, 522).
Interventions and Strategies

Steps To Respect

- Whole school response to bullying
- Administrators gather data about bullying (frequency etc.)
- All the adults in the school are trained to recognize bullying behaviors and how to stop it
- Classroom lessons that are grade appropriate (3-6)
- Teach the foundations of friendships and teaches about bullying
- Teaches students how to recognize, refuse and report bullying that they see

Schoolwide Implementation Support Kit

- Program Guide and Training Manual
- Training DVD
- Primary-grade lesson 3 classroom curriculum kits
- 11 skill lessons
- Classroom DVD
- 2 literature units
- 6 classroom posters
- Family handouts

Research- and evidence-based

$1,016.00 - 859.00$
No Bullying

- K-8 Bullying prevention program
- Helps children be able to tell the difference between bullying and conflicts between students
- A strict method that holds student accountable for their actions
- Grade specific
- Uses stickers as a reinforcement

This complete program includes the following:

- 1 - No-Bullying Program Director's Manual
- 4 - No-Bullying Program Teacher's Manuals
  (1 for each grade level)
- 4 - Sets of No-Bullying Student Workbooks
  (1 set for each grade level, 30 per set)
- 1 - Pack of No-Bullying Parent Leaflets (50 to a pack)
- 1 - Roll of No-Bullying Program Stickers (100 to a roll)
- 1 - Bullying-An Overview for Educators Booklet
- 1 - No-Bullying Program Poster

$799.00 each
Cyber Bullying; A Prevention Program

- Have a different set for different age groups (3-5) (6-12)
- Helps students figure out what cyber-bullying really is and why it is so harmful
- Encourages students to treat others with respect
- Gives students resources on how to get help for you or a friend
- Encourages use of technologies for constructive positive things
- Reinforces the power of the bystander
- Reaches out and supports families as well
- Helps schools set up a strict policy (legal issues)

109.00$ Each
Bullying Prevention Steps-

- Develop clear ground rules as a class
- Enforce the rules
  - Being a role model of respect
  - Reward good choices and behaviors
  - Use one-to-one feedback
- Have classroom meetings daily/weekly
  - Talk about bullying, what it is, why it's bad etc.
  - Discuss what to do
  - Students voice problems
  - Work on social skills
- Keep lines of communication open to students and parents
- Monitor students online time (cell phones)
- Investigate all accusations
- Hold bystanders accountable
- Show students that coming to you for help is worth it
Classroom Strategies
Dealing with Bullies

- Model a variety of different ways to solve a problem or conflict
- Avoid arguing (Power struggle)
- Teach students appropriate ways to communicate displeasure, anger, frustration etc.
- Make certain the student (bully) has adult supervision at all time
- Choose peers to model appropriate interactions with another student
- Use positive reinforcement when the student has a positive peer interaction, or stays out of a conflict.
- Reinforce students in the classroom who successfully resolve a problem or conflict on their own or with guidance.

(House, 492-510)
Websites and Other Resources

- Safeguarding Our Children: An Action Guide
  http://cecp.air.org/guide/actionguide.htm

- Preventing Bullying: A Manual for Schools & Communities
  http://www.cde.ca.gov/spbranch/ssp/bullymanual.htm

- Bully Police U.S.A. http://bullypolice.org

- For Parents and loved ones; Is your child being bullied?

- Steps To Respect; Schoolwide bullying prevention program
  http://www.cfchildren.org/steps-to-respect.aspx

- Violence Prevention Curriculum
  http://www.violencepreventionworks.org/public_bullying_prevention_resources.page

- Online Resources for Families, Students and Teachers
  http://www.stopbullying.gov

- Parent and child resource guide; What do I do?
  http://kidshealth.org/parent/emotions/behavior/bullies.html

- Site for student to explore, play, and learn
  http://www.bullying.org

- National Bully Prevention Center; Educational Resources and Real Life Stories
  http://www.pacer.org/bullying/
Other Resources

- TIGER Takes On Bullying; NHPTV
  [http://www.nhptv.org/tiger/](http://www.nhptv.org/tiger/#.UQAoVUK9c20)


Citations


