

BULLYING

JOHNSON COUNTY HEALTH DEPARTMENT

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WHAT IS IT?

- Repeated, uninvited, aggressive behavior
- May include:
 - Threats
 - Rumors
 - Verbal attacks
 - Physical attacks
 - Leaving someone out



Protect Yourself. 800,000 Young People are Bullied Every Month, 18 Nov. 2013. <http://respectyourself.org.uk/800000-young-people-bullied-every-month/>

WHERE DOES IT HAPPEN?

- Everywhere
 - Bus
 - Home
 - Online
 - School
 - Playground
 - Neighborhood

National Education Association. *NEA's Bully Free: It Starts with Me*, 2017. <http://www.nea.org/home/neabullyfree.html>

Bullying can happen everywhere.



The school bus In school hallways The cafeteria The restroom Through technology

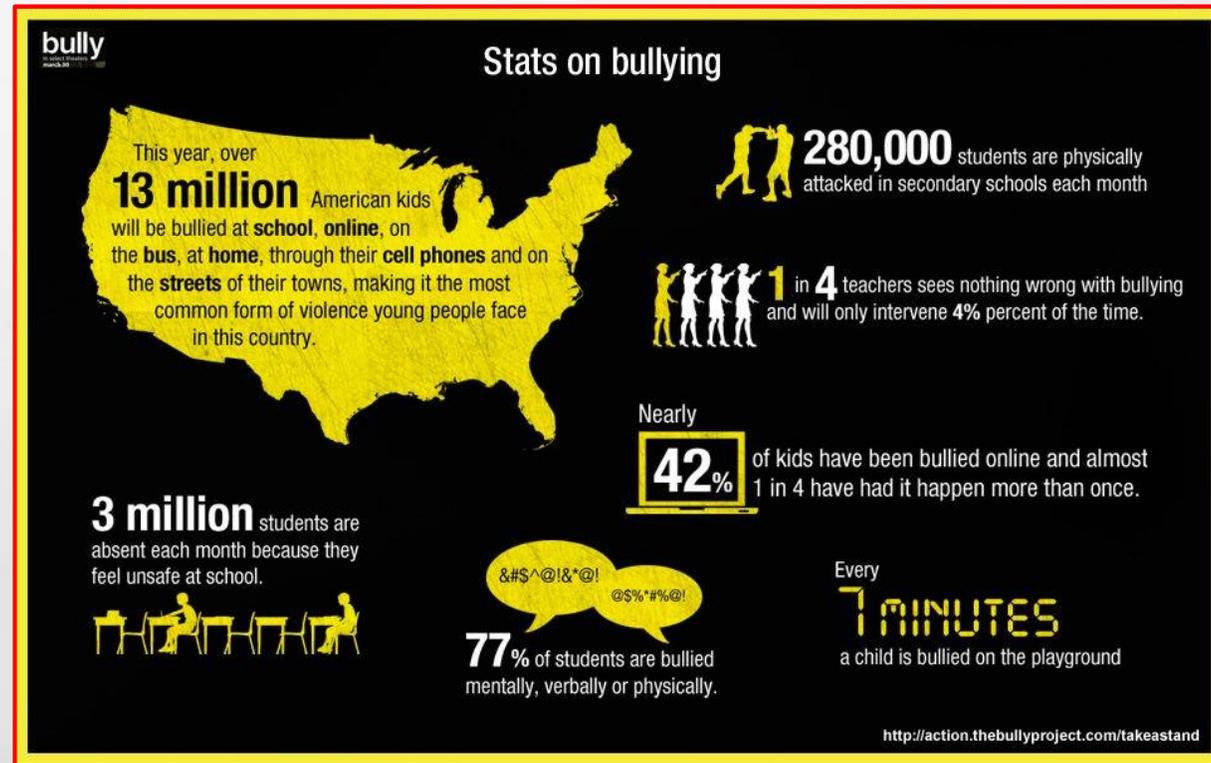
NEA's BULLY FREE IT STARTS WITH ME

Stand up. Take the pledge. Get the tools.
www.nea.org/bullyfree

HOW OFTEN DOES IT HAPPEN?

- 2015 Nationwide survey of high school students over 12 month period
 - 20.0% bullied on school property
 - 15.5% bullied electronically

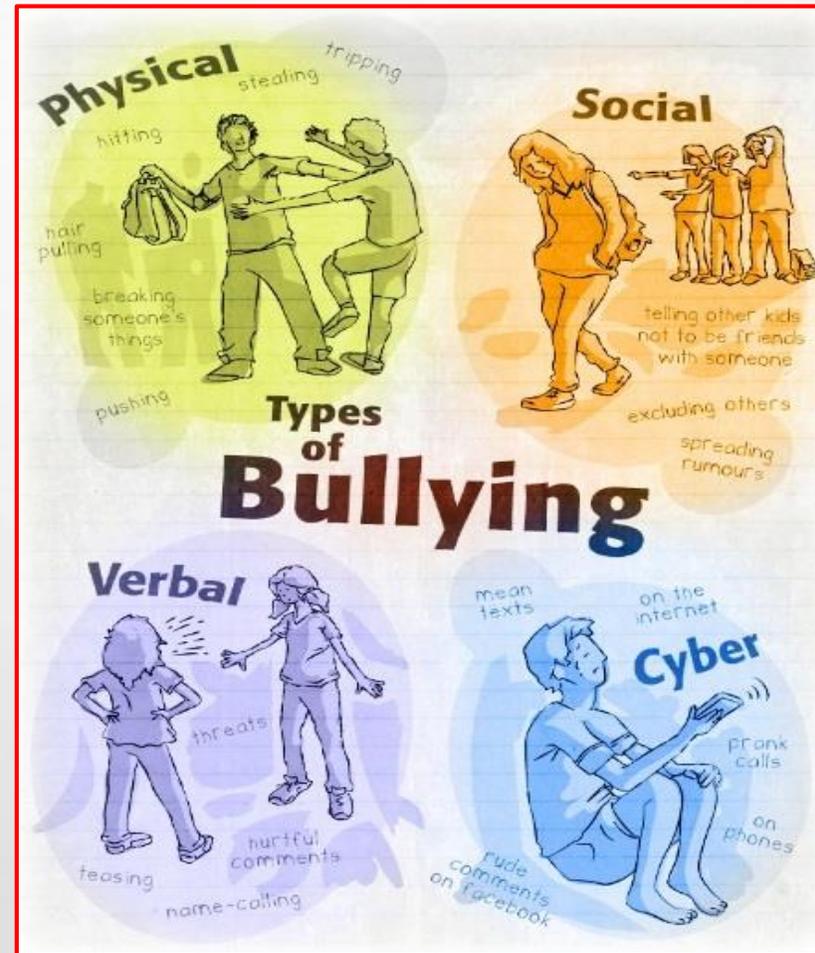
O, Chris. Speech Buddies. *Speech Buddies Parents' Corner- 8 Tips for Protecting Your Kids Against Bullying*, 17 Sep. 2013. <https://www.speechbuddy.com/blog/tag/bullying/>



WHAT TYPES?

- Physical (harm)
- Verbal (stated or written)
- Social (hurting relationships)
- Cyber (electronic technology)

Burton, Spencer. *An Introduction to Bullying*, 12 Jan. 2015.
<https://www.spencerburton.ca/an-introduction-to-bullying/>



HOW IS CYBER DIFFERENT?

- 24/7
- Can be anonymous
- Difficult or impossible to remove
- Fast distribution to large audience



Social Media and Society. *Assignment 4 E: Cyber Bullying on Social Media*, 22 Oct. 2014.
<https://arjwanmahmood.wordpress.com/2014/10/22/cyber-bullying-on-social-media/>

HOW TO PREVENT?

- Do not share passwords
- Beware of pictures taken
- Beware of information shared
- Open communication with adults



Connector. *12 Tips to Prevent Cyberbullying*, 16 Nov. 2015.
<http://connector.ae/kids-and-education/892/12-tips-to-prevent-cyberbullying>

WHAT DO YOU DO?

- Take steps:
 - Don't interact
 - Keep records
 - Block
- Report to:
 - Schools
 - Website providers
 - Police
 - Parents

H.N. ColorsofIse. Cyber-bullying on Social Networks: Background and Prevention, 9 Apr. 2015. <https://50colorsofIse.wordpress.com/>



WHAT ARE THE ROLES?

- Those who bully/have bullied (not “the bully”)
- Those who are/have been bullied (not “the victim”)
- Those who witness/have witnessed
 - May or may not contribute



Taubenfeld, Emma. Study Breaks. *How to Deal with Bullying in College*, 26 May 2017. <https://studybreaks.com/2017/05/26/bullying/>

WHO IS AT RISK?

BEING BULLIED

- Seem weak
- Seem different
- Not popular/few friends
- Depressed/low self-esteem
- Do not get along with others



Mahfood, Julie. Liberty Voice. *Bullying Victims Long-Term Health*, 18 Feb. 2014. <http://guardianlv.com/2014/02/bullying-victims-long-term-health/>

WHAT GROUPS HIGHER RISK?

HARASSMENT MAY BE COVERED UNDER FEDERAL OR STATE LAWS

- LGBT
- Religion
- Disabilities
- Race and Ethnicity



Word Press. *Stop Discrimination: Gay Rights*, Sep. 2009.
<https://stopdiscrimination.wordpress.com/gay-rights/>

WHO IS AT RISK?

Lefebvre, Mathieu. Against Physical Bullying. *Consequences*, 29 Dec. 2012. <http://physicalbullyingmustbestopped.blogspot.com/>

BULLYING OTHERS

- Home issues
- Problems with rules
- Quick to aggression
- Some: social power
- Others: low self-esteem
- Positive view on violence
- Friends with others who bully
- Think poorly of others
- May or may not be stronger
- May or may not be “smarter”



WHAT ARE WARNING SIGNS?

BEING BULLIED

- Lost or ruined belongings
- Change in eating habits
- Change in sleeping habits
- Change in schoolwork and interest
- Lower self-esteem
- Change in behavior
- Often feeling sick
- Avoiding others
- Suspicious injuries

Min Tan, Rou. Rowreads. *RowLife: Bullying is Not Fun...This is My Experience*, 2 May 2015. <https://rowreads.blogspot.com/2015/05/rowlife-bullying-is-not-fun-this-is-my.html>



WHAT ARE WARNING SIGNS?

BULLYING OTHERS

- Getting into fights
- Getting into trouble
- New items or money
- Have friends who bully others
- Refusal to accept responsibility
- Becoming more aggressive or competitive

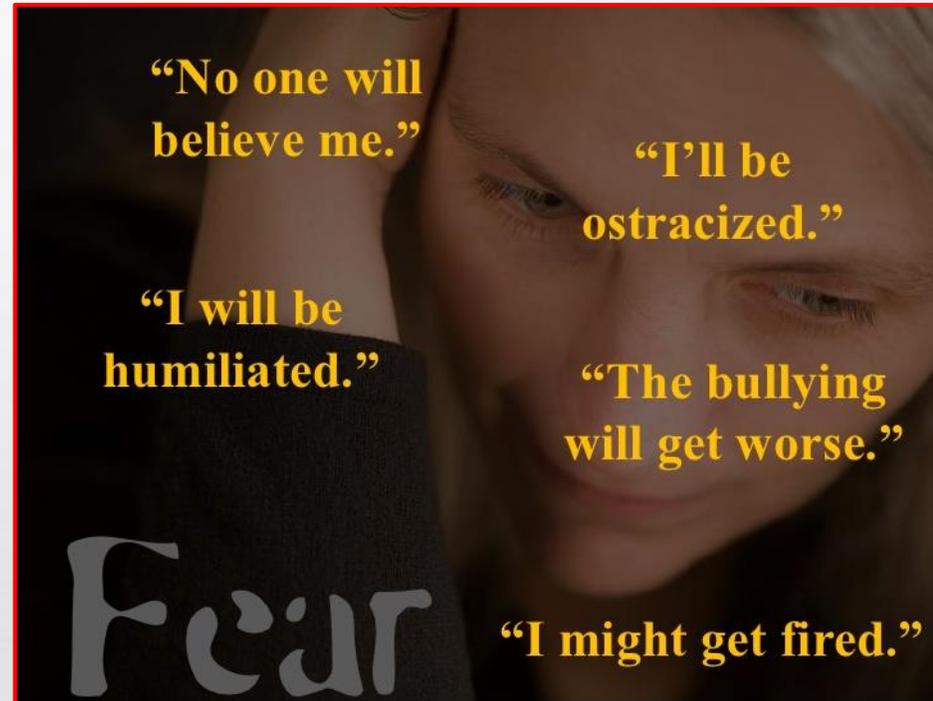
Transcend. A Recovery Community. *Managing Bullying & Aggression in Your Teen*, 20 Jun. 2014. <https://transcendrecoverycommunity.com/managing-bullying-aggression-in-your-teen/>



WHY NOT ASK FOR HELP?

ESTIMATED ONLY 25% TELL

- Humiliation
- Feel isolated
- Fear rejection
- Fear retaliation
- Fear of weakness
- Want to feel in control

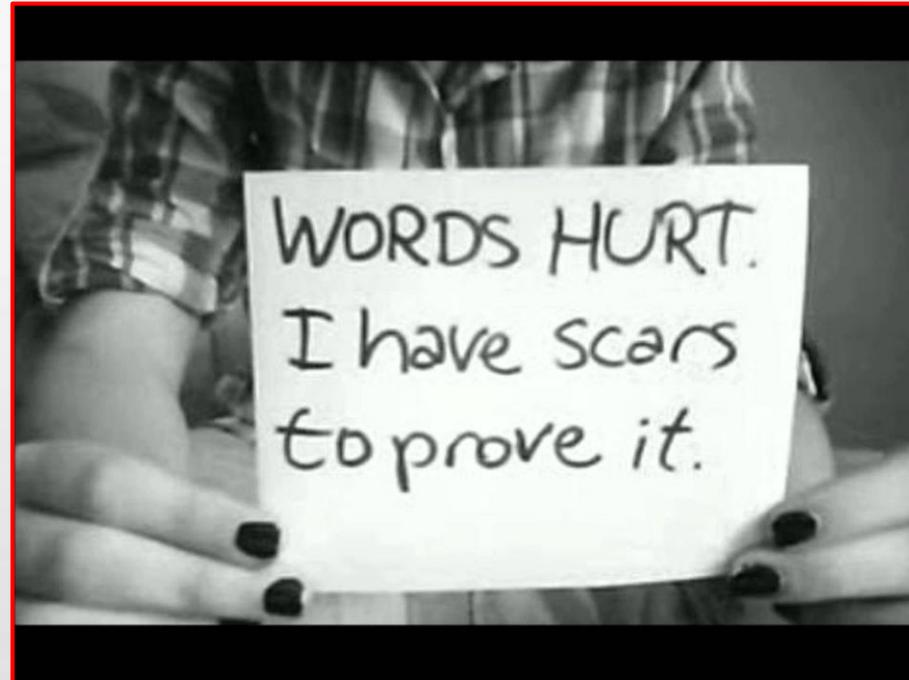


Marciano, Dr. Paul. SlideShare. *Workplace Bullying*, 12 Jun. 2012.
<https://www.slideshare.net/pamarciano/workplace-bullying-13301150>

WHAT ARE THE EFFECTS?

BEING BULLIED

- Loss of interest
- Substance abuse
- May violently seek retribution
- Decreased school achievement
- May self-harm or attempt suicide
- Mental and/or physical health changes



Swords, Kaleigh. YouTube. *Consequences of Bullying*, 28 Aug. 2012. <https://www.youtube.com/watch?v=-LOp785nVUw>

WHAT ARE THE EFFECTS?

BULLYING OTHERS

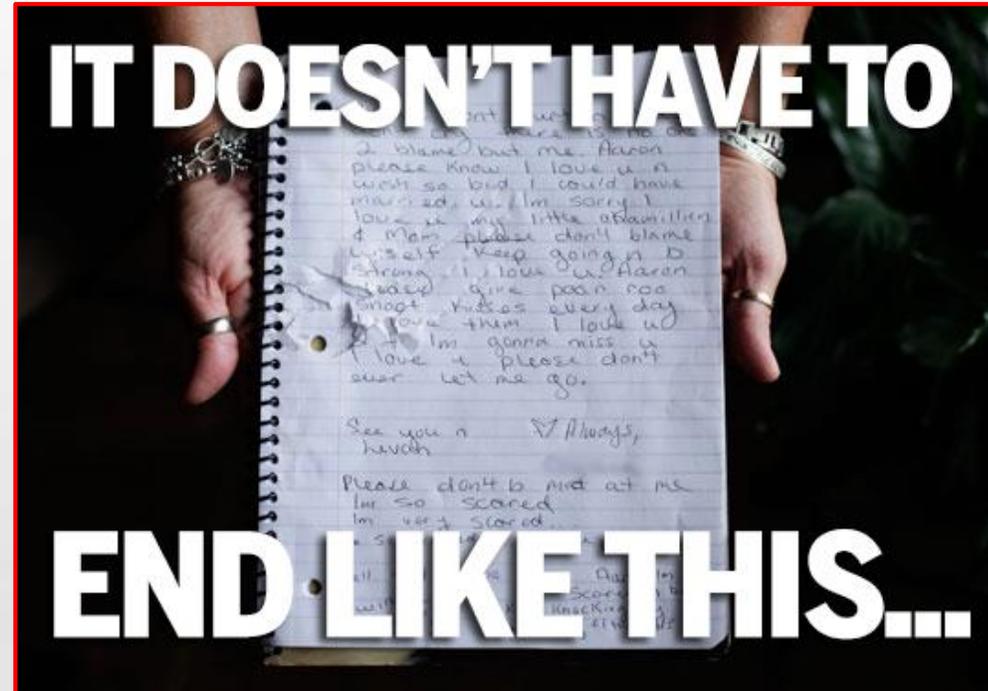
- Criminal activity
- Substance abuse
- Drop out of school
- Early sexual activity
- Abuse others as adults



Rothkopf, Joanna. Salon. *Arrested, Handcuffed Man Shot to Death by Police in Georgia*, 19 Sep. 2014.
http://www.salon.com/2014/09/19/arrested_handcuffed_man_shot_to_death_by_police_in_georgia/

HOW IT RELATES TO SUICIDE?

- Most do not attempt
- When they do:
 - Usually other issues
 - Feel unsupported (bad situation worse)



Stanfield, James. JSC Blog. *Teen's Suicide After Repeated Bullying*, 2017. [Teen's Suicide After Repeated Bullying Sparks Debate](#)

HOW TO PREVENT IT?

- Talk about it
 - Understand, encourage, respect
- School involvement
 - Clubs, committees, policies
- Community involvement
 - Activities



PRWeb. *The Ned Show Debuts Kid-Focused Bullying Prevention Resources*, 8 Nov. 2013. <http://www.prweb.com/releases/2013/11/prweb11310892.htm>

HOW TO RESPOND?

- Intervene
- Call 911 if needed
- Provide support



Puspa Hayati, Ajeng. My World. *Stop Bullying Now!!*,
11 Jan. 2013. <http://missajengpuspa.blogspot.com/>

WHAT ARE SURVIVAL TIPS?

BEING BULLIED

- Walk away
- Do not get upset
- Talk to others
- Show confidence
- Develop hobbies
- Spend time with friends

“I am not what happened to me,
I am what I choose to become.”

—Carl Gustav Jung

Sanek, Carole. I Survived Damn Near Everything. *Surviving the Need to Explain Your Actions*, 17 Mar. 2013. <http://isurviveddamnneareverything.com/surviving-the-need-to-always-explain-your-actions/>

WHAT ARE SURVIVAL TIPS?

AFTER BULLYING OTHERS

- Get a mentor
- Talk with a trusted person
- Find positive outlet for energy



Lucky Otters Haven. *Why This Blog is Becoming Successful and How Yours Can Too*, 22 Feb. 2015.
<https://luckyottershaven.com/2015/02/22/why-this-blog-is-becoming-successful-and-how-yours-can-too/>

WHAT RESOURCES AVAILABLE?

- 911
- School personnel
- Mental health counselor
- National Suicide Prevention Lifeline
 - 800-273-TALK (8255)
 - <https://suicidepreventionlifeline.org/>



Anti-Bullying Alliance. *United Against Bullying*,
n.d. <https://www.anti-bullyingalliance.org.uk/>

REFERENCES

Boyle Wheeler, Regina. "What Does Bullying Look Like?" *WebMD*. 18 May 2016.

<http://www.webmd.com/parenting/guide/children-bullying-school>. Accessed 26 Jul. 2017.

Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance-United States, 2015," *Morbidity and Mortality Weekly Report (MMWR)*, vol. 65, no. 6, 10 Jun. 2016, p. 10.

U.S. Department of Health & Human Services. "What is Bullying." *StopBullying.gov*, n.d.

<https://www.stopbullying.gov/>. Accessed 26 Jul. 2017.