

CHILD & ADOLESCENT BULLYING: A GROWING PROBLEM

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Why bullying, why now?

- Bullying and victimization are a **common experience** for kids today.
 - 50% of students are affected by bullying (Nansel, Haynie, & Simons-Morton, 2007)
 - 6-15% of children are bullied weekly or more (Rigby, 2000)
- Bullying has serious and lasting implications.
 - ABC News Bulling Story:
<http://www.youtube.com/watch?v=6Wcx2qM5C4g>

Implications for Bullying

- ⦿ Anxiety
- ⦿ Low self-esteem
- ⦿ Isolation
- ⦿ Depression
- ⦿ Somatic complaints
- ⦿ Self-harm
- ⦿ Low quality friendships
- ⦿ Decreased academic performance
- ⦿ Loneliness
- ⦿ Suicidal ideation

The Language of Peer Aggression:

Let's check with "Webster"

- Peer Aggression: Includes physical, verbal, and relational aggression, affecting both boys and girls. (Crick et al., 1999)
- Physical Aggression: Damage to another's physical well being. (Crick & Grotpeter, 1995)
 - Ex. Hitting, punching, kicking, pushing, etc.
- Verbal Aggression: A communication of intent to cause pain.
 - Ex. Yelling, name calling, threats, etc.

The Language of Peer Aggression (cont.)

- Relational Aggression: Behavior that is intended to harm someone by damaging or manipulating their relationships with others. (Crick & Grotpeter, 1995).
 - Ex. Gossiping, social exclusion, isolation, writing mean notes/online posts/texts, alienation, withholding friendship, ignoring someone.
 - Can be more difficult for parents and teachers to detect.

The Language of Peer Aggression (cont.)

- Cyberbullying: Attempts to destroy victim's reputation or humiliate through technological means: internet, cell phone, text messaging.
 - How common is cyberbullying?
 - In 2002, 13 million children in the United States were victims of cyberbullying
 - 1 out of 10 students said that they had bullied others via e-mail or instant messaging
 - About 1 out of 5 students reported either being a cyberbully or being the victim

Bullying: A Researcher's Definition

- “A person is bullied when he/she is exposed repeatedly over time to negative actions on the part of one or more persons. It is a negative action when someone intentionally inflicts or attempts to inflict injury or discomfort upon another” Olweus, 1996 (p. 10)
- 3 Criteria
 1. Intentional harm
 2. Repeatedly carried out
 3. Imbalance of power in the relationship
 - Physical status or Social status

Bullying Roles

- ⦿ Aggressor: The person who chooses to hurt another person or damage a relationship.
- ⦿ Kid in the Middle: The person or persons who are not aggressors or victims but are caught somewhere in between.
 - Also known as the “bystander”
 - Scared, silenced, stuck
- ⦿ Victim: The person who is targeted or harmed by the aggressor(s).

Danger Signs for Parents

(The Ophelia Project, 2005)

- Your child complains that he/she is a victim of relational aggression.
 - “No one likes me, everyone is mean to me, they left me out on purpose.”
- Your child shows sudden signs of sadness, loneliness, or risky behaviors.
 - Change in eating or sleeping habits, complains he/she doesn't want to go to school or engage in favorite activities.

Danger Signs for Parents

(The Ophelia Project, 2005)

- Within your child's friend group, certain kids appear to be accepted, liked, and "good" but suddenly that changes.
- Your child frequently demonstrates patterns of relationally aggressive behavior.
 - Spreading rumors, mocking other kids, exclusion of certain friends.

References

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