

Anisha Garg, MD, PGY-3
Department of Psychiatry

Bullying

What is Bullying?

- Bullying includes behaviors that focus on making someone else feel inadequate, or focus on belittling someone else.
- Bullying includes harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person.
- Bullying is active, and is done with the intention of humiliating, embarrassing, or making another person feel down.

Who is at risk?

- **EVERYONE!!!**
- Bullying can happen anytime, anywhere, and any place.

Risk Factors

- 1) Are perceived as different from the peers, such as being over weight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool".
- 2) Are perceived as weak or unable to defend themselves.
- 3) Are depressed, anxious, or have low self esteem.
- 4) Are less popular than others and have few friends.
- 5) Do not get along well with others, seen as annoying or provoking, or antagonize others for attention.

Consideration for Specific Groups

- Lesbian, gay, bisexual, or transgender youth
- Youth with Disabilities or Other Special Health Needs
- Race, Ethnicity, and National Origin
 - It is not clear how often kids get bullied because of their race, ethnicity, or national origin. It is also unclear how often kids of the same group bully each other. Research is still growing. We do know, however, that Black and Hispanic youth who are bullied are *more likely* to suffer academically than their white peers.
- Religion and Faith
 - Very little research has explored bullying based on religious differences. Bullying in these situations may have less to do with a person's beliefs and more to do with misinformation or negative perceptions about how someone expresses that belief.

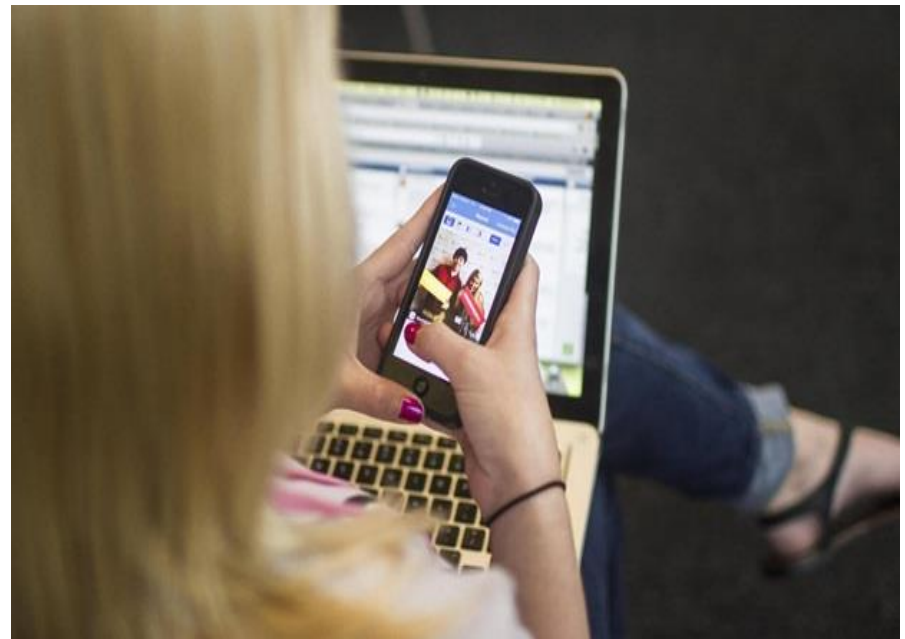
Types of Bullying

- *Physical Bullying:* This is the most obvious form of bullying. In this type of bullying, the instigator attempts to physically dominate another teen. This usually includes kicking, punching and other physically harmful activities, designed to instill fear in the one bullied, and possibly coerce him or her to do something.
- *Verbal Bullying:* When someone verbally bullies another, he or she uses demeaning language to tear down another's self-image. Bullies who use verbal techniques excessively tease others, say belittling things and use a great deal of sarcasm with the intent to hurt the other person's feelings or humiliate the other teen in front of others.

- *Emotional*: This is even more subtle than verbal bullying. Teenage bullying that includes emotional methods aims at getting someone else to feel isolated, alone and may even prompt depression. This type of bullying is designed to get others to ostracize the person being bullied.
- *Cyber Bullying*: Electronic bullying is becoming a very real problem for teens. This type of bullying uses instant messaging, cell phone text messages and online social networks to humiliate and embarrass others. This can be especially devastating to the people being bullied, since they cannot even find a safe place in the virtual world.

Cyber-bullying

- Hostility - insults, threats
- Humiliation - posting an embarrassing picture
- Obsessive monitoring or control - intrusive texts
- Deception - using a fake profile to interact with another
- Exclusion - 'un-friending'



Statistics



- 30% of teenagers in the U.S. have been involved in bullying, either as a bully or as a victim of teenage bullying.
- More common among younger teens than it is among older teens
- Physical bullying is more common among boys, and teenage girls often favor verbal and emotional bullying
- In 85% of bullying cases, no intervention or effort is made by a teacher/administration member of the school to stop the bullying from taking place
- 80% of high school students have encountered being bullied in some fashion online

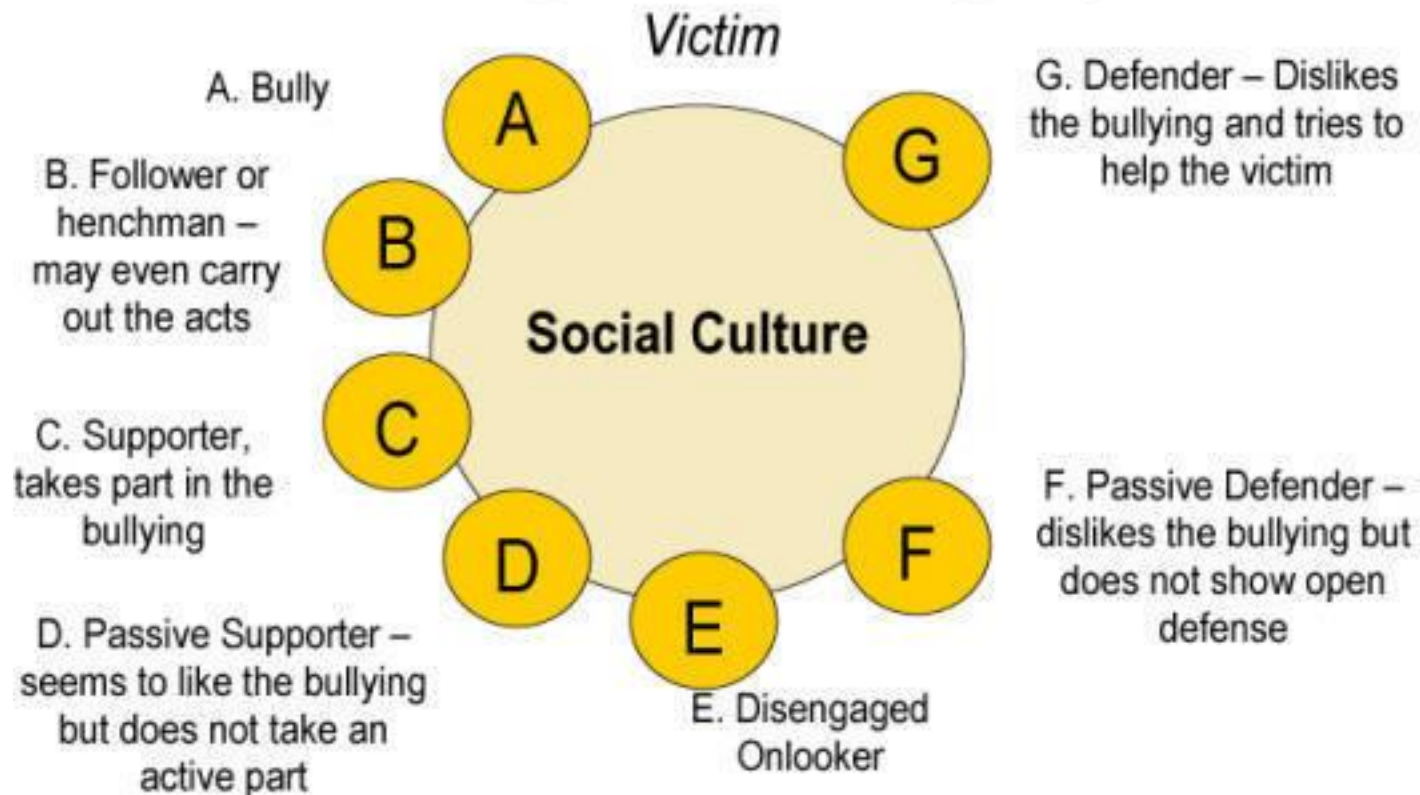
Effects of Bullying

- First of all, there are the obvious physical problems and injuries that can result from physical bullying.
- These activities can lead to depression (and even suicide), anxiety, sleep changes, drug use and stunted social development.
- Retaliation (potential for violence)
- Decreased academic GPA and standardized test scores and school participation.
- They are more likely to miss, skip or drop out of school.

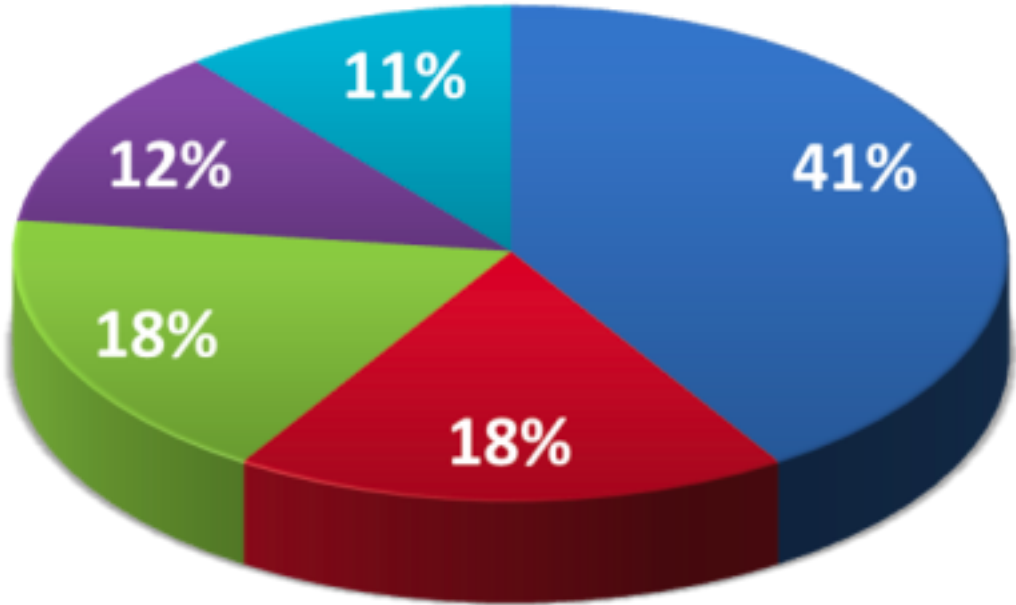
Bullied Kids Are More Likely To:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults

The Cycle of Bullying



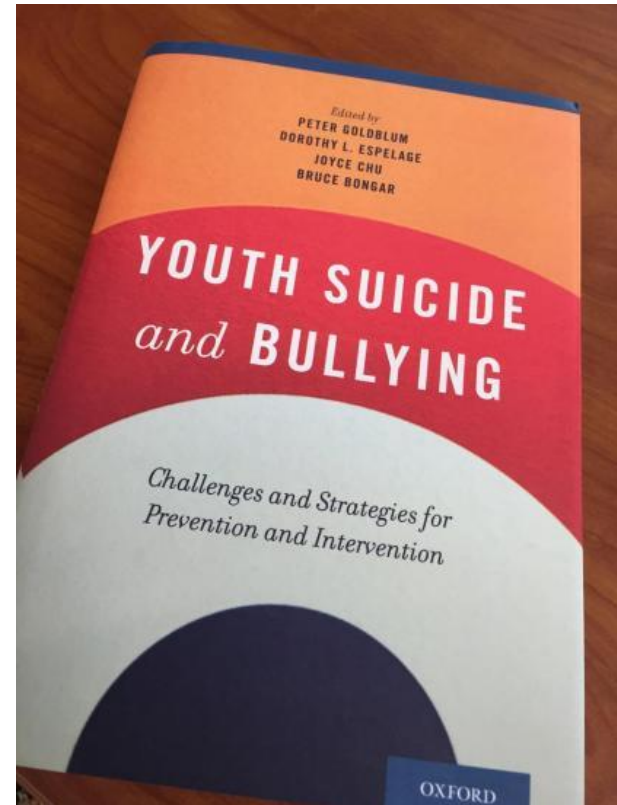
Duration of Bullying



- For Months
- For Weeks
- For Days
- Only Once
- For Years

Suicide and Bullying

- Bully victims are between 2 to 9x more likely to consider suicide than non-victims, according to studies by Yale University
- A study in Britain found that at least half of suicides among young people are related to bullying.



Interventions

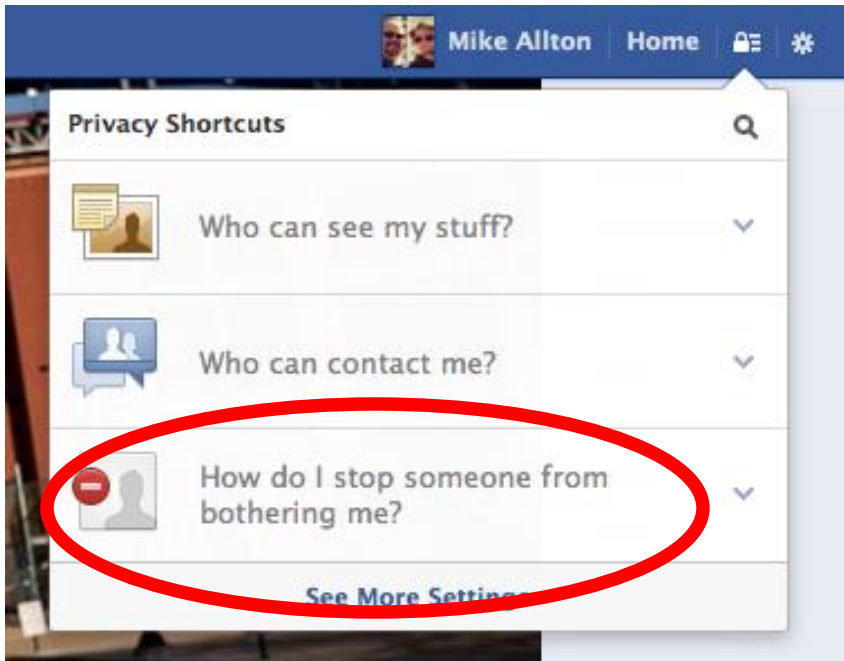


- Pay attention
- Don't ignore it
- Stop it on the spot!
 - You see something...say something, do something
- Find out the story – talk to those involved individually
- Hold bystanders responsible
- Model how to treat others with kindness and respect

Prevention

- EDUCATION!
 - Help kids understand what bullying is, being able to identify bullying can lead to reporting bullying, standing up to kids who bully, and helping others that are being bullied
 - Keep communication open – having conversations daily to just check in can reassure kids that they have someone they can talk to when they have a problem
- Raising awareness
 - Training school staff and students to prevent and address bullying
 - Going over policies and rules and then enforcing the rules
 - Anti-bullying programs - in schools where there are bullying programs, it is reduced by 50%
- Mental health resources and social skills training

Prevention online



- Clinicians and educators should be attuned to trends in social media and its potential for harm
- Changing privacy settings
 - Preventing others from 'tagging' you
 - Block unwanted messages
- Turn off GPS linked apps to prevent cyberstalking

Local Programs

- School district bullying hotline: (215) 400-SAFE (7233)
- Physicians for Social Responsibility (PSR) Philadelphia Bullying Prevention
 - 267-519-5299
- Philadelphia 's Anti-Defamation League – Bullying and Cyberbullying
 - Workshops and assemblies
 - 212-885-7700
- Olweus Bullying Prevention Program
 - Most researched and best-known bullying prevention program available
 - Used at the school, classroom, and individual levels and includes methods to reach out to parents and the community for involvement and support.
 - 651-213-4654, ahoop@hazeldenbettyford.org



Scott Arnold's daughter, a 7th grader, had been subjected to taunting and name calling last spring and earlier this fall by a boy on her school bus in Montgomery County.

Arnold had already started to talk to the boy's parents when new allies unexpectedly emerged.

One day last month, the girl came home from school and told him that four students on the bus had come up to her after school and "apologized for not helping out until then," Arnold recalled.

"She was thrilled. I was thrilled," he said. The bullying has stopped.

It was a small victory in a big battle.



Collections • Middle School

Anti-bullying program works, schools say



Lewis Katz School of Medicine
Department of Psychiatry

Thank you.



References

- <http://www.bullyingstatistics.org/content/school-bullying-statistics.html>
- <https://www.stopbullying.gov/what-is-bullying/>
- <https://sites.google.com/a/une.edu/child-bullying-and-suicide/who-is-at-risk>
- <http://www.nea.org/home/51629.htm>
- <http://www.stopbullying.gov/respond/on-the-spot/>
- <http://www.psychiatrictimes.com/major-depressive-disorder/cyberbullying-who-hurts-and-why/page/0/3>
- <http://www.bullyingstatistics.org/content/bullying-and-suicide.html>
- <http://www.violencepreventionworks.org/public/faqs.page>
- http://articles.philly.com/2010-11-14/news/24955617_1_anti-bullying-olweus-middle-school