



Bullying

Western Youth Services
Outreach & Engagement

What is bullying?



Types of Bullying

Physical
Bullying

Verbal
Bullying

STOP BULLYING

Social
Bullying

Cyber
Bullying

Verbal Bullying

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm



Physical Bullying



- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures

Social Bullying

- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public



Cyber Bullying



- Combination of verbal and social except it is done over social medias such as:
 - Facebook
 - Twitter
 - Instagram
 - Snapchat
 - Others

Why is Cyber-bullying Different?



- Youth who are being cyberbullied are often bullied in person as well
- Larger Audience
- Happens 24 hours a day, 7 days a week

The Roles Youth Play



- Instead of labeling the persons involved, focus on the behavior. For instance:
 - Instead of calling a child a "bully," refer to them as **"the child who bullied"**
 - Instead of calling a child a "victim," refer to them as **"the child who was bullied"**
 - Instead of calling a child a "bully/victim," refer to them as **"the child who was both bullied and bullied others."**

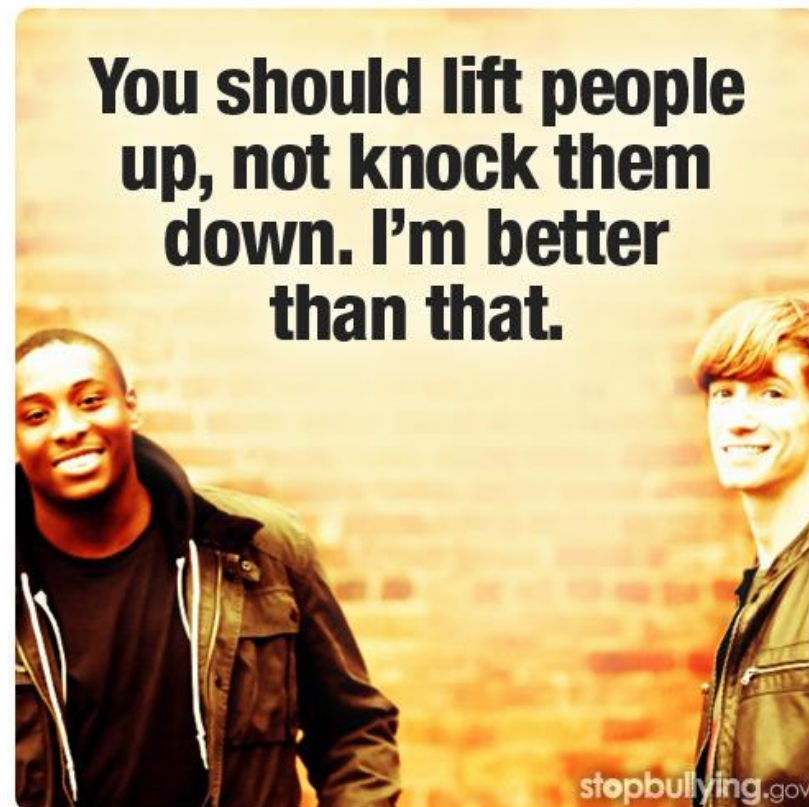
Importance of not Labeling

- When children are labeled as "bullies" or "victims" it may:
 - Send the message that the child's behavior cannot change
 - Fail to recognize the multiple roles children might play in different bullying situations
- Disregard other factors contributing to the behavior such as peer influence or school climate



Additional Roles Youth Play

- Kids who assist
- Kids who reinforce
- Outsiders
- Kids who defend



Effects of Bullying

- Can affect everyone:
 - Those who are bullied
 - Those who bully
 - And those witness bullying



I KNOW WHAT IT FEELS LIKE
TO BE BULLIED. I WOULD HATE
FOR ANYONE ELSE TO FEEL THAT WAY.

stopbullying.gov

Effects of Bullying

- Kids **who are bullied** are more likely to experience:
 - Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.
 - Health complaints
 - Decreased academic achievement. They are more likely to miss, skip, or drop out of school.





Effects of Bullying

- **Kids who bully** are more likely to:
 - Abuse alcohol and other drugs in adolescence and as adults
 - Get into fights, vandalize property, and drop out of school
 - Have criminal convictions and traffic citations as adults
 - Be abusive toward their romantic partners, spouses, or children as adults

Effects of Bullying

- **Kids who witness** bullying are more likely to:
 - Have increased use of tobacco, alcohol, or other drugs
 - Have increased mental health problems, including depression and anxiety
 - Miss or skip school





Signs a Child is Being Bullied

- Some signs that may point to a bullying problem are:
 - Unexplainable injuries
 - Lost or destroyed clothing, books, electronics, or jewelry
 - Frequent headaches or stomach aches, feeling sick or faking illness
 - Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
 - Difficulty sleeping or frequent nightmares
 - Declining grades, loss of interest in schoolwork, or not wanting to go to school
 - Sudden loss of friends or avoidance of social situations
 - Feelings of helplessness or decreased self esteem
 - Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs a Child is Bullying Others



- Kids may be bullying others if they:
 - Get into physical or verbal fights
 - Have friends who bully others
 - Are increasingly aggressive
 - Get sent to the principal's office or to detention frequently
 - Have unexplained extra money or new belongings
 - Blame others for their problems
 - Don't accept responsibility for their actions
 - Are competitive and worry about their reputation or popularity

Interventions for the Child who Bullied

- Self-Esteem
- Anger Management
- Effective Communication
- Healthy Coping Skills



Interventions for the Child who was Bullied

- Conflict Resolution
- Social Skills
 - How can this look like at K-6, 7-8, and HS?
- Self Esteem
- Healthy Coping Skills



Interventions for Bystanders

- Conflict Resolution
- Social Skills
- Effective Communication
- Healthy Coping Skills






How you can help

- Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:
 - Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
 - Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
 - Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
 - Model how to treat others with kindness and respect.

Ask for Help & Resources



- School resources:
 - Counselors, Principal, VP , Teachers
- School protocol
 - Know who you can go to and what role you will play in their system

Western Youth Services Outreach & Engagement

- Program services are FREE
- We assist all ages!
 - Workshops
 - Support Groups
 - Individual Case Management
- South Orange County Residents
 - What if I don't live in South County?



