



UNITED TRIBES
TECHNICAL COLLEGE
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Bullies

WHAT BULLYING CAN LOOK LIKE

When I was a young boy, the bully called me names, stole my bicycle, and forced me off the playground.

He made fun of me in front of other children, forced me to turn over my lunch money each day, threatened to give me a black eye if I told adult authority figures.

At different times I was subject to a wide range of degradation and abuse – de-pantsing, spit in my face, forced to eat the playground dirt....To this day, their handprints, like a slap on the face, remain stark and defined on my soul.

Eric E. Rofes

Take a Stand!

*If you witness
bullying, intervene
say "stop that"
or tell someone
who can intervene*

FALSE STATEMENT

*Sticks and stone can break
my bones, but words can
never hurt me!*

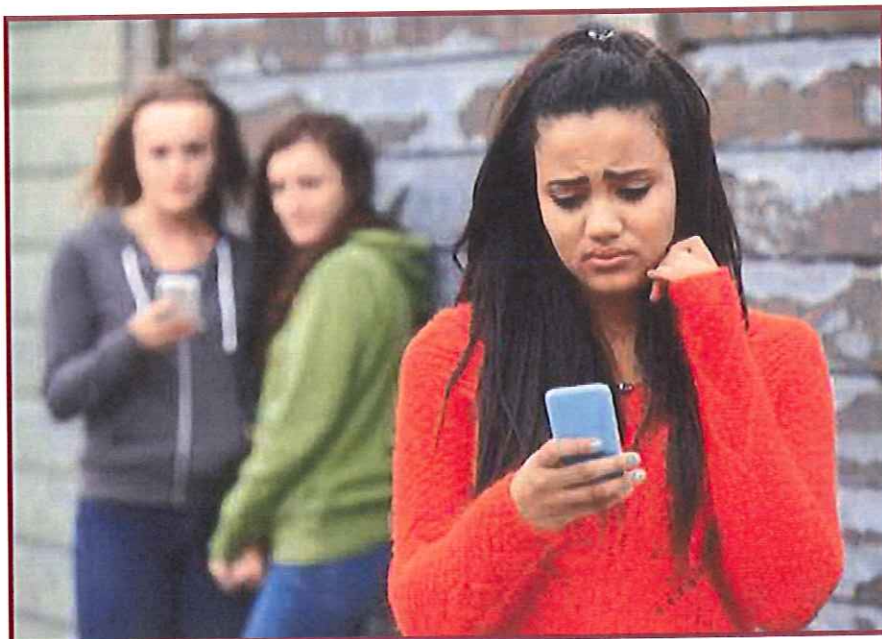
What is bullying?

With all the focus that has surrounded gangs and gun violence, it may be easy to forget that the teenage years are not the only times that children face violent behavior.

In fact, aggressive behavior and bullying are even more common in elementary school than in junior and senior high! Some studies suggest that around 20 percent of all American children have been the victim of bullying at some point in elementary school, and about the same number have described themselves as engaging in some form of bullying behavior.

Bullying can range from teasing, to stealing lunch money, to a group of students physically abusing a classmate. Even though bullying is very similar to other forms of aggression, there can be some distinctive features:

- The intention of bullying behavior is purposeful, rather than response to the victims actions.
- The goal is to actually gain control over another child through physical or verbal aggression.
- Usually bullies make their attack without any real reason, other than they see their victim as an easy target.
- Bullies are usually more popular with their peers than children who are simply aggressive.
- Bullies can be controlled. Victims do nothing to prompt being bullied and to ask for help.





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Bullying is never funny and it is not only a problem for children. Causes, consequences, strategies and interventions are the same for adult Bullying.



RESOURCES

- Verdine Ryder (Family Life Educator). Beat the bully problem. This book provides self-help skill and pro-active solutions of bullying behavior. Cost \$5.95, call 713-871-3172 to order.
- G.M. Batsche and H.M. Knoff. Bullies and their victims: Understanding a pervasive problem in the schools. School Psychology Review, 23, 2, 165-174.
- NDSU Extension Service – Bullying handout (credit given and permission requested)
- <http://heyugly.org/> (how to intervene and support victims)
- www.youtube.com/watch?v=rdp5ki8Kxbs (3 minute video on what is bullying – words, cyber, suicide, hotline number)
- www.youtube.com/watch?v=nWqDtz1LIRO (4 minute video – power to stop bullying)
- www.forbes.com/2008/03/22/health-bullying-office-forbeslife-cx_avd_0324health.html (worksite bullying)
- <http://cyberbullying.org/resources/adults>

What it means to be a bully

Living in a society where wealth and power are admired, leaders publically brag about controlling groups, film heroes regularly beat up and kill others, and the weak and sick are often despised, it is no surprise that some children have learned to imitate these unhealthy values. Research has shown that although bullies tend to have difficulty making friends, they do gain a certain level of popularity and peer status for their actions. It is possible that bullies may be enjoying more respect and admiration from their peers, especially among boys. Bullying behavior can often be considered normal behavior. Society cannot support bullying as normal!

Causes of bullying

Parental relationship: Bullies tend to come from families that are characterized as having little warmth or affection. These families also report trouble sharing their feelings and usually rate themselves as feeling less close to each other. Parents of bullies also tend to use inconsistent discipline and little monitoring of where their children are throughout the day. Sometimes parents of bullies have very punitive and rigid discipline styles, with physical punishment being very common. Bullies also report less feelings of closeness to their siblings.

School failure: Bullies are usually not model students. Very often they are not doing well in school and do not have good connections with their teachers.

Peer rejection: Researchers who are interested in how children form relationships with their peers have identified four categories that describe how children relate to peers, based on having children name children that they like as well as children that they don't like:

- **Popular children** are those that many children say they like, and few children say that they dislike. These children have developed positive social and communication skills.
- **Controversial children** are both actively liked and disliked by many of their peers. They tend to have good social skills, but also exhibit aggressive behavior. Class clowns often fit into this category.
- **Rejected children** are actively disliked by many of their peers and well-liked by few of their peers. They show high rates of conflict, aggression, and immature play, and they have trouble taking the perspective of another person. They also have a hard time solving problems without resorting to violence. Rejected children are often prone to delinquency and dropping out of school later.
- **Neglected children** are seldom neither liked nor disliked by their peers. Although they are very shy, and may have low self-esteem, many neglected children do very well in school and are able to develop friends as they approach adolescence. Bullies come most often from the rejected category, but they sometimes are popular children as well.