

CONTACT INFORMATION

Brenda High - Founder, Co-Director, Bully Police USA – 509-547-1052 - Pasco, WA

BOOK: bullycide IN AMERICA: Moms speak out about the bullying/suicide Connection - www.Bullycide.org

Other websites: www.BullyPolice.org - www.JaredStory.com – www.BrendaHigh.com – www.HeroesInTheCrowd.com

SUICIDE

U.S. Public Health Service (1999)

More teenagers died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined.

Centers for Disease Control and Prevention

Suicide was the third leading cause of death for young people 10 to 24 years old in 2004... Accounting for 4,599 deaths a year... ...13 a day

BULLYING

Psychiatric Times - May 01, 2007 Vol. 24 No. 6

Bullying and Risk of Suicidal Behavior in Adolescents - Karen Dineen Wagner, MD, PhD

The risk of depression, suicidal ideation, and suicide attempt was significantly higher for students who were considered either a victim or a bully compared with students who were not. This association was noted whether bullying behavior occurred in or out of school.

Psychiatric Times - May 01, 2007 Vol. 24 No. 6

Bullying and Risk of Suicidal Behavior in Adolescents - Karen Dineen Wagner, MD, PhD

The more frequent the bullying behavior (either as a victim or bully), the greater the risk of depression, suicidal ideation, or suicide attempt.

National Association of School Psychologists - United States Secret Service

Bullying has been a factor in nearly two-thirds of all school shootings

Bullying is a factor in

- Behavior Problems
- Delinquency
- Depression
- Drug Use
- Hurting Others/Selves
- Suicide

Definitions of Bullying - Repeated Harassment...

- A desire to hurt or harm is the motivation – Intentional
- Results in hurtful or harmful actions to a victim(s)
- A power imbalance exists
- Unjust use of power
- The aggressor enjoys carrying out the actions
- The bully oppresses – traps his/her victim
- The bully typically repeats the hurtful or harmful actions against the victim

How to spot a Bully

- Look for the verbally abusive student – a student with bad language
- Look for the student who doesn't care or isn't bothered by the pain of others
- Look for the student who has issues

- Look for the student who is angry
- Look for a student who wants to be popular at any cost

Three types of Bullies - Bully/victims/Anxious/Confident

- Bully/victims - repeating behaviors done to them
- Anxious bullies – academically challenged, low grades, poor concentration, less secure, may lie or blame, may have been bullied before becoming a bully
- Confident bullies – do well in school academically, enjoy being aggressive, sneaky, may be physically strong, feel secure, somewhat popular, unable to take responsibility for their actions, threatening, controlling, may act out of control or angry, verbally and physically abusive, may be jealous and possessive – *hard to change*

For Parents - Signs of possible bullying - Children may...

- Attempt or threaten suicide
- Cry themselves to sleep
- Have nightmares
- Have their possessions go missing, ask for money or start stealing (to pay the bully)
- Continually 'lose' their pocket money
- Refuse to talk about what's wrong
- Have unexplained bruises, cuts, scratches
- Begin to bully other children or siblings
- Develop PTSD, Anxiety or other Stress related symptoms
- Become aggressive and unreasonable
- Give improbable excuses for any of the above
- Be frightened of walking to and from school
- Change their usual route
- Not want to go on the school bus or may beg someone to drive them to school
- Be unwilling to go to school (or be 'school phobic')
- Frequently feel ill in the mornings
- Do poorly in their school work
- Come home regularly with clothes or books destroyed
- Come home starving (bully taking lunch money)
- Become withdrawn, start stammering, lack confidence, become distressed and anxious
- Stop eating – loose weight

TARGETS

Who are the Targets?

- Special Education Students
- Teens open about their sexuality or suspected of being gay
- Religious students
- The minority race
- Students who have cleanliness issues
- Popular students – unpopular students
- Shy and unconfident Students
- Small or skinny students
- Large or overweight students
- Friendless students
- Smart students – Not so smart students
- Talented students
- Students from poorer families
- ...Anyone the bully decides to target

VICTIMS

- Most will not retaliate or be assertive
- Can have physical effects – illnesses, stress-related disorders, attempted and completed suicide
- Can have emotional effects – feelings of isolation, increased fear, anxiety, depression
- Can have academic effects – truancy, absence due to illness, decreased class participation, poor concentration
- Don't report bullying because 1) fear of retaliation 2) think they are at fault and 3) don't think adults will listen, won't do anything or can't do anything
- Temperament more likely to be quiet and/or shy

For Teachers - How to Spot a Victim of a Bully

- Look for the lone child on the playground
- Look for the student who has no friends
- Look for the student who doesn't care
- Look for the student who has issues
- Look for the student who is different
- Look for the student whose grades are falling.
- Look for the student who may be on drugs or self-medicates

SURVIVORS

The Wounded Child Becomes the Wounded Adult

- Long-term bitterness and resentment
- Lower grades – failure to get into college – dropping out of school
- Depression and self loathing
- Lack of trust – bad relationships
- Problems keeping a job
- The desire to “get even” – Columbine
- Suicidal thoughts, attempts or completion

CYBERBULLYING

In the hands of mean teens, cell phones are becoming WMD's.

-Chinese Researcher

There is a New Culture of Bullying

- When you were in school...
- Why are students more aggressive today?
- Bullying has progressed – from spontaneous to planned
- Bullying is now a cultural trend and not an just a lone incident

A New Culture...Bullying has gone High Tech!

- Internet chat rooms
- Instant messaging
- Internet web pages
- Blogs
- Cell phone use
- Cell phone pictures
- Texting
- “Cyberbashing”

Why Cyberbullying?

- Cyberbullying is “simple”
- Kids are skilled on the computer
- Adults typically do not discover the bullying
- There are no faces
- Easy to escape personal responsibility
- No State or Federal laws to address cyberbullying
- School districts do not have policies to address cyberbullying

Tips for Reducing Cyberbullying

- Talk to your children about what they are doing on the computer
- Set rules and family policies
- Do not dialogue with a cyberbully
- Keep records of everything!
- Put the computer in common areas
- Inform the service provider of abuse
- Educate the community & schools

BYSTANDERS

“To the world you may be one person, but to one person you may be the world.” (Unknown)

“In the end we will not remember the words of our enemies, but the silence of our friends.”

Rev. Martin Luther King Jr.

- An average of 10 bystanders observe each bullying incident
- Most bystanders freeze and observe
- A sense of fear for their own comfort and security - “Will I be next?”
- Many witnesses, who initially sympathize with or defend the victim, may eventually come to view bullying as acceptable, if adults fail to act or say otherwise

“Anyone can be a hero, but it’s a lot easier to be a hero, when you are a CROWD of Heroes” **Brenda High**

Schools should...

- Teach students how to speak loud and clear when they are being bullied or harassed without fighting or bullying back
- Support students by coming to their aid when they are confronted by a bully – keep your eyes and ears open
- Encourage student who are bullied to report the bullying
- Encourage bystanders who witness bullying to be student-heroes by reporting the bullying
- ALWAYS take reports of bullying seriously
- Encourage students who are bullied to join support groups, especially if they are an obvious target
- Encourage these students to belong to after school clubs or associations

ATTITUDE IS EVERYTHING!

- Teach that becoming a victim is a not always a choice but staying a victim is. TALK/TELL
- Try Win-Win Talk
- Teach “Verbal Judo”
- Confront & Persuade
- The Questions
- “Who do you know...”
- Follow-up and Follow-up