

Healthy Living 9

Poster/Power point Assignment – *Bullying...No Way!*

You will create a poster or a power point on bullying. Your theme will be ***Bullying...No Way!*** Your poster will be informative, colourful and creative that will encourage bullying to stop.

Organizing your content

Some questions you will consider when completing your assignment include:

1. What is the definition of bullying /cyberbullying?
2. What are the different types of bullying?
3. What are the different roles people can play in bullying? How does being within this role affect someone in the short and the long term?
4. What steps can someone take if they are experiencing bullying/cyberbullying?
5. What is best practice for lessening bullying in schools?
6. What policies and services are in place to assist schools in reducing bullying?
7. What are the common myths surrounding bullying?

Questions to answer for your poster/powerpoint along with some resources.

Definitions of bullying and cyberbullying

<https://bullyingnoway.gov.au/WhatIsBullying/DefinitionOfBullying>
<https://bullyingnoway.gov.au/WhatIsBullying/Documents/definition-of-bullying.pdf>
<http://thinkuknow.org.au/youth/help-cyberbullying>
<http://www.stopbullying.gov/cyberbullying/index.html>
<https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying>
<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=111>

What are the different types of bullying?

<https://bullyingnoway.gov.au/WhatIsBullying/Pages/Types-of-bullying.aspx>

What are the different roles people play in bullying and how does it affect them?

<https://bullyingnoway.gov.au/UnderstandingBullying/WhyDoesBullyingHappen>
<https://bullyingnoway.gov.au/UnderstandingBullying/Pages/Impact-of-bullying.aspx>
<https://bullyingnoway.gov.au/UnderstandingBullying/Pages/Roles-that-kids-play.aspx>
<http://au.reachout.com/How-to-stand-up-against-bullying>

Why does bullying happen?

<https://bullyingnoway.gov.au/UnderstandingBullying/WhyDoesBullyingHappen>

What steps should someone take if they are being bullied (including cyberbullying)?

<https://bullyingnoway.gov.au/YourRole/ForTeens/Pages/Im-being-bullied.aspx>

What is best practice for lessening bullying in schools? What measures can be implemented to prevent bullying at school and in the workplace? How can people reduce their risk for being bullied?

Resources

What is bullying?

Bullying is when one person (or a group of people) with more power than someone else tries to upset or hurt them. This power can come from being more popular, stronger or part of the group. They might repeatedly try to hurt them physically, socially isolate them, or say and do mean or humiliating things to them.

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Bullying can happen in person or online, and it can be obvious or hidden.

If someone behaves in a mean or aggressive way on one occasion it isn't bullying, even though it is not respectful or acceptable. A fight or disagreement between two people of equal power or status isn't bullying.

Bullying is not OK. It feels awful. You feel like you can't stop it. You have the right to feel safe.

Bullying facts

- Bullying is defined as physical or verbal aggression that is repeated over a period of time and, in contrast to meanness, involves an imbalance of power.
- Twenty eight percent of young people from grades six through 12 have been the victim of bullying.
- Teachers often underestimate how much bullying is occurring at their schools.
- Parents tend to be aware their child is being bullied only about half the time.
- There are thought to be four types of bullying: physical, verbal, relational, and reactive.
- Bullies often have been found to have rather high self-esteem and to be social climbers.
- Bystanders of bullying tend to succumb to what they believe is peer pressure to support bullying behavior and fear of becoming the victim.
- Bullying can have significantly negative outcomes, for both the bully and the victim.
- There are a number of approaches that victims and bystanders of bullying, as well as parents, school, and work personnel can use to discourage bullying at school or in the workplace.

What are the different types of bullying?

There are thought to be at least five types of bullying.

- Physical bullying can involve hitting, kicking, pinching, pushing, or otherwise attacking others.
- Verbal bullying refers to the use of words to harm others with name-calling, insults, making sexual or bigoted comments, harsh teasing, taunting, or verbal threats.
- Relational bullying focuses on excluding someone from a peer group, usually through verbal threats, spreading rumors, and other forms of intimidation.
- Reactive bullying involves the bully responding to being a former victim by picking on others.
- Bullying can also involve assault on a person's property, when the victim has his or her personal property taken or damaged.

Boys tend to engage in bullying more often than girls, especially at high school age and beyond, and are more likely to engage in physical or verbal bullying, while girls more often engage in relational bullying.

How common is bullying?

Some statistics on bullying suggest that 28% of students from grades six through 12 have a history of being the victim of bullying, while 30% of high school students acknowledge having bullied other students. About 10%-14% of children have been the victim of bullying for more than six months. Most

victims of cyberbullying have also been victims of school bullying.

What makes a bully? Why do kids bully? Why do adults bully?

Bullying is thought to be the result of the bully's need to get and keep control over someone else. The aggression that is involved in bullying is thought to interfere with the empathy needed to refrain from bullying others. The aggression is described as being of two different types: proactive aggression and reactive aggression. Proactive aggression is described as being organized, emotionally detached, and driven by the desire for a reward. Reactive aggression is defined as impulsive, in response to a perceived threat or precipitant, and usually associated with intense emotion, especially anxiety or anger. Contrary to the stereotype of the bully who is socially inept trying to make him or herself feel better, bullies who have never been the victim of bullying have been found to have rather high self-esteem and to be social climbers. Child and adult bullies have a tendency to have low tolerance for frustration, trouble empathizing with others, and a tendency to view innocuous behaviors by their victims as being provocative. Many non-victimized bullies are thought of as bi-strategic controllers, using both prosocial actions (for example, likeability and popularity) and negative actions (for example, intimidating or coercing others) to engage in these hurtful behaviors toward others.

Bullies who have been the victim of bullying themselves (bully/victims) tend to be more aggressive than bullies who have never been a victim of bullying. They tend to be less popular, more often bullied by their siblings, be otherwise abuse or neglected, and to come from families of low socioeconomic status.

Bystanders of bullying, those who witness it but are neither the primary bully nor the victim, tend to succumb to what they believe is peer pressure to support bullying behavior and fear of becoming the victim of the bully if they don't support the behavior. Further, bystanders are at risk for engaging in bullying themselves if they encourage the bullying by paying attention to the behavior or laughing about it.

What are causes and risk factors of bullying?

Risk factors for being the victim of bullying include having low understanding of emotional or social interactions, a tendency to become upset easily, or already suffering from anxiety or depression. Actual or perceived obesity of the victim is also a risk factor. Being underweight is slightly associated with being bullied. Gay, lesbian, bisexual, or transgender youth are more often victims of bullying compared to their heterosexual counterparts. Children who have disabilities or are immigrants or highly achieving minorities are more vulnerable to being bullied, as well.

What are symptoms and warning signs of children and adults who are bullied?

Signs that may indicate that a child may be being bullied include missing belongings, unexplained injuries, and a limited number of friends. Symptoms experienced by victims of bullying may be physical, emotional, and behavioral. Examples of physical symptoms include those often associated with stress, like headaches, stomachaches, changes in appetite, bedwetting, dizziness, and general aches and pains. Psychological symptoms often include irritability, anxiety, sadness, trouble sleeping, frequent nightmares, tiredness in the mornings, loneliness, helplessness, and feeling isolated. Victims of bullying may exhibit behavioral symptoms as well, like avoiding social situations, getting to school or work late, taking off more days, or even trying to retaliate against their tormentors. Their grades may decline and they may become self-destructive (for example, run away from home, hurting themselves or contemplating suicide).

What are the effects of bullying?

Bullying can be associated with significantly serious problems. Teens who bully are at greater risk for engaging in delinquent behaviors, including vandalism, as well as violence inside and outside of school. They are also at risk of substance abuse and dropping out of school. Victims of these behaviors also tend to develop or increase their severity of anxiety. Bullies and victims tend to experience

depression more than their peers who have not been involved in bullying, which can lead to academic problems, frequent absences from school, loneliness, and social isolation. Research shows that bullies and their victims are also at risk for having attention deficit hyperactivity disorder (ADHD). People who were bullied as children are at risk for having less social support during adulthood, and those who were bully/victims during childhood may have poorer physical and financial health, more antisocial behavior, and be more likely to become a young parent compared to bullies who have never been the victim of bullying. Victims of workplace bullying may suffer from reduced job performance, more absences, and less work satisfaction. Ultimately, bullying may be the cause of higher staff turnover. People who are both victims and perpetrators of bullying seem to be more vulnerable to experiencing both internalizing (for example, loneliness, depression, and anxiety) and externalizing (for example, antisocial) symptoms.

Either being a bully or the victim of bullying has been found to increase the risk of engaging in self-harm, as well as suicidal thoughts and actions in both boys and girls. However, research indicates that the risk of both thoughts and attempts at suicide seem to be higher for girl victims and girl bullies no matter how infrequent the bullying occurs. However, the risk of suicidal thoughts seems to increase in boy bullies and victims when the bullying occurs repeatedly. Interestingly, the frequency of suicide gestures/attempts in boy bullies and victims seems to increase even when bullying occurs infrequently.

What can people do if they see someone being bullied?

Bystanders to bullying can help discourage bullying behavior by asking other people who are witnessing the bullying how they feel about what they have seen and whether they feel the behavior is right or wrong. The group of bystanders can decide individually or as a group to positively influence the situation by expressing their disapproval toward the bully and/or notifying people in authority, like teachers, counselors, or administrators at school or supervisors or the human resources department in the workplace. Bystanders to bullying can also discourage the behavior by encouraging the victim to ask for help from peers and authority figures.

- You can share a story.