

# Bullying/Cyberbullying

Parent Education Workshop  
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# Bullying – What is it?

- There are several definitions for bullying:  
    “the unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.”

- Wikipedia defines it as “repeated, aggressive behavior intended to hurt another person physically or mentally.”
- The National Education Association defines it as “systematically and chronically inflicting physical hurt and/or psychological distress on another. Bullying can be physical, verbal or social”.

# What Bullying Is Not

- It is not random
- It is not incidental
- It is not being mischievous

# It Is:

- **On purpose**
- **Malicious**
- **Repeated**
- **Imbalance of power**
- **To keep the victim in a fearful state**
- **Intent to harm**

# Cyberbullying

- Bullying that uses electronics
- *kidshealth.org* defines it as “the use of technology to harass, threaten, embarrass, or target another person”
- It includes the use of emails, text messaging, instant messaging (instagram) and social media sites to post rumors, videos, incorrect/fake profiles, or embarrassing pictures.
- It is the **repeated** act with malicious intent that makes the behavior that of bullying.

# Signs That Your Child is Being Cyberbullied

- emotional distress during or after using the Internet or the phone
- Being very protective or secretive of their digital life
- Withdrawal from friends and activities
- Avoidance of school or group gatherings
- Slipping grades and acting out in anger at home
- Changes in mood, behavior, sleep or appetite

# Who is at Risk of being bullied?

- Children who are perceived as:
  - weak – unable to defend themselves
  - depressed or anxious
  - having low self-esteem
  - having few friends
  - not getting along well with others
  - annoying
  - those how provoke or antagonize others
  - being different



# What Parents Can Do

- Limit your child's access to technology
- **Know what your child is doing online, or on their cell phone**
- Talk to your kids about what bullying is and what it is not
- Listen to your child
- Know their friends

# Who are the Bullies?

From <http://www.stopbullying.gov>, there are two types of children who seem more likely to bully:

- \* “some are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others”
- “others are more isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others”

These bullies are shown:

- to be aggressive/easily frustrated
- to have little parental involvement
- to have issues at home
- to think badly of other people
- to have difficulty following rules/expectations
- view violence in a positive way
- have friends who bully

These kids “do not need to be stronger or bigger than those they bully. The power imbalance can come from a number of sources – popularity, strength, cognitive ability – and children who bully may have more than one of these characteristics”.

<http://www.stopbullying.gov>

# What to do if your child IS THE BULLY

- You must help the child understand how their actions are affecting someone else
- You must be firm that bullying – no matter their reason – is never acceptable
- Explain the consequences if it continues
- Institute parental controls on all of their devices
- Take away their devices
- Hold them accountable for their actions
- Get them professional help if they can not control their behavior
- Ensure they try to make amends to the person(s) they have hurt or who have been affected by their actions

# Resource

- <http://kidshealth.org>
- <http://www.nea.org>
- <http://www.maskmatters.org>
- [www.stopbullying.gov](http://www.stopbullying.gov)