

Bullying

Concern

Aggressive and unwanted behavior towards other students that involves a real or perceived power imbalance, characterized by taunting, hitting, harrassing, intimidating.

Description

Bullying is a "gateway" problem behavior and a pervasive one. Students who bully others during their school years, especially middle school, are much more likely than other students to get in trouble with the law as adults. Bullies often come from homes where physical punishment is the norm. This punishment may have crossed over into actual abuse.

Contrary to what used to be believed, research has shown bullies demonstrate little anxiety and report strong self-esteem. They often lack empathy for their victims, or blame them for "asking for it." A substantial number of bystander students actually agree with this analysis.

Because bullying is primarily about power dynamics, the most successful bully prevention programs are schoolwide ones that address these power dynamics from all three directions: bully, target and bystander. Nonetheless, individual interventions which target bullies and their victims separately can also be effective.

Goals of intervention - students will:

- Develop empathy
- Change norms about bullying
- Redirect desire for power and dominance
- Build impulse control
- Learn techniques to manage anger
- Understand reasons behind their anger

A suggested scope and sequence - Teens

Strengths	Physical sensations	Connecting with others
Power	Mindfulness	Making friends
Responsibility	Self-control	Bullied
Empathy	Reactions - stopping	Bully - offender
Perspective taking	Consequences - predicting	Bullying - online
Bystander	Managing feelings	Harrassment - online
Asserting yourself	Self-talk	Resolving conflict
Assertive posture	Anger	Aggression
Assertive voice	Fear	Teasing
Assertive message	Predicting feelings	Threats
Self-efficacy	Kindness	Mean

A suggested scope and sequence - Kids

Strengths	Managing feelings	Triggers - catching
Responsibility	Assertiveness	Feelings - knowing yours
Empathy	Self-awareness	Kindness
Point of view	Impulse-control	Connecting with others
Bullied	Reactions - controlling	Making friends
Bully - you do it	Consequences - predict	Conflict
Bullying online	Self-talk	Teasing
Bystander	Angry	Teased
Calming down	Afraid	Threats