ADDRESSING BULLYING & CYBERBULLYING

BUSD WELLNESS SYMPOSIUM
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Caring Schools

“The ability to love, work, and learn. Parents and children and teachers and students having unobstructed pathways to relationships and friendships that are respectful, positive, and constructive.”

Maureen Wong, LAUSD 1999
EXPOSURE TO TRAUMATIC LIFE EVENTS

• An event that threatens injury, death, or physical safety;
• May cause fear, insecurity, terror, horror, hopelessness, or helplessness and;
• Examples may include witnessing or experience various forms of abuse, violence, disasters, suicides, traumatic physical injury.
Students Experiencing Trauma

SAMHSA, 2017

67% before age 16

APA & SAMHSA, 2017
Students Experiencing Trauma

• Often demonstrate either externalized or internalized behaviors.
Student Disengagement

EXTERNALIZED
• Undercontrolled behaviors
• Disruptive behaviors
• Acting out

INTERNALIZED
• Overcontrolled behaviors
• Withdrawn behaviors
Bullying Defined

“Unwanted or aggressive behavior(s) involving perceived or observed power imbalance that is repeated or likely to be repeated.”

CDC, 2012
Cyberbullying Defined

“Bullying that occurs over digital devices.”

US DHHS, 2018
Forms of Bullying

**DIRECT**
- Obvious
- Aggression
  - Verbal
  - Actions
- More common in children
- More common in males

**INDIRECT**
- Social isolation
- Exclusion
- Not as obvious
- More common in adolescents
- More common in females
Four Considerations When Understanding Bullying
PEOPLE WHO BULLY CAN FEEL

• Acceptance
• Aggression
• Anxiety
• Confusion
• Control
• Embarrassment
• Hostility
• Power
• Prestige
• Prejudice
• Satisfaction

PEOPLE WHO BULLY & ARE TARGETS OF BULLYING CAN FEEL

• Acceptance
• Aggression
• Confusion
• Control
• Devalued
• Embarrassment
• Fear
• Isolation
• Hostility
• Power
• Rejection
• Satisfaction

PEOPLE WHO ARE TARGETS OF BULLYING CAN FEEL

• Anxiety
• Devalued
• Embarrassment
• Fear
• Frustration
• Helplessness
• Hopelessness
• Humiliation
• Intimidation
• Isolation
• Loneliness
• Persecution
• Rejection

PEOPLE WHO WITNESS BULLYING CAN FEEL

• Confusion
• Embarrassment
• Fear
• Helplessness
• Shame
• Sadness
Contributing Factors

- Under controlled behavior
- Over controlled behavior
- Conflicts with adults
- Tolerance for aggression by adults
- Negative beliefs/attitudes about others
- Lacking empathy
- Acceptance for aggression in some situations
- Negative beliefs/attitudes about self
- Poor impulse control
LET’S LISTEN...
Don’t be fooled by the face I wear
For I wear a mask,
That I am afraid to take off.

Beneath is the real me, in confusion,
aloneness, and fear but I hide this;

Please listen carefully to what I am
NOT saying;

I really want to be me, who I truly am
But I don’t know how;
I fight against the very thing I cry out for;

I need your help, your hand to hold, your guidance but when you reach out I may strike back;

Who am I? I am every man, woman, and child you meet who wears a mask;

Don’t be fooled, at least not by the face I wear.

Charles C. Finn
Impacting Bullying

✓ Shift the focus in learning from acquiring knowledge and facts to developing skills that redirect compromising behaviors and reinforce healthy appropriate behaviors. (2004, Smith, Schneider)

✓ Empower children with alternatives to bullying behavior including teaching empathy skills and healthy-appropriate communication skills. (2004, Smith, Schneider)

✓ Developing understanding with empathy, coping, socialization, & problem solving skills can positively impact bullying, bystander, target, and bully-target behaviors. (1987, Dodge, Coie)
How Learning Happens

✓ Modeling attitudes, beliefs, actions, and behaviors in self and in others;

✓ Explicit instruction in higher order critical thinking skills with guided and independent practice and;

✓ Sincere acknowledgement of accomplishments.
words unspoken
power off
focus on feelings
don’t speak
acceptance
Listen
observe
no judgements
Be Mindful

words  of yourself  actions

of others  feelings
Empathy is a Skill that May be Taught and Learned
Teaching Empathy as a Skill

- Non-judgmental observations of others
- Recognize the feelings of others
- Reflect on body language as methods of expression
- Listen without commentary
- Acknowledge feelings, thoughts, insights of others
- Appreciate varying points of view and perspectives
- Recognize the perspective of others
- Reflect upon self and others as members of shared community
Practice Recognizing & Expressing Feelings in Healthy & Appropriate Ways

- Identify the feelings;
- Understand the source of the feelings;
- Recognize healthy-appropriate strategies for expressing the feelings;
- Appreciate that not everyone will have healthy-appropriate communication skills and;
- Teach and model healthy-appropriate expression of feelings and emotions.
breathe
tactile senses
visualize emotions
Create an emotion word vocabulary
practice expressing feelings through words
If we live with criticism,
We learn to condemn;
If we live with hostility,
We learn to fight;
If we live with ridicule,
We learn to feel shy;
If we live with shame,
We learn to feel guilty.
If we live with encouragement,
We learn to confidence;
If we live with tolerance,
We learn patience;
If we live with praise,
We learn appreciation;
If we live with acceptance,
We learn to love;
If we live with approval,
We learn to like ourselves;
If we live with consideration,
We learn respect;
If we live with security,
We learn to have faith in ourselves;
If we live kindness,
We learn to find our place in this world.

Dorothy Law Nolte