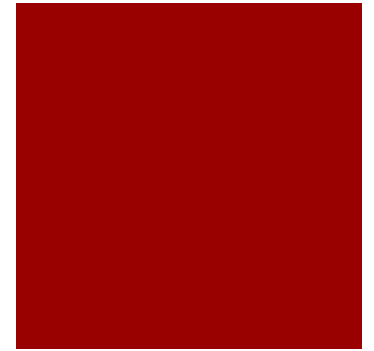




Sticks and Stones..

Healthy Youth Nebraska Conference – Kearney, NE
Susan Lindblad, PhD

Bullying

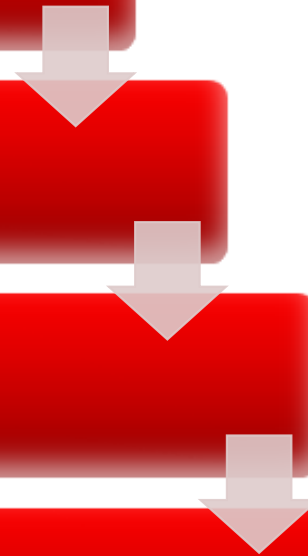


Prevalence

Warning Signs

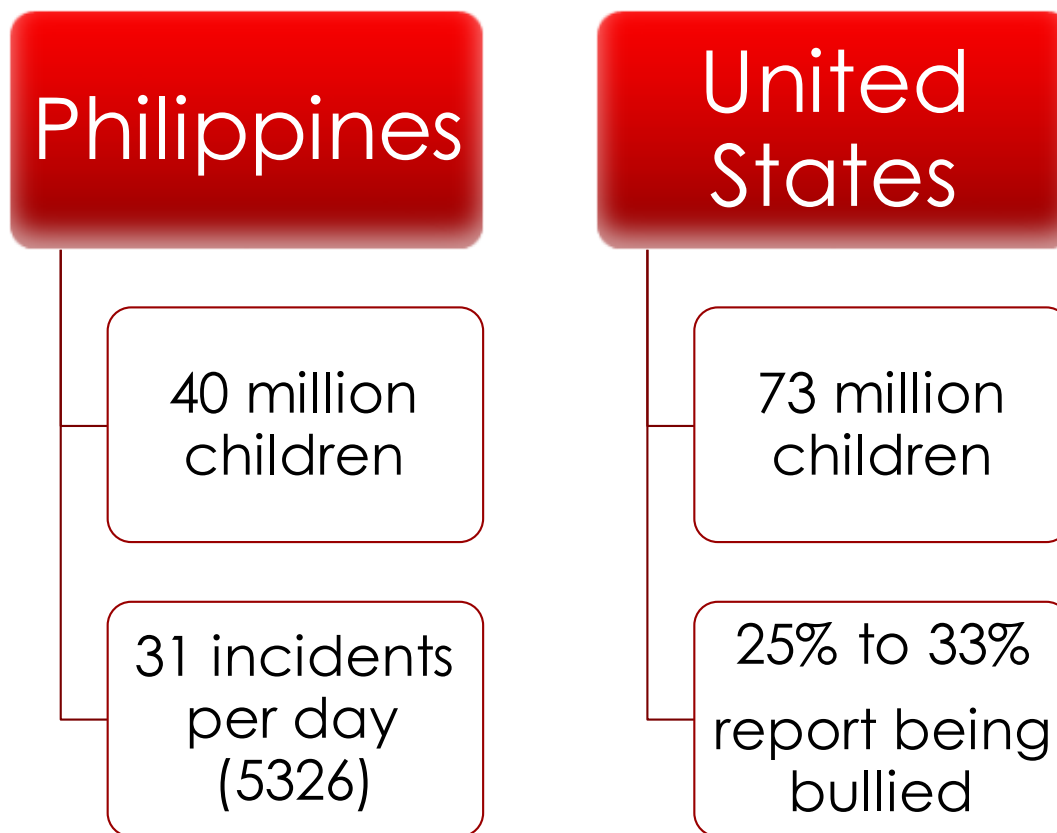
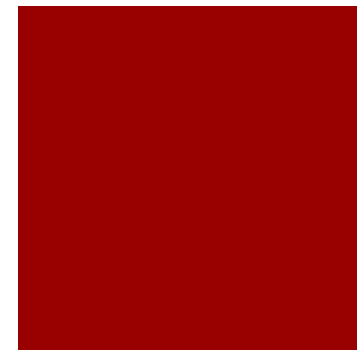
Consequences

Prevention



Prevalence

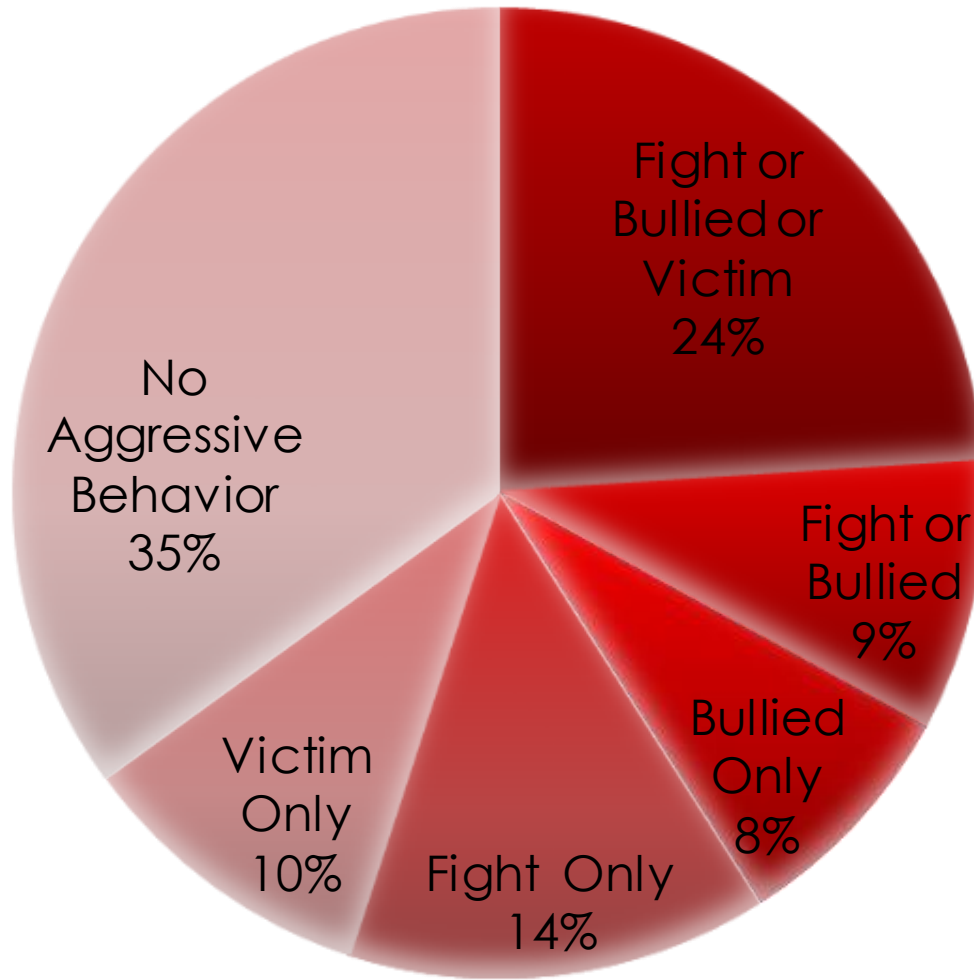
An International Problem



Transcends National Borders

Bullied Others Once	Bullied Others Multiples
Lithuania	Lithuania
Austria	Germany
Latvia	Austria
Germany	Greenland
Estonia	Russian Federation
Switzerland	Latvia
Ukraine	Switzerland
Canada	Estonia
USA	Ukraine
Portugal	Canada
Denmark	USA
Netherlands	Denmark

Fighting – Bullying – Victimization (USA - 2014)



USA Center for Disease Control and Prevention (2014)



	US	NE
Been in a Fight	23%	19%
Been in a Fight at School	8%	5%
Injured in a Fight	3%	3%
Carried a Gun	5%	5%
Carried a Weapon	16%	x
Carried a Weapon at School	4%	8%
Threatened with a Weapon at School	6%	7%
Bullied at School	20%	26%
Cyberbullied	16%	18%
Avoid School due to Safety Concerns	6%	6%

Incidence Rates

- **How often have you been bullied in school this year?**

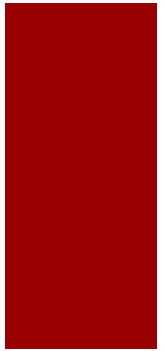
- 31% report that they have NOT been bullied
- 56% report being bullied “a few times” or “once in a while”
- 12% report being bullied once a week or more

(8th – 10th graders)

- **How often have you taken part in bullying others?**

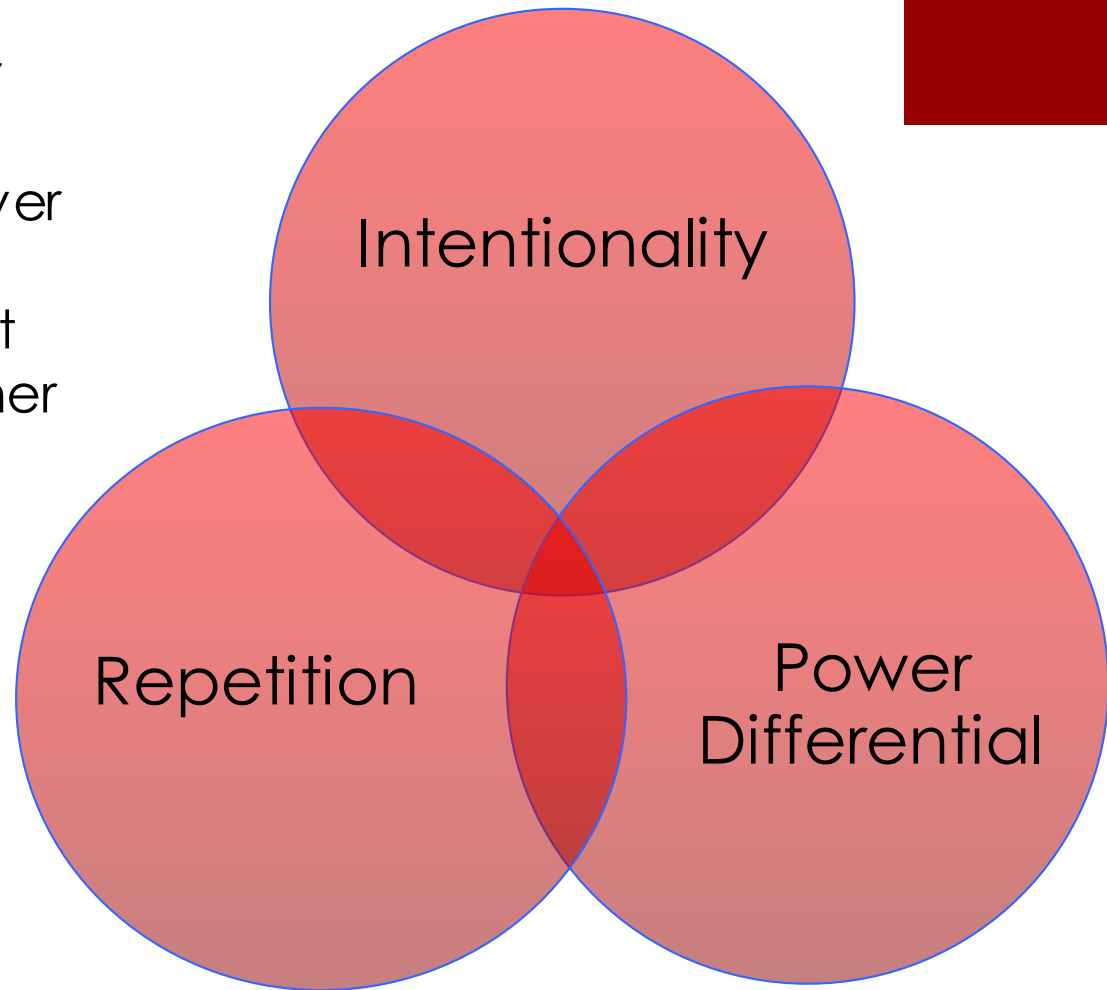
- 33% report that they have NOT been bullied
- 54% report bullying others “a few times” or “once in a while”
- 13% report bullying others once a week or more

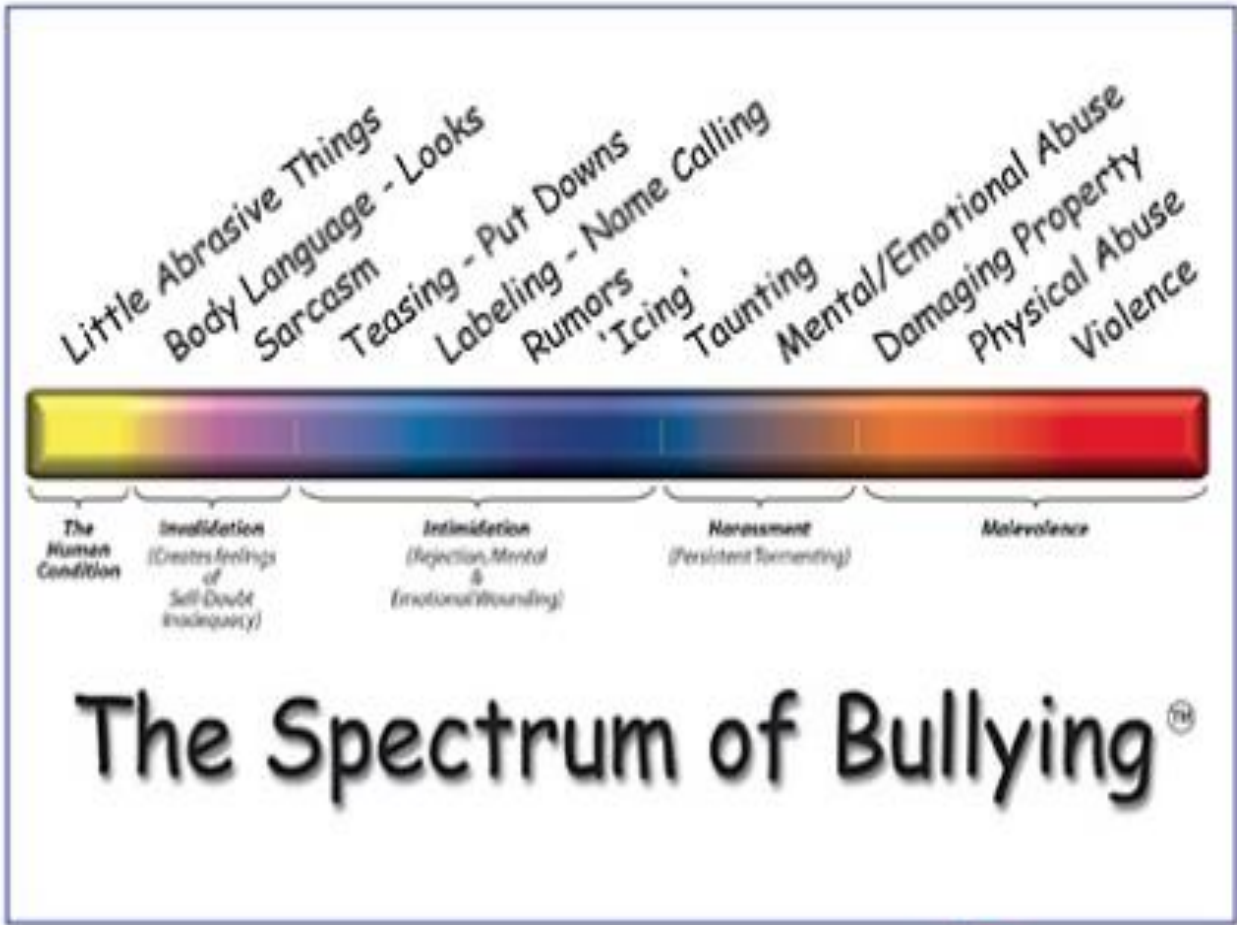
Shelley Hymel, 2007



Bullying Defined:

“A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons” Olweus, 1991





Starts Here



Leads to Here

Unchecked Bullying



Violence



Tragedy



Prison
Suicide
Long-term Effects

Cyberbullying Defined:

- Cyberbullying is bullying that takes place using electronic technology.
 - Cell Phones
 - Tablets
 - Computers
 - Social Media Sites
 - Text Messages
 - Chats
 - Websites



Rumors



Mean Texts



Fake
Profiles



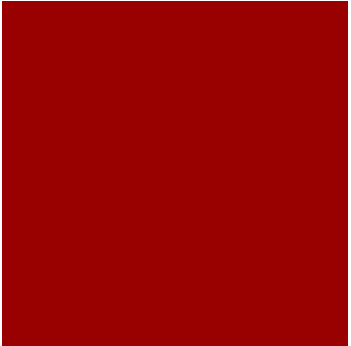
Embarrassing
Pictures

Bullying

- DIRECT
- Can find a safe place or escape
- Limited to onlookers
- Bully can be identified
- Can observe reactions of target and onlookers

Cyberbullying

- ANONYMOUS
- No safe place to escape
- Wide audience – can go viral in seconds
- Bully can be anonymous
- Silent and hidden reactions



Increased Likelihood Bullying Others



Isolated	Connected
Depression (10-15%)	Concerned with Popularity
Anxiety (8-14%)	Desire Social Power
Low Self-Esteem	Desire Dominance
Less Involved at School	Desire Leadership
Easily Pressured	
Low Emotional IQ	

Both types may become easily frustrated or aggressive, difficulty following directions, think poorly of others, view violence positively, and/or have low parental involvement or home issues

Consequences of a Bullying Mentality

- Increased Externalizing Problems
- Increased Antisocial Behaviors/Aggression
- Increased Substance Use
- Increased Mental Health Problems
 - Depression
 - Anxiety
- Increased Suicide Risk
- Increased Dating Aggression
- Increased Acts of Sexual Harassment
- Arrests for Child/Spouse Abuse
- Delinquency & Criminality
- Increased Moral Disengagement

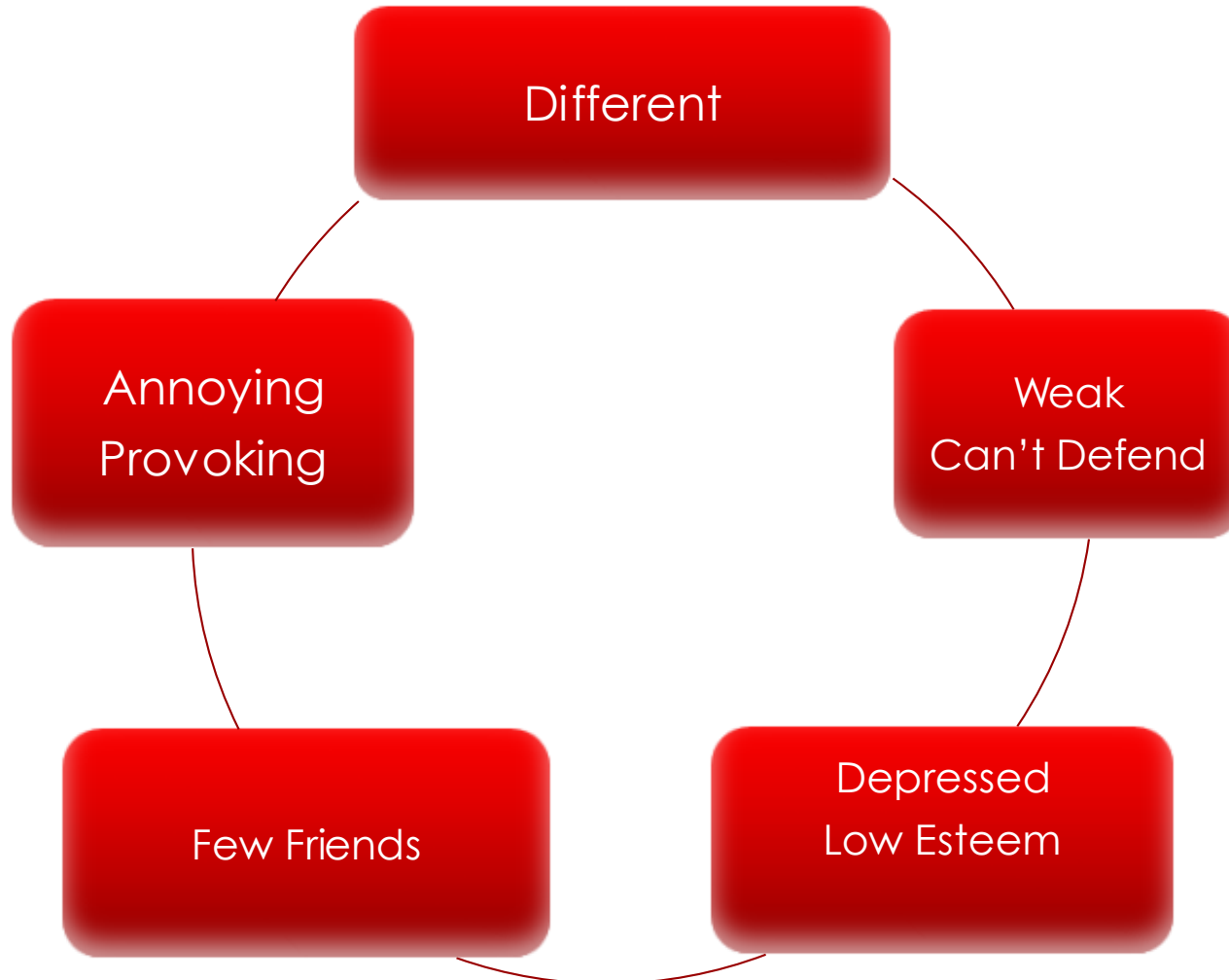


Early Warning Signs of Bullying Others:

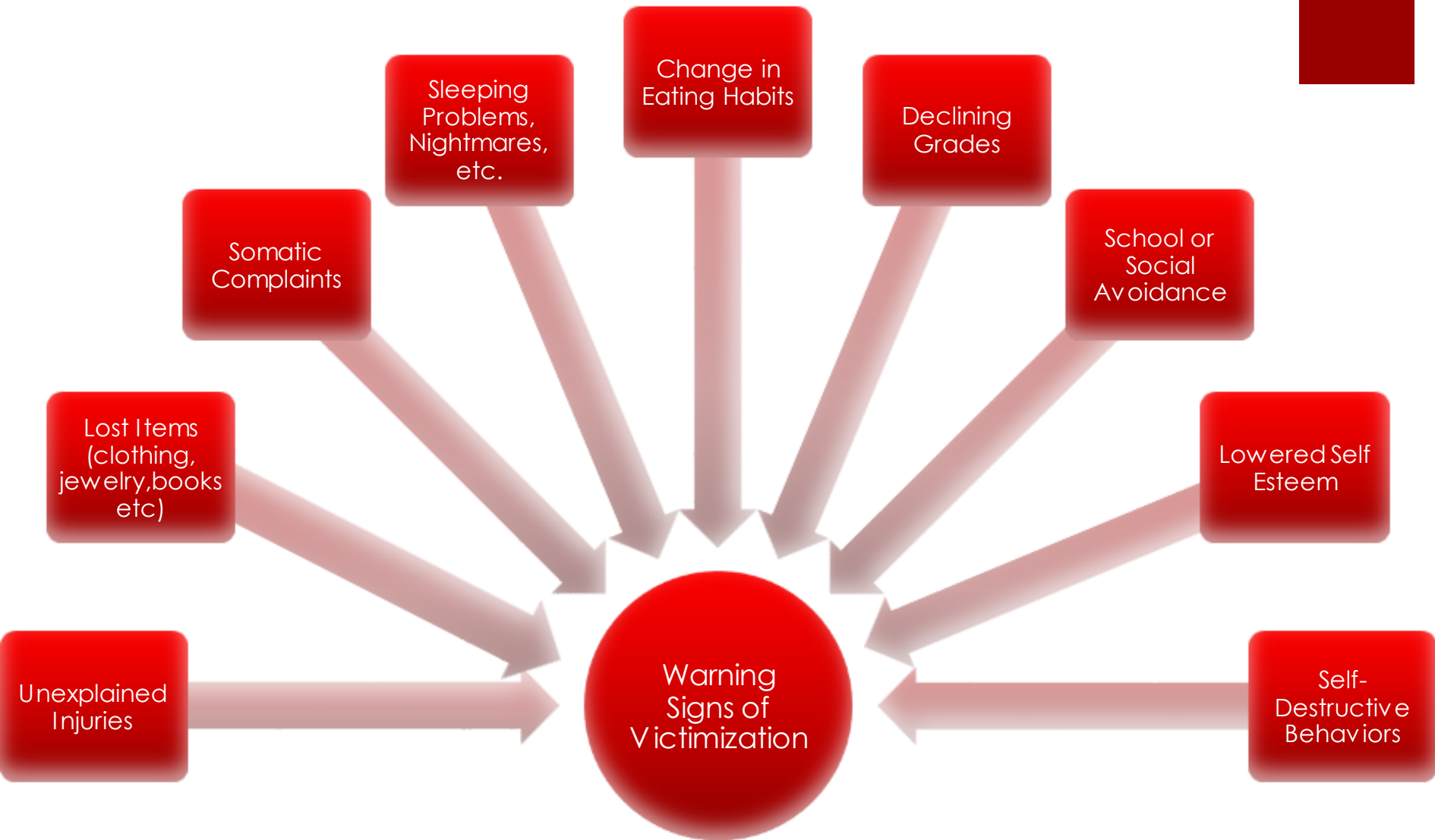
- Physical or Verbal Fights
- Friends Bully Others
- Increased Aggression
- Office Referrals/Detentions
- Unexplained Finances or Belongings
- Blames Others
- Difficulties Accepting Responsibility
- Competitive
- Concerned with Reputation



Increased Likelihood of Being Bullied (Victimization)



Early Warning Signs: Victimization

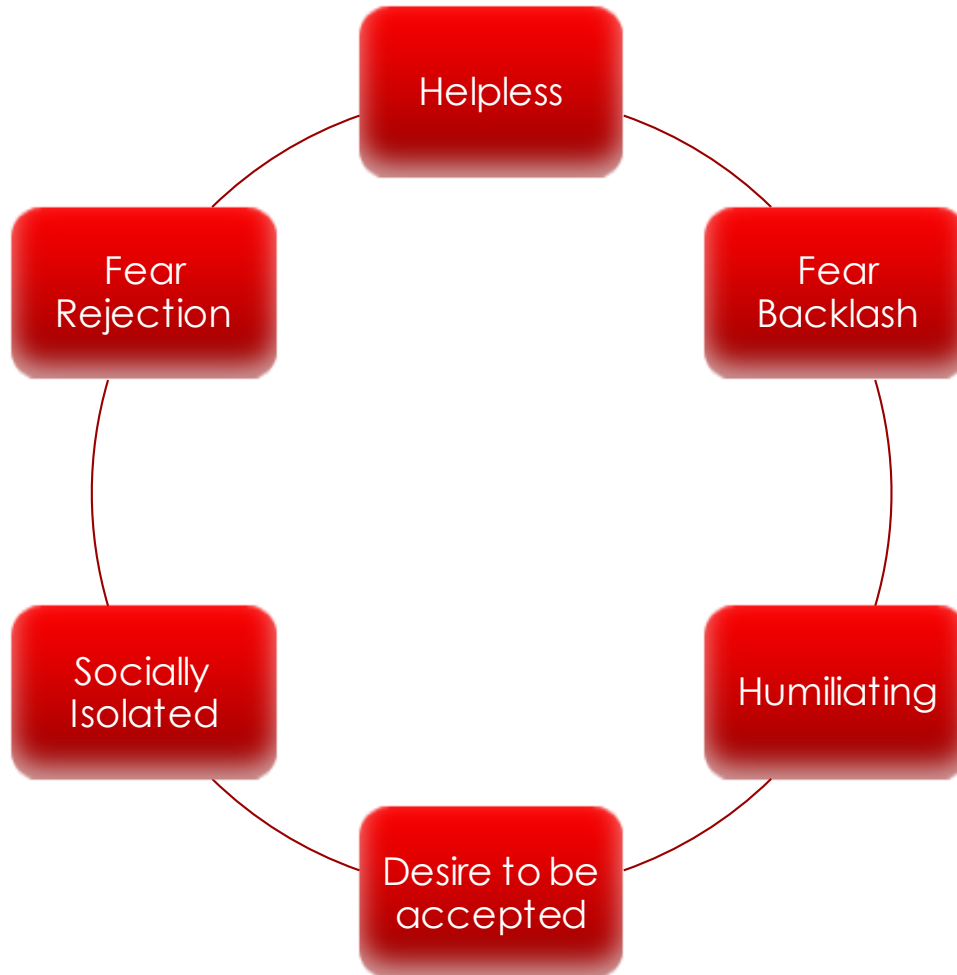


Consequences of Victimization

- School Problems
 - Academic Struggles
 - Increased Absenteeism
 - Truancy/Avoidance
 - Increased Drop Out Rates
- Physical Health Problems
 - Somatic Complaints
 - Stress Related Illness
- Mental Health Issues
 - Low Self-Esteem
 - Depression
 - Isolation
 - Withdrawal
 - Anxiety
 - Loneliness
 - Anhedonia
 - Suicidal Ideation/Attempts
- Aggressive Behaviors



Why Don't Kids Get Help?



Important Note

- Avoid labeling the student(s)
 - bully
 - victim
 - perpetrator
- Describe the exact behavior
 - name calling
 - teasing
 - intimidation
 - verbal aggression
 - cyber harassment
- Identify the context or setting



What Does NOT Help?

- Most Anti-Bullying Programs result in NO Meaningful Change (68%)
- Variables most likely to change include
 - Knowledge
 - Beliefs
 - Attitudes
 - Self-Perceived Competencies
- Actual Involvement in bully or victim roles are UNLIKELY to change.



So What DOES Help?

- Parent Training/Meetings
- Improved Playground Supervision
- Classroom Management Strategies
- Teacher Training
- School-wide Interventions
 - PBiS
 - Disciplinary Measures
- Cooperative Group Work



Prevention

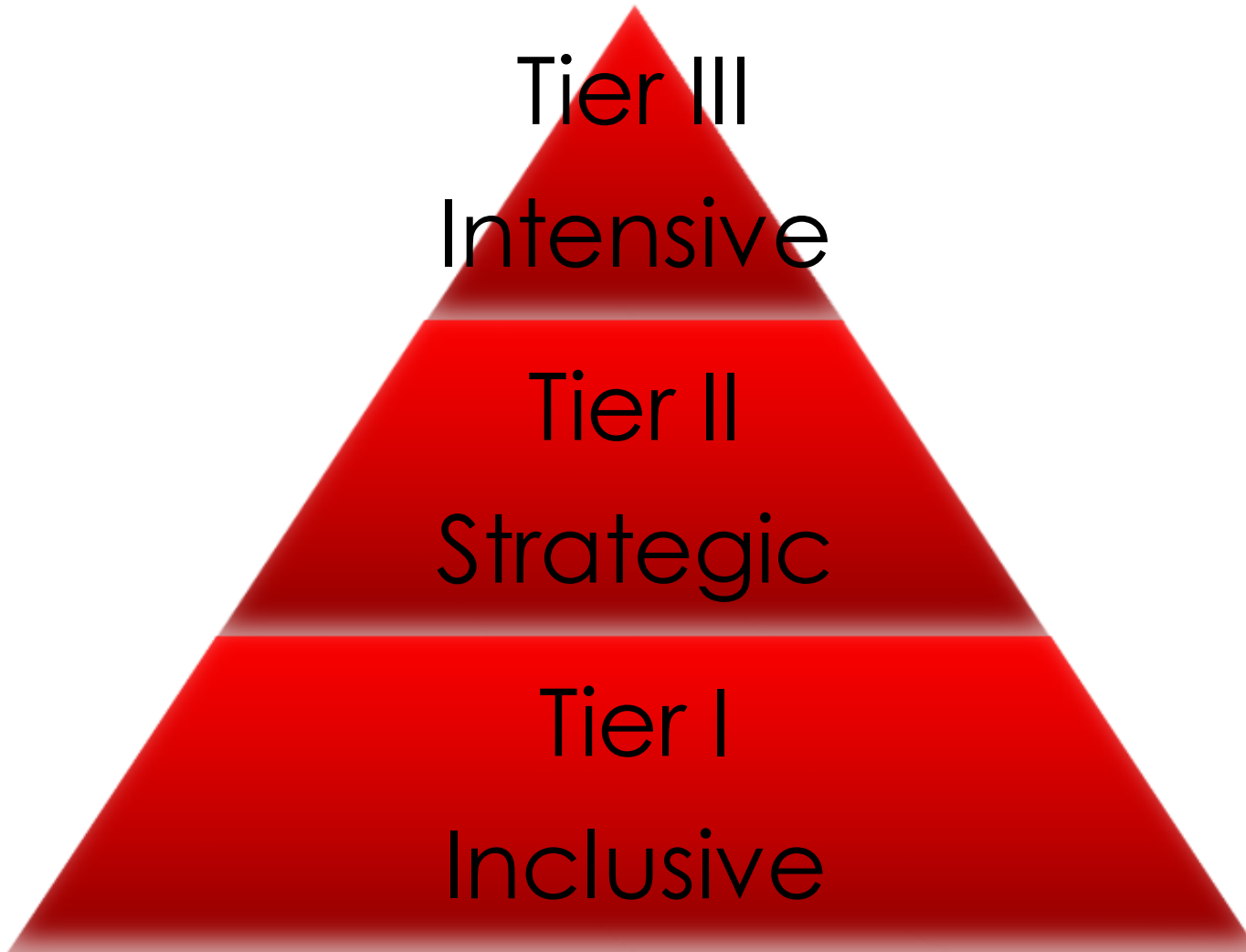
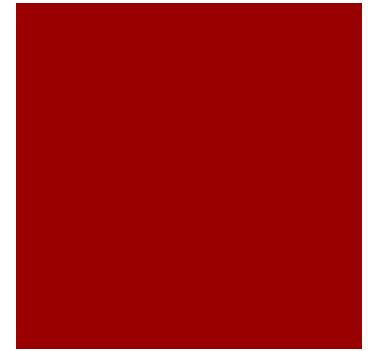


Effective Schools

- Target Social Skills Curriculum
- Positive school and classroom social cultures
- Instructional practices maximize academic success for all students
- Continuous, positive active supervision
- Regular/frequent positive acknowledgement and reinforcement
- Active stakeholder involvement
- Multi-year and multi-component implementation
- Adults who model behaviors and values



Multi-Tiered Interventions



Tier I: Universal Interventions

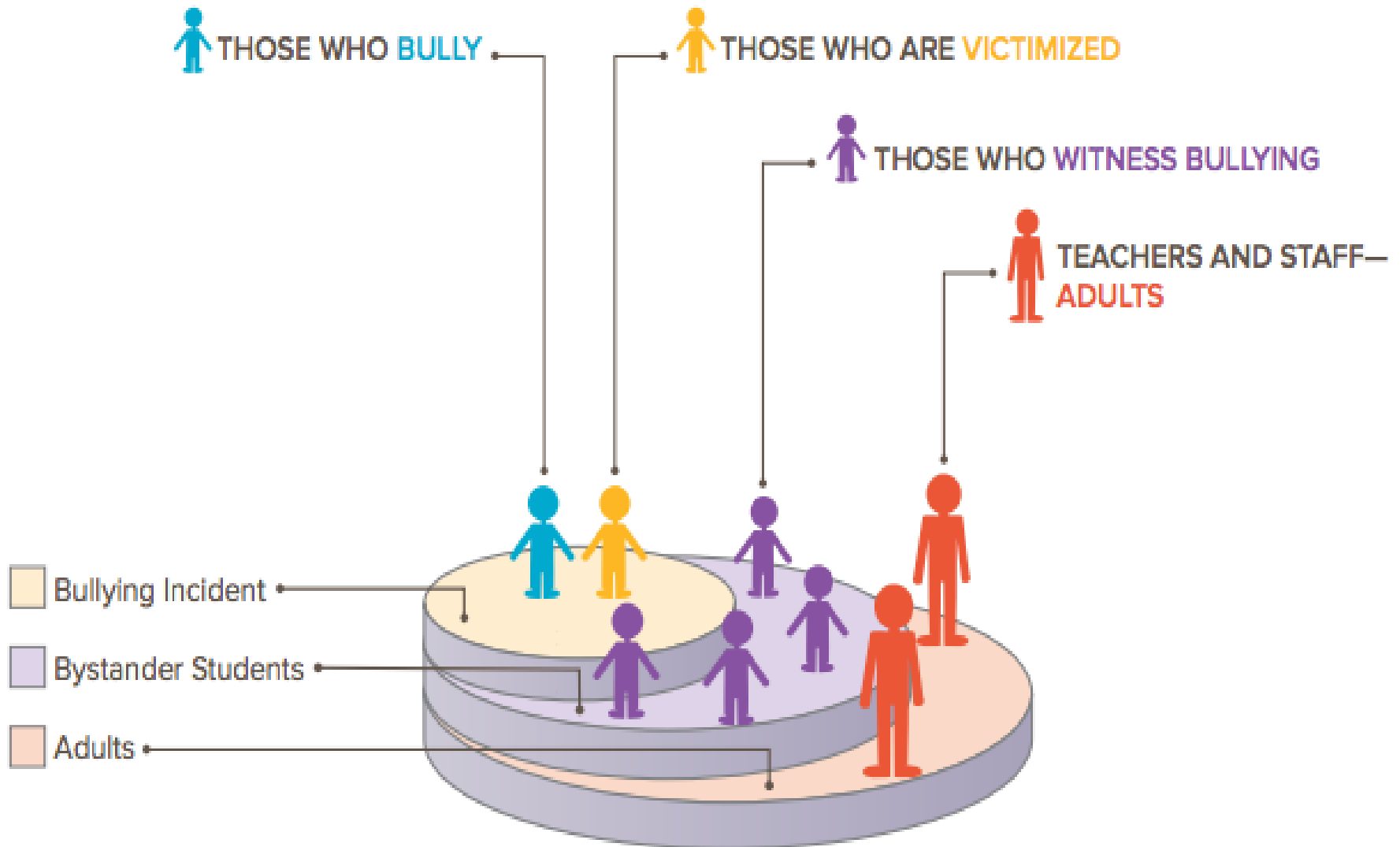


Approximately 85% of Students Respond

- Examples Include:
 - Second Step Program
 - Positive Behavior Intervention and Supports
 - Classroom Meetings



Everyone involved must contribute to an improved school climate

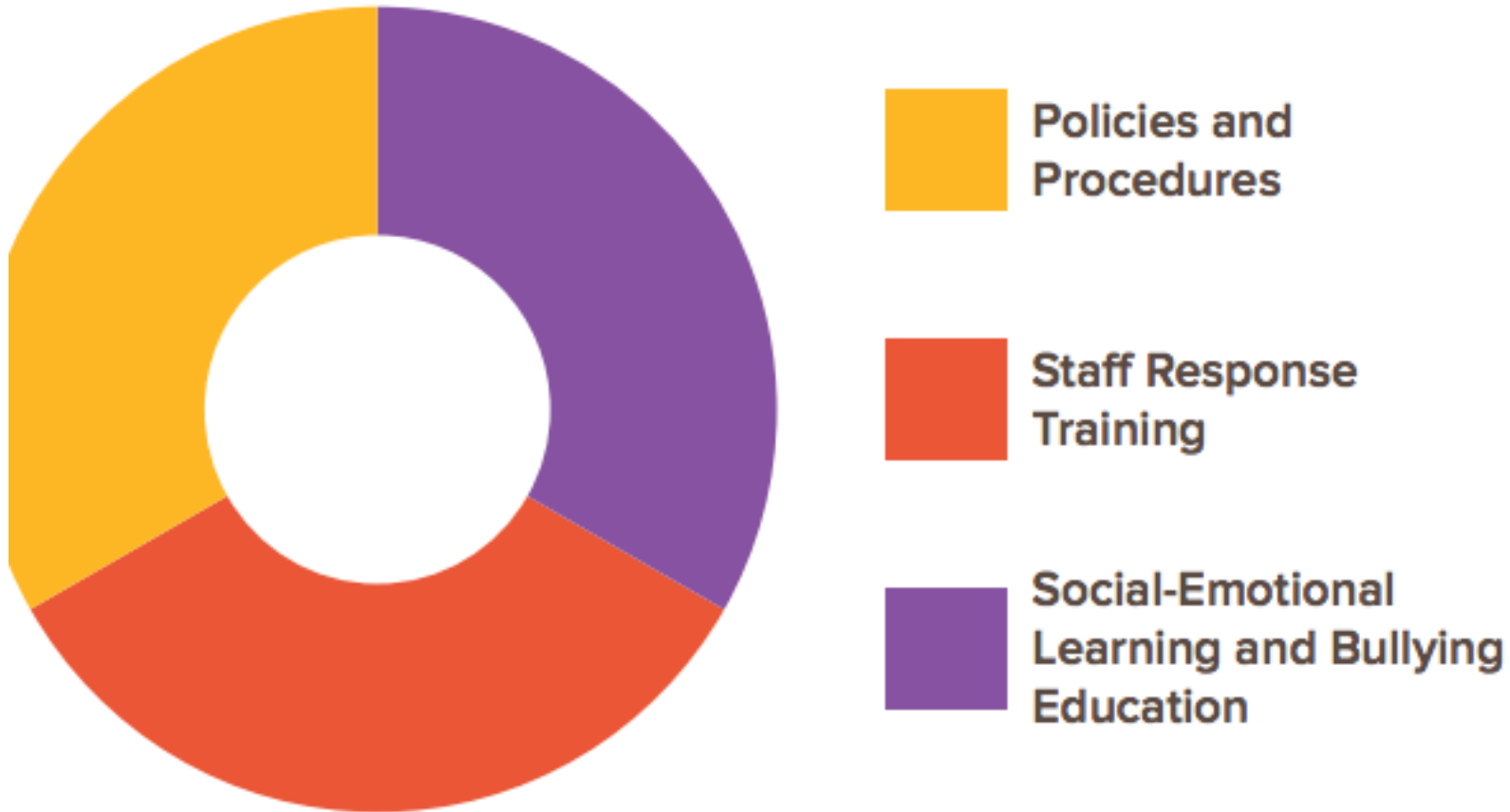
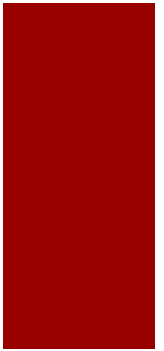


Second Step Program: Example

- Lesson Concepts
 - You can refuse to let bullying happen to you or to others
 - Being assertive is one way to refuse bullying
- Key Words
 - **R**ecognize, **R**eport, **R**efuse
- Objectives (Students will be able to:
 - Recognize bullying
 - Apply assertiveness skills to refuse bullying in response to scenarios
- Materials



Second Step Focus



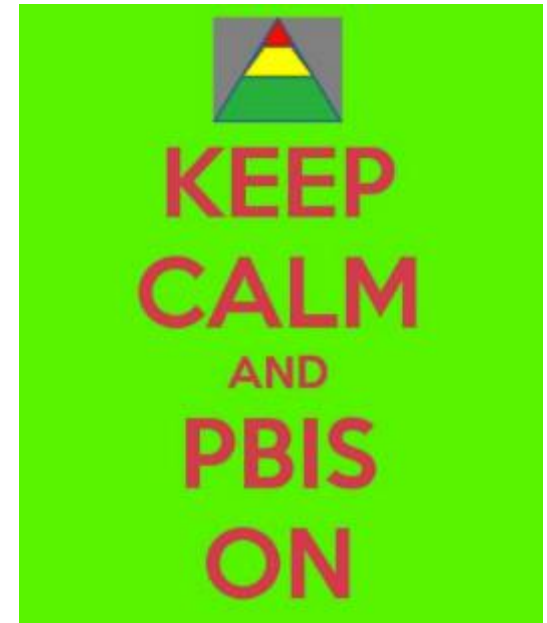


Social-Emotional Skills + Benefits by Bullying Roles

SEL Skill	Victim	Child Who Bullies	Bystander
	Less likely to be bullied and less harmed by bullying		Less likely to bully
Empathy		✓	✓
Emotion Regulation	✓	✓	
Social Problem Solving	✓	✓	✓
Friendship Building	✓	✓	✓
Assertiveness	✓		✓

Positive Behavior Intervention and Supports

- Framework for assisting school personnel in adopting and organizing evidence-based behavioral interventions.
- Based on being Safe, Responsible, and Respectful in all aspects of school life.
- Prevention Oriented
- Tier I – Targets ALL students
- Is not a packaged curriculum, scripted intervention, or scripted strategy.

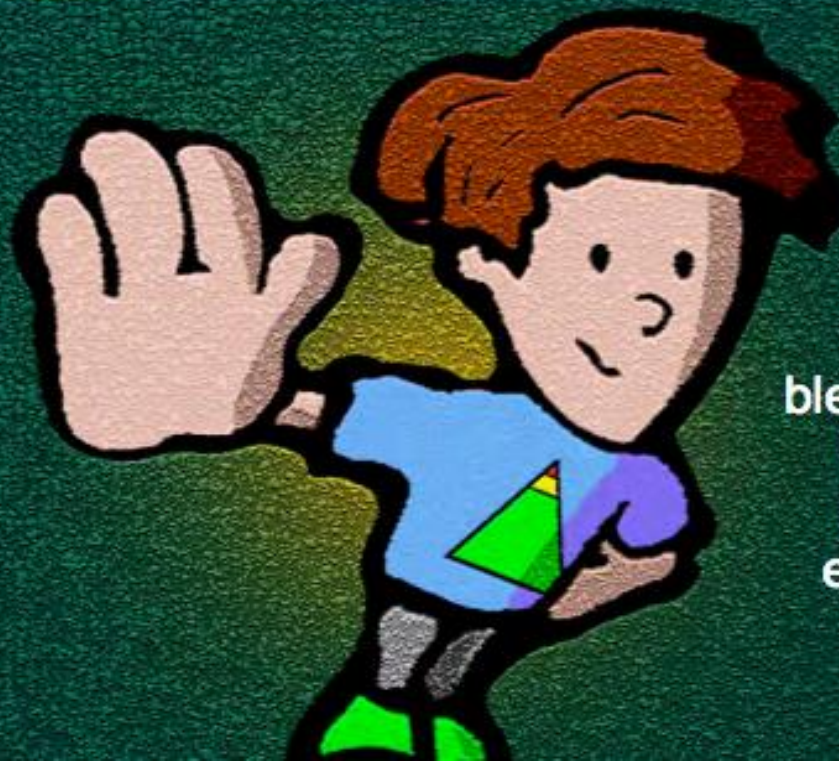




Education and Community
Supports

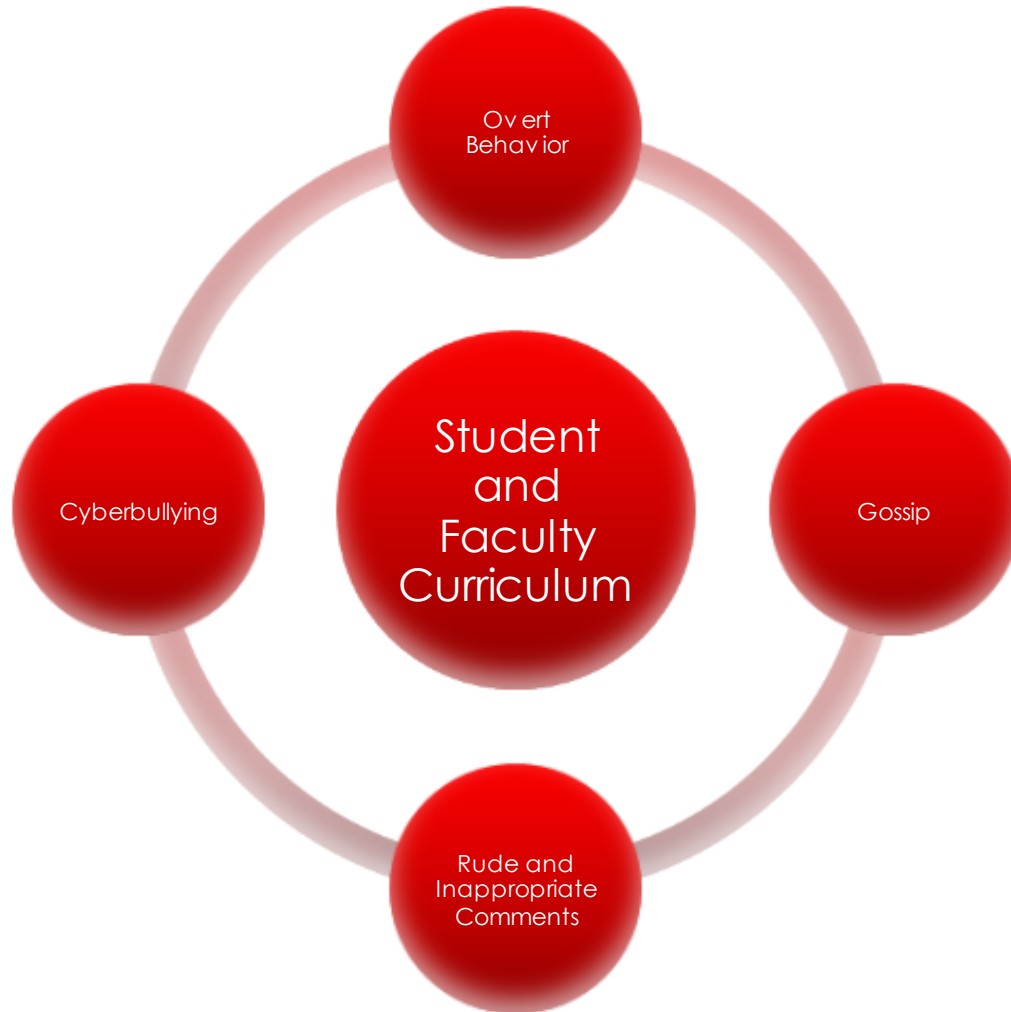
Bully Prevention

In Positive Behavior Support



Giving students the tools to extinguish bullying through the blending of School-Wide Positive Behavior and Intervention Supports, explicit instruction, and a redefinition of the bullying construct.



PBiS Bully Prevention Curriculum



Tier II: Strategic Interventions



- Behavior Plan
- Counselor Time
- Schedule Change
- Breaks
- Check-In Check-Out
- Skills Group
 - Skill Streaming
 - Behavior Education Program
 - PBIS World

Schedule	Following Directions	Do My Work
Opening/Fact Practice 8:05 - 8:15		
Phonics 8:15 - 8:40		
Reading 8:40 - 9:40		
Small Group Reading 9:40 - 10:10		
Recess 10:10 - 10:30		

Lincoln
Elementary
Behavior RtI
Pyramid of
Interventions

FBA
Behavior Plan
Daily Skills Class
Communication with
Outside Agencies

Tier III
(Intensive)



Behavior Plan
Counselor Time
Homework Club
Schedule Change
Check In Check Out
Weekly Skills Group
Parent Meeting
Breaks

Tier II
(Strategic)

BIST and PBIS
Classroom Rules
Second Step Curriculum
Student of the Month
Zero-Hero Recess
Parent Teacher Conferences
Daily-Weekly-Monthly Recognition
Tickets/Stickers

Tier I
(Universal)

Tier III: Intensive Interventions

- Intensive Interventions
- Functional Behavioral Assessment
- Daily Skills Class
- Wrap Around Programs
- Collaboration with Stakeholders





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