



**COLEGIUL TEHNIC
„ION HOLBAN” IAȘI**



Europe on seven hills

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BULLYING- THEORETICAL ASPECTS

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What is Bullying?

Do you know what **bullying** is?



BULLYING

form of repeated, persistent, and aggressive behaviour directed at an individual or individuals

that is intended to cause fear and distress and/or harm to another person's body, feelings, self-esteem, or reputation

It occurs in a context where there is a real or perceived power imbalance

ВУГГЛІНГ

Different kinds of bullying



Physical bullying

- is the most obvious form of bullying and the easiest to identify
- kicking, hitting, punching, slapping, shoving, and other physical attacks
- when bullies use physical actions to gain power and control over their targets

Verbal bullying

- use words, statements, and name-calling to gain power and control over a target
- name-calling, mocking, hurtful teasing, humiliating or threatening someone, racist or sexist comments, harassment
- it's also common for verbal bullies to target kids/persons with special needs

Relational Aggression

- excluding others from the group, gossiping or spreading rumours, setting others up to look foolish, and damaging friendships
- treating people badly because of their identity, saying bad things about a culture, race, religion or belief, appearance, social class.

Cyberbullying

- when person uses the Internet, a smartphone, or other technology to harass, threaten, embarrass, socially exclude, or damage reputations and friendships;
- put-downs, insults, spreading rumours, sharing private information, photos or videos or threatening to harm someone,.
- posting hurtful images, and sending hurtful emails or texts

Sexual bullying

- repeated, harmful, and humiliating actions that target a person sexually, sexual name-calling, crude comments, vulgar gestures, uninvited touching, sexual propositioning, and pornographic materials
- girls are often the targets of sexual bullying both by boys and by other girls

Prejudicial bullying

- based on prejudices persons have toward people of different races, religions, or sexual orientation.
- Bullies are targeting others who are different from them and singling them out.
- Oftentimes, this type of bullying is severe and can open the door to hate crimes.



WHY DOES BULLYING OCCUR?

<https://www.youtube.com/watch?v=EIBPtRq0I2k>

What are the *CAUSES* of *BULLYING?*

Jealousy or
frustration

Lack of
understanding
or empathy

Looking for
attention

Mimicking
behaviors of
family

Bullying
behavior gets
rewarded

Inability to
regulate
emotions

Feeling
powerless in
their own lives

Someone else
is bullying them



Bullying-Agression-Teasing

CRITICAL QUESTION	TEASING	AGGRESSION	BULLYING
Is this behaviour reciprocated?	Usually The teasing is shared equally.	Usually Not There is usually only one aggressor.	No There is a person who bullies and a person who is victimized.
Do both people look like they are having a good time?	Usually It takes place within a strong, positive, relationship.	No One person is the aggressor.	No One person is in distress or being harmed.
Is the behaviour fun?	Usually Both people enjoy the banter.	Usually Not It can alienate and be embarrassing.	No The person bullying intends to cause fear.
Has this happened before with these individuals?	Yes It occurs when there is a familiarity.	Possibly It may be a one-time event.	Yes Bullying is typically repeated behaviour.
Is there a power differential?	No It illustrates closeness and affection.	Possibly It can happen within a weak relationship.	Yes There is always a power imbalance.

Teasing

Can lead to

Agression

Can lead to

Bullying

Aggression becomes **bullying** when it is **repeated** over time between the same individuals and there is a **power imbalance**.

Conflict becomes **bullying** when it is **repeated** over time and involves a **power differential**.

Teasing becomes hostile when it implies **interpersonal rejection** and **social exclusion**, rather than camaraderie and social inclusion

WHAT ABOUT OUR COUNTRY?

Romania is situated on the 3rd place in Europe among the 42 states in which the phenomenon of bullying has been investigated, according to a report made by *World Health Organization*

3 out of 10 children

- are excluded from their group of colleagues

3 out of 10 children

- are threatened with beating or hitting by their colleagues

1 out of 4 children

- has been humiliated in front of their colleagues
(*Source-Save the children Roumania*)

BULLYING IN EUROPEAN SCHOOLS

<https://www.statista.com/statistics/1092217/bullying-in-europe>

WHO is involved in Bullying?

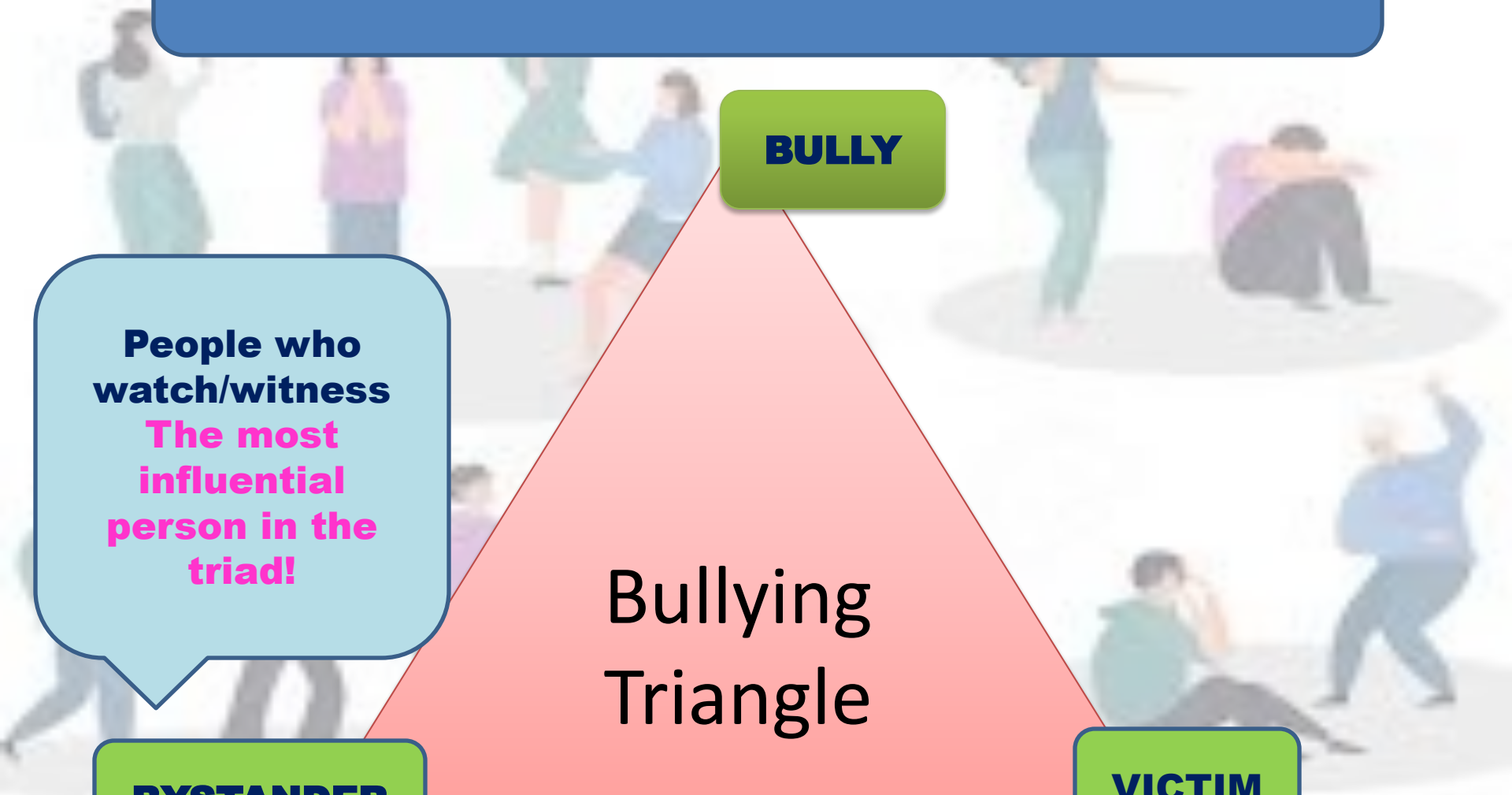
BULLY

**People who
watch/witness**
**The most
influential
person in the
triad!**

**Bullying
Triangle**

BYSTANDER

VICTIM



The BYSTANDER is a very powerful person because they are the ones who have the power **TO DO SOMETHING** about bullying

They can :

- **REPORT** bullying by telling a trusted adult
- **REFUSE** the bullying by telling the bully to stop and
- **SUPPORT** the target by making sure they are ok and making sure to hang out with them.

The bystander effect

<https://www.youtube.com/watch?v=Wy6eUTLzcU4>

Who can be a victim?



There are a number of types of persons who are often the target of bullies. These are characteristics or attributes that might make bullying more likely.

- ☐ Successful**
- ☐ Intelligent, Determined, Creative**
- ☐ Vulnerable**
- ☐ Isolated**
- ☐ Popular**
- ☐ Distinctive Physical Appearance**
- ☐ Illness or Disability**
- ☐ Different Sexual Orientation**
- ☐ Religious or Cultural Beliefs**
- ☐ Different Race (verywellfamily.com)**

COMMON TYPES OF BULLIES

Bully-victims- to regain a sense of power and control in their lives

Popular bullies- they have big egos, are confident, they thrive on the attention and power they get from bullying

Relational bullies- enjoys deciding who is accepted at school and who isn't. (mean girls)

Serial bullies- appears sweet, charming, and charismatic to authority figures, are skilled manipulators and liars (fake friends)

Group bullies- tend to bully as a group but behave much differently when they are alone

Indifferent bully- unable to feel empathy, cold, and have deep psychological problems.

Effects of bullying

Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school.

Students who are both targets of bullying and engage in bullying behavior are at greater risk for both mental health and behavior problems than students who only bully or are only bullied.

Bullied students indicate that bullying has a negative effect on how they feel about themselves (27%), their relationships with friends and family (19%), their school work (19%), and physical health (14%)

Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomachaches.

Youth who self-blame and conclude they deserved to be bullied are more likely to face negative outcomes, such as depression, prolonged victimization, and maladjustment.

Tweens who were cyberbullied shared that it negatively impacted their feelings about themselves (69.1%), their friendships (31.9%), their physical health (13.1%), and their schoolwork (6.5%). (www.pacer.org)

Effects on victims:

- Grades may suffer because attention is drawn away from learning**
- Fear may lead to absenteeism, truancy or dropping out. may lose or fail to develop self-esteem, experience feelings of isolation and may become withdrawn and depressed.**
- As students and later as adults, victims may be hesitant to take social, intellectual, emotional or vocational risks.**
- If the problem persists, victims occasionally feel compelled to take drastic measures, such as revenge in the form of fighting back, weapon-carrying or even suicide.**
- are more likely than nonvictims to grow up being socially anxious and insecure, displaying more symptoms of depression than those who were not victimized as children.**
- <https://www.youtube.com/watch?v=Hr2Dk0QQ3Sw>**

Bystanders and peers of victims can be distracted from learning as well. They may:

- be afraid to associate with the victim for fear of lowering their own status or of retribution from the bully and becoming victims themselves;**
- fear reporting bullying incidents because they do not want to be called a “snitch,” a “tattler” or an “informer”**
- experience feelings of guilt or helplessness for not standing up to the bully on behalf of their classmate;**
- be drawn into bullying behavior by group pressure;**
- feel unsafe, unable to take action or a loss of control.**

Bullies themselves are also at risk for long-term negative outcomes.

- **In one study, elementary students who perpetrated acts of bullying attended school less frequently and were more likely to drop out of school than other students.**
- **Several studies suggest that bullying in early childhood may be an early sign of the development of violent tendencies, delinquency and criminality.** (*Preventing Bullying: A Manual for Schools and Communities*)

EXERCISE!

TRY TO CREATE AN ACROSTIC FOR BULLYING
PHENOMENON FINDING FOR EACH LETTER A
WORD OR A PHRASE RELATED TO IT!

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