

Bullying and Cyberbullying



What Is Bullying?

Physical or psychological **intimidation** that occurs repeatedly over time

- Bullying can be **overt** (palese) (i.e., teasing, hitting, or stealing);
- Bullying can **covert** (i.e., spreading rumors or exclusion);

Bullying can take many forms including but not limited to:

- Physical violence
- Verbal taunts (*insulti*), name calling put downs
- Threats and intimidation
- Extortion or stealing money and /or possessions



Direct Bullying

- Hitting, kicking, shoving (*spingere*), spitting
- Taunting (*scherzo*), teasing (*presa in giro*), racial slurs (*insulti razziali*), verbal harassment (*molestie verbali*)
- Threatening, obscene gestures

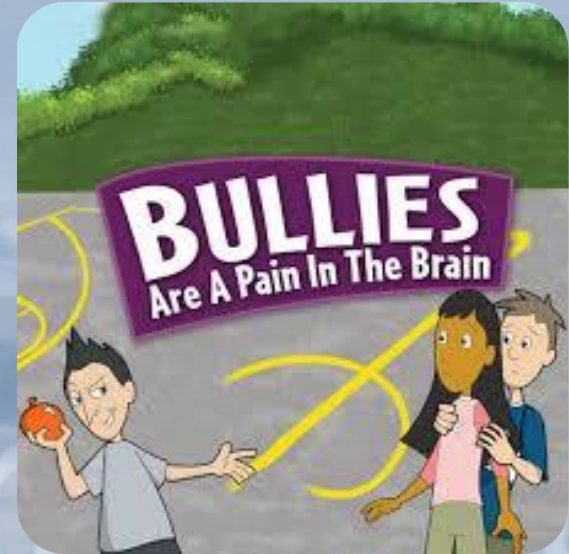
Indirect Bullying

- Getting another person to bully someone for you
- Spreading rumors
- Deliberately excluding someone from a group or activity
- Cyber-bullying



Who Are the Bullies?

- People who bully typically demonstrate a **strong sense of self-esteem**
- They like to feel powerful and in control



Did you know...

- The average bullying behavior lasts only 37 seconds?
- It occurs at least 2 - 3 times per month.
- It can have live-long lasting effects on its victims.

Teens Who Observe

What do you usually do when you see a student being bullied?

- 38% Nothing, because it's none of my business
- 27% I don't do anything, but I think I should help
- 35% I try to help him or her



Reasons Teens Don't Intervene

- They are entertained by the bullying
- They don't think speaking up will help
- They are afraid that if they say something, the bully will turn on them
- The bully is someone others look up to and teens want to hang out with
- They want to "side" with the bully because to do that makes them feel strong



Strategies for Teens Witnessing Bullying

- Tell the bully to stop
- Help the victim walk away
- Recruit friends to help the victim
- Befriend the victim
- Get an adult



CYBERBULLYING IS...

- Being cruel to others by sending or posting harmful material using technological means
- An individual or group that uses information and communication involving electronic technologies to facilitate deliberate and repeated harassment or
- Threats to an individual or group

Also known as:

'Electronic Bullying' &
'Online Social Cruelty'



CYBERBULLIES' PLACES OF ATTACK

- E-mail
- Cell phones
- Text messages
- Instant messaging
- Defamatory personal web sites
- Defamatory online personal polling (*sondaggi personali*) web sites
- Chat rooms
- Twitter / X
- Instagram like sites



CYBERBULLYING PREVALENCE

- **90%** of middle school students polled had their feelings hurt online
- **65%** of students between 8-14 have been involved directly or indirectly in a cyber bullying incident as the cyber bully, victim or friend
- **50%** have seen or heard of a website bashing (*colpire*) of another student
- **40%** had their password stolen and changed by a bully (locking them out of their own account) or sent communications posing as them
- Only **30%** of parents polled knew what cyber bullying was



CYBERBULLYING TYPES

- **“Flaming”**: Online fights using electronic messages with angry and vulgar language
- **“Harassment”**: Repeatedly sending offensive, rude, and insulting messages
- **“Cyber stalking”**: Repeatedly sending messages that include threats of harm or are highly intimidating, engaging in other on-line activities that make a person afraid for his or her own safety
- **“Denigration”**: ‘Dissing’ (*insultare*) someone online, and/or sending or posting cruel gossip or rumors about a person to damage his or her reputation or friendships



CYBERBULLYING TYPES

- **“Impersonation”**: Pretending to be someone else, sending or posting material online that makes that person look bad, gets that person in trouble or danger, or damages that person’s reputation or friendships
- **“Outing and Trickery”**: Sharing someone’s secret or embarrassing information online, tricking someone into revealing secrets or embarrassing information which is then shared online
- **“Exclusion”**: Intentionally excluding someone from an on-line group, like a ‘buddy list’



Online Safety Tips

- Have rules for going online
- Limit use of the internet
- No message is completely private; Cyber bullying can be traced back to you
- Your ISP (internet service provider) could cancel your service if used inappropriately
- Never share private information with others
- Never share passwords or account IDs
- Never chat with strangers on the Internet



If you are the target...

- Don't respond to bullying or inappropriate messages, but save them as evidence.
- Discuss any incidents that make you feel uncomfortable with an adult.
- Block the screen name, e-mail address, etc.
- Always report!
- When in doubt, ask for help.



Case Study Junior High

Case Study #1 Source: www.pathwayscourses.samhsa.gov

Henry is 12 years old and attends a junior high which is located a few blocks from his home. He is in the seventh grade and is an average student. Henry has always been a bit shy and somewhat anxious around his peers. He just moved to this city 3 months ago and has not yet made any friends at the new school, though he does have a "best friend" at his old school. Henry is quite tall and thin for his age and is very self-conscious about his appearance.

Over the past month, Henry has become increasingly withdrawn. Several weeks ago he came home with a tear in his favorite jacket. When his mother asked him what happened, he hurriedly said it was an accident. He goes straight to his room after school and shuts the door. His mother has noticed that he has become more irritable and is often tearful, but when she tries to talk to him about this, he tells her to go away. She is worried about him but, thinks this is a phase he's going through because they've just moved to a new city, etc. She also worries about making Henry too dependent on her if she gets too involved in his problems.

You hear through others that Henry is being teased by his classmates several times a week. In particular, two children -a girl and a boy, make fun of the way he looks and have convinced most of his classmates to avoid him at lunch.



Questions

- Does a problem exist? If so, what is it?
- How could you encourage Henry to talk about what is happening?
- Who are the people you may want to talk to about this problem?
- Who are the bullies? The victim? The witnesses?
- What are some of the warning signs Henry displays?
- Do you have any comments?



Case Study High School

Case Study #2 Source: www.pathwayscourses.samhsa.gov

On the second day of ninth grade, a girl in Emily's class shoved her into the road. Thinking she was playing, Emily shoved her back. Rumors began circulating within the school and Emily gained a reputation. The girl was part of a group of girls who continued to spread rumors about Emily; they also began stalking her at lunchtime. Some of the teachers, believing the rumors about Emily, accused her of bullying the other girl, and cautioned her parents about her behavior. Roughly once every 2 weeks Emily's parents would meet with the principal to try to convince him that Emily was the victim. No one in authority admitted that bullying existed at the school. Nothing was done.

For 3 years, the bullying continued with silent phone calls, threats, and occasional physical incidents. Each time after Emily or her parents complained, the teachers would glare at her in the hallway. After the bully graduated, the rest of the group of girls continued the bullying. Once when they cornered Emily against the wall, a teacher approached them and threatened Emily with further punishment if she continued her behavior. The teacher then sent the other girls back to class.



Questions

- What can a teacher do for Emily?
- What could a counselor do for Emily?
- Who is the bully in this case?
- How might this continued abuse affect Emily in the long term?
- Do you have any comments?