



# BULLYING

**A BIG PROBLEM WITH  
BIG CONSEQUENCES**



# OBJECTIVES

To help parents:

- Understand how to identify bullying behavior, both face-to-face and online
- Understand reasons these behaviors occur
- Develop strategies to help teens handle bullying behavior in themselves or others – as a victim or a bystander
- Learn steps to take whether their teen is bullying others, being bullied, or is a bystander



# DISCUSSION

Write down your definition of bullying.



# BULLYING DEFINITION

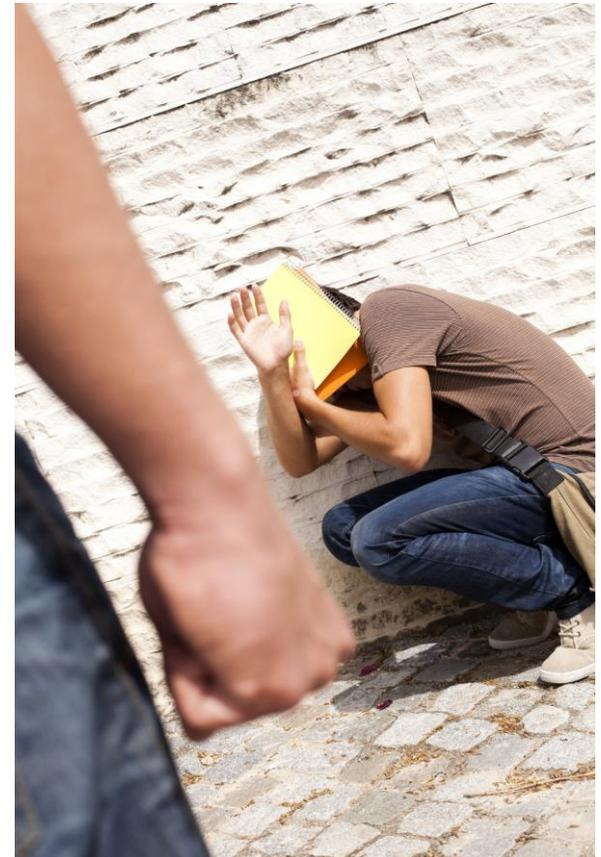
Experts define bullying as behavior that is:

- Physically or emotionally harmful
- Directed at people deemed less powerful
- Perpetrated by a person or group repeatedly over time



# DIRECT AGGRESSION

- Occurs face to face
  - For example, physical violence or name calling
- Is more common among boys than girls



# INDIRECT AGGRESSION

- Also called relational aggression
- Designed to hurt others by damaging their peer relationships (e.g., social exclusion)
- More common among girls, but girls often do not regard social exclusion as bullying



# BULLYING IS MISUNDERSTOOD

When we say things like, “Boys will be boys,” or “Bullying is just part of growing up” what messages are we giving our children?



# THREE B'S OF BULLYING

- Bully
- Bullied
- Bystander



# THOSE WHO BULLY

Tend to be:

- Aggressive, hostile and domineering toward peers
- Stronger than victims, and view aggression positively and peers negatively
- Considered popular, generally, with other kids
- Low scoring on measures of acceptable behavior and cooperation
- Impulsive and lacking in self-control



# THOSE WHO ARE BULLIED

Tend to be:

- More anxious, insecure, cautious, sensitive, and quiet than their peers
- What others call “loners”
- Prone to feelings of abandonment



# BYSTANDERS

Bystanders are the  
“supporting cast.”



They don't initiate the bullying, but they either join in or simply stand by and let it happen.

# FREQUENCY

- Nearly 32% of U.S. teens are involved in bullying, either as victims, perpetrators, or both.
- 11 million students in the U.S. report being involved with bullying.
- 13% of 6<sup>th</sup> -10<sup>th</sup> graders report bullying others, and 11% report being the target of bullies.
- 37% of middle school students report someone being mean to them online (cyberbullying).



# CYBERBULLYING DEFINITION

- Bullying behavior exhibited online through such media as:
  - Social networking sites or other websites
  - Email
  - Instant messaging
  - Text messages or images on cell phones
- 70% of cyberbullying occurs while kids are home.



# PARENTAL CHARACTERISTICS RELATED TO BULLYING BEHAVIOR

- Generally negative attitude
- Tolerance, or even approval, of aggressive behavior
- Use of “power-assertive” parenting methods, such as physical punishment



# WHAT CAN PARENTS DO?

- Listen to and acknowledge children's feelings
- Identify alternative responses and discuss possible consequences of each
- Use conflict resolution and communication skills to stop bullying; involve both those who bully and victims in interventions
- Closely monitor children's online activity for cyberbullying
- Report bullying incidents to school authorities



# ACTIVITY: BULLYING SCENARIOS

- Choose a scenario from the discussion guide that is typical at your local school or in your community
- Read the scenario and brainstorm strategies for dealing with it
- Discuss ideas for stopping bullying - consider what a victim, bystander, and parent can do



# ACTIVITY: CYBERBULLYING ROLE PLAY

- Choose one scenario to enact in a role play
- Then discuss:
  - The pros and cons of each approach
  - Based on the parental response, will the teen depicted likely tell their parents the next time they encounter cyberbullying?



# HOMEWORK

Talk with your teen at home about what you have learned using the following handouts:

- Bullying Experiences: A Discussion Guide Including Teens.
- Steps for Dealing with Cyberbullying.



# CONCLUSION

As a parent, you can make a critical difference in how your adolescent handles bullying.



# EVALUATION AND WRAP-UP

Please complete the evaluation before you go:

- Survey is anonymous
- Feedback will help improve future classes

**Thank you** for participating and completing the evaluation!



## FOR MORE INFORMATION

Find more information on parenting on the University of Minnesota Extension website at [www.extension.umn.edu](http://www.extension.umn.edu).

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