Bullying

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Internal Medicine & Pediatrics
Grand Itasca Clinic & Hospital
November 21, 2014
Everybody hates you.
Phoebe Prince

2 Plead Guilty in Massachusetts Bullying Case

By ERIK ECKHOLM
Published: May 4, 2011

Two of the six students in South Hadley, Mass., who were charged with bullying 15-year-old Phoebe Prince before her suicide last year, pleaded guilty to misdemeanor harassment charges on Wednesday and received a year’s probation each, plus 100 hours of community service.
Haylee Fentress & Paige Moravetz
Dear Bullies,

I see all the mean things you say to people on Ask.fm. You can say whatever you want people because it’s all anonymous. You sit behind a computer screen and feel some kind of satisfaction of telling people to kill themselves or that their ugly or something. It’s sick. One day somebody will commit suicide and it will be because of you! Think about what you’re doing to somebody. What will you do when there gone?

- Ally Trebesch
• Social network
• Create an account
• Wait for questions
• Answer if you like
• Questions can be anonymous
Ask me anything

Tbh you're super nice and fun to be around:) Vis Sta Complimenter
Haha thanks
8 days ago

no but seriously who
I was being serious
13 days ago

who is bae?
bae is life
13 days ago

Gab you're pretty, beautiful, gorgeous and sexy af NOW WHO MADE YOUR DAY #mermaidsunite
#I'mCoolerThanYouAnon Kelli Martin
lol Kelli you are literally the best mermaid friend EVER!!!! Love you girly❤️❤️❤️
okay and hannahjayne x
about 1 month ago

do us all a favour n kill ur self
omg can you just [REDACTED] who ever this is:(
about 1 month ago

go comit suicide but suced pls
wouldint you feel bad if i did ey?
about 1 month ago

go die
okay
about 1 month ago

go cut ur self n die
oh dont worry get things like this will make me
about 1 month ago

Age
15
19 days ago

What is your sexuality? Straight/Lesbian/Bisexual
Straight
19 days ago

i wanna lick u up and down
Love that song
21 days ago

How many guys you had sex with?
You work it out if I'm a virgin
21 days ago

id do bad things to you and it might hurt ;-
Ooooo;
24 days ago

What are you wearing right now?
Joggers and black t-shirt
25 days ago
Isaiah Gatimu
What is Bullying?
Definitions

Bullying

repeated negative behavior
by one or more individuals
aimed at a person who is perceived as being weaker or more vulnerable.

Cyberbullying

deliberately using digital media
to communicate false, embarrassing, or hostile information about another person.

Prevalence and Epidemiology

- US survey of 15,000 students showed bullying involved 30% of US 6th through 10th graders:
  - 13% as a bully
  - 10.6% are bullied
  - 6.3% both victim and perpetrator

- As many as 90% of pre-adolescents and adolescents will be subjected to bullying at some point during their school years.

Prevalence and Epidemiology

### TABLE 1. Prevalence of Bullying in Various Countries

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>PREVALENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Norway</td>
<td>• 14% of children were involved in bullying either as bullies or victims⁶</td>
</tr>
<tr>
<td>England</td>
<td>• 19% of students reported being bullied⁷</td>
</tr>
<tr>
<td></td>
<td>• 10% of primary and 4% of secondary school pupils reported being bullied at least once a week⁸,⁹</td>
</tr>
<tr>
<td>Japan</td>
<td>• 15% of primary and 10% of secondary school pupils reported being bullied⁸</td>
</tr>
<tr>
<td>Spain</td>
<td>• 17% of students reported being bullied during the term in which the study was conducted⁸</td>
</tr>
<tr>
<td>Ireland</td>
<td>• 8% of students were seriously bullied at least once a week⁸</td>
</tr>
<tr>
<td>Australia</td>
<td>• 17% of boys and 11% of girls were bullied “pretty often” or more⁸</td>
</tr>
<tr>
<td>United States</td>
<td>• 10% of children experienced “extreme victimization” by bullying¹⁰</td>
</tr>
</tbody>
</table>

Characteristics of a Bully

- Often aggressive toward teachers, parents, siblings, etc.
- Male bullies tend to be physically stronger
- Strong desire for power, domination
- *Most commonly* carried out by developing child learning by trial and error how to navigate a social world

1. If physically aggressive, tend to lack social skills and empathy
2. If using social skills to bully, tend to lack empathy but socially skilled

Characteristics of a Bully
Characteristics of a Victim

• Tend to react more passively and anxiously
• More insecure than most children
• Tend to be physically smaller, weaker, cautious, sensitive and quiet
• More likely to be alone on the playground

Important Subgroups:
• Overweight/Obese
• Chronic disease
• Developmental delay
• Disability
• LGBT

Characteristics of a Victim - LGBT

- The group least likely to report bullying
- More likely to experience widespread bullying
  - Institutional (school, work, government)
  - Community (family, church, restaurants)
- 4x more likely to think about suicide and attempt suicide than their peers

Teachers fix stuff, right?

- Teachers report less bullying compared to students
- May inadvertently cultivate bullying behavior
- *Teachers perpetrating bullying*

### Table 7.1

Percentages of Teachers Endorsing Each Response Category for Selected Survey Items

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teasing doesn't hurt.</td>
<td>2%</td>
<td>25%</td>
<td>51%</td>
<td>22%</td>
</tr>
<tr>
<td>If a student is being teased or bothered other students would stop it.</td>
<td>3%</td>
<td>40%</td>
<td>53%</td>
<td>4%</td>
</tr>
<tr>
<td>Students in my school are asked to help set rules and solve problems.</td>
<td>17%</td>
<td>59%</td>
<td>22%</td>
<td>2%</td>
</tr>
<tr>
<td>Adults here usually stop hurtful comments from students toward other students.</td>
<td>40%</td>
<td>53%</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>In this school, staff are trained to intervene appropriately in student-to-student harassment.</td>
<td>13%</td>
<td>52%</td>
<td>33%</td>
<td>2%</td>
</tr>
<tr>
<td>I tell people to stop if they're making a joke or stereotypic remark based on race.</td>
<td>21%</td>
<td>53%</td>
<td>25%</td>
<td>1%</td>
</tr>
<tr>
<td>We have taken systematic steps to provide a multicultural education.</td>
<td>13%</td>
<td>61%</td>
<td>23%</td>
<td>3%</td>
</tr>
<tr>
<td>I would be accepting of gay, lesbian, and bisexual students at this school.</td>
<td>40%</td>
<td>55%</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>The administrators in this school support staff in creating a harassment-free environment.</td>
<td>51%</td>
<td>44%</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>I have observed some teachers making fun of the way kids talk, look, or act.</td>
<td>&lt;1%</td>
<td>25%</td>
<td>48%</td>
<td>27%</td>
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### TEACHERS’ ATTITUDES TOWARD BULLYING

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<td>1%</td>
</tr>
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Cyberbullying

• Living life on-line
• Significant component of social development
• Nothing is private on-line

• Sexting
  • Sending or posting nude/sem nude photos or videos
  • 20% of teens
  • Easily disseminated

78% of teens have a **cell phone**, half of those are smartphones
23% of teens have a **tablet**
93% of teens have **access to the internet**

Snapchat

- Mobile only
- Photo messaging service
- Photos self-destruct
- Easy to get around and save photos
- Known as “the sexting app”
- Teens may think their message is private
When I was a kid
• Do something silly
• Friends tease about it
• Couple weeks later everyone forgets about it

Nowadays
• Do something silly
• Friends tease about it
• Friends post it online
• Everyone in school sees it
• Couple weeks/months later everyone forgets about it
• Someone reposts, cycle starts all over…

Nowadays
• Didn’t do anything
• Awkward photo or story created from scratch
• Everyone in school sees it
• …
Impact of Bullying
Depression

● Finnish study, "From a Boy to a Man"
  ○ Starting in 1989
    ▪ 5,813 8-year-old children
    ▪ Surveys sent to parents, teachers and child
● Boys who were victims at age 8 had 2.5x more depressive symptoms at age 18.

● Facebook depression
  ○ a depression that develops when preteens and teens spend a great deal of time on social media sites (eg Facebook) and then begin to exhibit classic symptoms of depression.

Suicide

● Follow-up in 2005
  ○ Information was collected from
    ■ Statistics Finland
    ■ Finnish Hospital Discharge Registry
  ○ Searched for suicide attempts and/or completed suicide
  ○ Males:
    ■ 24 deaths
    ■ 17 hospitalized for suicide attempt
    ■ 13 suicides
  ○ Females:
    ■ 16 deaths
    ■ 25 hospitalized for suicide attempt
    ■ 2 suicides

# Suicide

## TABLE 1

<table>
<thead>
<tr>
<th></th>
<th>Total n</th>
<th>Suicide % (n)</th>
<th>OR (95% CI)</th>
<th>Adjusted OR Depression (95% CI)</th>
<th>Adjusted OR Conduct (95% CI)</th>
<th>Adjusted OR Conduct and Depression (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>1,121</td>
<td>0.5 (5)</td>
<td>2.2 (0.8–6.4)</td>
<td>2.3 (0.8–6.7)</td>
<td>1.3 (0.4–4.0)</td>
<td>1.3 (0.4–4.1)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>1,210</td>
<td>1.0 (12)</td>
<td>2.5 (0.9–7.0)</td>
<td>2.7 (0.9–7.5)</td>
<td>1.9 (0.7–5.4)</td>
<td>1.9 (0.7–5.5)</td>
</tr>
<tr>
<td>Frequently</td>
<td>230</td>
<td>3.9 (9)</td>
<td>6.5 (2.1–20.7)**</td>
<td>7.7 (2.2–26.9)**</td>
<td>3.5 (1.02–12.0)*</td>
<td>3.8 (0.99–14.3)</td>
</tr>
<tr>
<td>Victimization</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>1,094</td>
<td>0.5 (5)</td>
<td>2.2 (0.8–6.4)</td>
<td>2.3 (0.8–6.7)</td>
<td>1.3 (0.4–4.0)</td>
<td>1.3 (0.4–4.1)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>1,222</td>
<td>1.2 (14)</td>
<td>2.5 (0.9–7.0)</td>
<td>2.7 (0.9–7.5)</td>
<td>1.9 (0.7–5.4)</td>
<td>1.9 (0.7–5.5)</td>
</tr>
<tr>
<td>Frequently</td>
<td>241</td>
<td>2.9 (7)</td>
<td>6.5 (2.1–20.7)**</td>
<td>7.7 (2.2–26.9)**</td>
<td>3.5 (1.02–12.0)*</td>
<td>3.8 (0.99–14.3)</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>1,886</td>
<td>1.1 (20)</td>
<td>0.6 (0.2–1.9)</td>
<td>0.6 (0.2–1.9)</td>
<td>0.5 (0.2–1.8)</td>
<td>0.7 (0.2–2.4)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>579</td>
<td>0.7 (4)</td>
<td>0.6 (0.2–1.9)</td>
<td>0.6 (0.2–1.9)</td>
<td>0.5 (0.2–1.8)</td>
<td>0.7 (0.2–2.4)</td>
</tr>
<tr>
<td>Frequently</td>
<td>22</td>
<td>0</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Victimization</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>1,490</td>
<td>0.8 (12)</td>
<td>1.3 (0.5–3.0)</td>
<td>1.4 (0.6–3.4)</td>
<td>1.3 (0.5–3.1)</td>
<td>1.5 (0.6–3.7)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>895</td>
<td>1.0 (9)</td>
<td>1.3 (0.5–3.0)</td>
<td>1.4 (0.6–3.4)</td>
<td>1.3 (0.5–3.1)</td>
<td>1.5 (0.6–3.7)</td>
</tr>
<tr>
<td>Frequently</td>
<td>92</td>
<td>3.3 (3)</td>
<td>4.2 (1.2–15.0)*</td>
<td>5.3 (1.3–21.0)*</td>
<td>4.3 (1.1–16.1)*</td>
<td>6.3 (1.5–25.9)*</td>
</tr>
</tbody>
</table>

*Note: CI = confidence interval; NA = not applicable; OR = odds ratio.

*aAdjusted for Children’s Depression Inventory at age 8 years.

*bAdjusted for parent’s Rutter conduct scale at age 8 years.

*cAdjusted for both Children’s Depression Inventory and parent’s Rutter conduct scale at age 8 years.

*p < .05; **p < .01; ***p < .001.
Suicide is the #2 cause of death for teenagers

<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Congenital Anomalies 4,939</td>
<td>Unintentional Injury 1,353</td>
<td>Unintentional Injury 743</td>
<td>Unintentional Injury 807</td>
<td>Unintentional Injury 11,908</td>
<td>Unintentional Injury 15,851</td>
</tr>
<tr>
<td>2</td>
<td>Short Gestation 4,202</td>
<td>Congenital Anomalies 501</td>
<td>Malignant Neoplasms 440</td>
<td>Malignant Neoplasms 472</td>
<td>Suicide 4,872</td>
<td>Suicide 6,216</td>
</tr>
<tr>
<td>3</td>
<td>SIDS 1,679</td>
<td>Malignant Neoplasms 392</td>
<td>Congenital Anomalies 167</td>
<td>Suicide 306</td>
<td>Homicide 4,614</td>
<td>Homicide 4,342</td>
</tr>
<tr>
<td>4</td>
<td>Maternal Pregnancy Comp. 1,507</td>
<td>Homicide 339</td>
<td>Homicide 138</td>
<td>Homicide 173</td>
<td>Malignant Neoplasms 1,574</td>
<td>Malignant Neoplasms 3,674</td>
</tr>
<tr>
<td>5</td>
<td>Unintentional Injury 1,169</td>
<td>Heart Disease 154</td>
<td>Heart Disease 67</td>
<td>Congenital Anomalies 160</td>
<td>Heart Disease 956</td>
<td>Heart Disease 3,231</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control and Prevention National Center for Injury Prevention and Control
Suicide & Cyberbullying

- Random sample of 1,963 US 6th - 8th graders from one of the largest school districts, in 2007
- Surveyed about bullying, cyberbullying and suicidal ideation
- Those who experienced bullying or cyberbullying had more suicidal thoughts and were almost twice as likely to attempt suicide compared to controls.¹

Psychosis

Peer victimization in childhood, especially if chronic or severe, is associated with psychotic symptoms in early adolescence and adulthood.

Peer verbal abuse is associated with corpus callosum abnormalities.

What can we do?
Family Dinner

• Cross-sectional, observational
• n=18,834 students, age 12-18
• Madison, Wisconsin

Results
1. Moderating effect on rates of internalizing, externalizing and substance use
2. A negative association with mental health and substance use

Authors believe family dinners are indicative of a broad set of family characteristics (guidance and support, open communication, etc) that promote adolescent health

What can parents do?

- Talk and listen
- Provide support
- Stay involved
- Be proactive

Safe and Supportive Minnesota Schools Law

A comprehensive bill, passed into law April 2014
• Enumerates specific protections for children
• Training and resources for students and staff
• Specific procedures to follow when bullying is reported
• Establishes the School Safety Technical Assistance Center

What can schools do?

- RCT
- n=12,344
- 37 public elementary schools in Maryland
- School-wide Positive Behavioral Interventions and Supports (SWPBIS) vs standard care
- In schools where SWPBIS was implemented:
  - Lower rates of reported bullying
  - Improved emotional regulation and positive behaviors
  - Kids were 33% less likely to require discipline

Both studies showed effects are strongest the younger the program is initiated

What can we do?

- Don’t forget bullying in your HEADSSS evaluation
  - Home
  - Education & Employment
  - Activities
  - Drugs
  - Sexuality
  - Suicide/Depression

How is school going?
How many good friends do you have?
Are you ever afraid to go to school?

Lots of kids feel bullied at one time or another. Do other kids ever bully you online or at school?
What can we do?

- Anticipatory guidance
  - *Connected Kids*
- Educate families about the complexities of the digital world
- Advise parents to talk to kids about online use
- Encourage family discussions on citizenship and healthy online behavior
- Discuss with parents importance of supervising online activities via active participation
- Community advocacy and education
- Research

Resources

http://www.aap.org/connectedkids/
http://www.stopbullying.gov
http://www.healthychildren.org search keyword bullying
http://www.apa.org/topics/bullying/
http://suicidepreventionlifeline.org/
http://safetynet.aap.org/
http://www.thetrevorproject.org

Access this talk again at:
http://keithmurphy.org/talks