

Bullying

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Everybody hates you.

You don't see
bullying like
this every day.

Your kids do.

Teach your kids how to
**be more than
a bystander.**

Learn how at
StopBullying.gov



**FREE TO BE...
YOU AND ME**
FREE TO BE FOUNDATION INC.



Phoebe Prince

The New York Times

U.S.

WORLD

U.S.

N.Y. / REGION

BUSINESS

TECHNOLOGY

SCIENCE

HEALTH

POLITICS EDUCATION BAY AREA CHICAGO TEXAS

2 Plead Guilty in Massachusetts Bullying Case

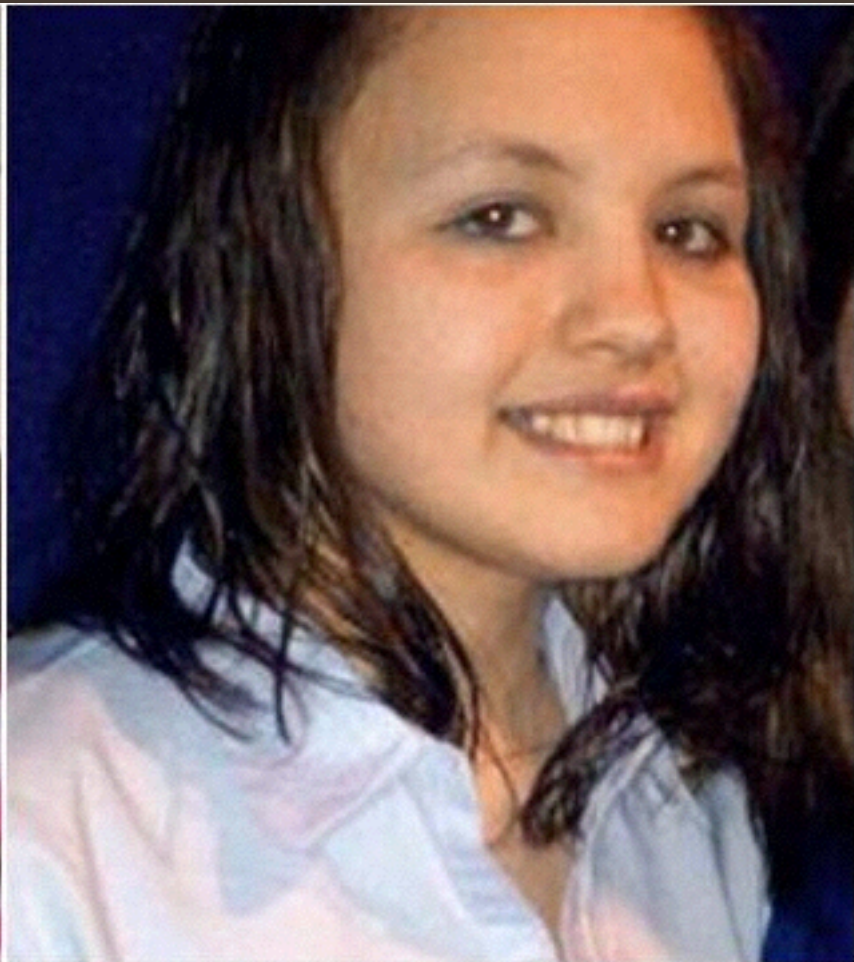
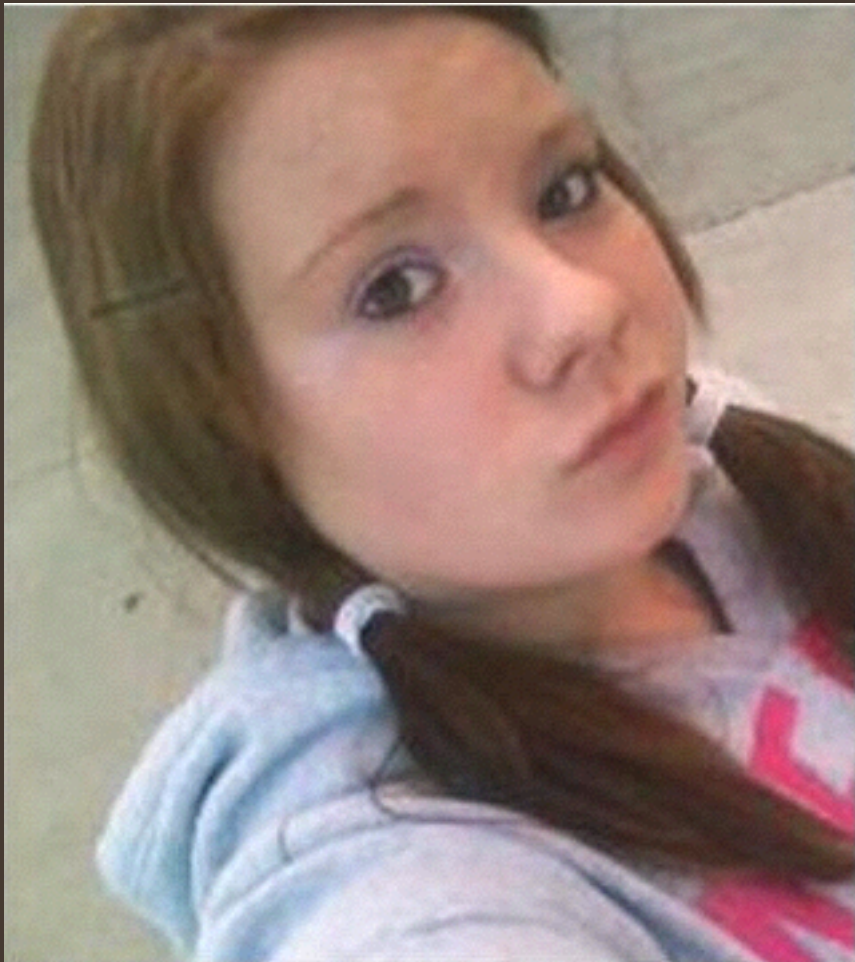
By ERIK ECKHOLM

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



Ally Trebesch

Dear Bullies,

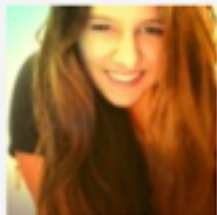
I see all the mean things you say to people on Ask.fm you can say whatever you want people because its all anonymous. You sit behind a computer screen and feel some kind of satisfaction of telling people to kill them self or that their ugly or something. It's sick. One day some body will comite suicide 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



Gabrielle

324
answers280
likes0
gifts

+ Follow

Report

Ask me anything

|

300

Ask

answers

RSS

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

[2 people](#) like this

who is bae?

bae is life

13 days ago

[2 people](#) like this

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

wouldnt 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.*

1. Glew, et al. Bullying Update: Are We Making Any Progress? *Pediatrics In Review*. Sept 2010. Vol 31, No 9. e68-e74.
2. O'Keeffe, et al. Clinical Report -- The Impact of Social Media on Children, Adolescents, and Families. *Pediatrics*. Apr 2011. Vol 127, No 4. 800-4.

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.

1. Nansel, *et al.* Bullying Behaviors Among US Youth. *JAMA*. Apr 2001, vol 285, No 16. 2094-2100.

2. Glew, *et al.* Bullying: Children Hurting Children. *Pediatrics in Review*. June 2000. Vol 21, No 6. 183-190.

Prevalence and Epidemiology



TABLE 1. Prevalence of Bullying in Various Countries

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

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



VS



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



1. Glew, *et al.* Bullying Update: Are We Making Any Progress? *Pediatrics In Review*. Sept 2010. Vol 31, No 9. e68-e74.
2. Jansen, *et al.* Teacher and Peer Reports of Overweight and Bullying Among Young Primary School Children. *Pediatrics*. Vol 134. No 3. Sept 2014.
3. McCormack, *et al.* Weight-Related Teasing in a Racially Diverse Sample of Sixth Grade Children. *JADA*. 2011, 111.

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



1. Mishna, et al. Bullying of Lesbian and Gay Youth: A Qualitative Investigation. British Journal of Social Work. 2009.
2. Berlan, et al. Sexual Orientation and Bullying Among Adolescents in the Growing Up Study Today. J Adolesc Health. April 2010.
3. CDC. (2011). Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12: Youth Risk Behavior Surveillance. Atlanta, GA: U.S. Department of Health and Human Services.

Teachers fix stuff, right?

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

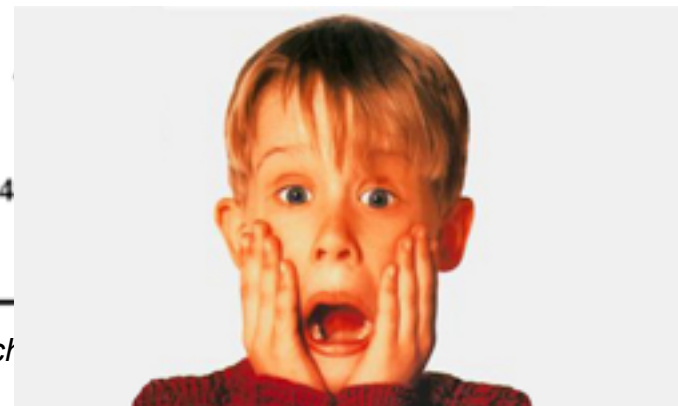


TABLE 7.1
Percentages of Teachers Endorsing Each Response Category
for Selected Survey Items

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

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Cyberbullying

- Living life on-line
- Significant component of social development
- Nothing is private on-line
- Sexting
 - Sending or posting nude/ seminude photos or videos
 - 20% of teens
 - Easily disseminated

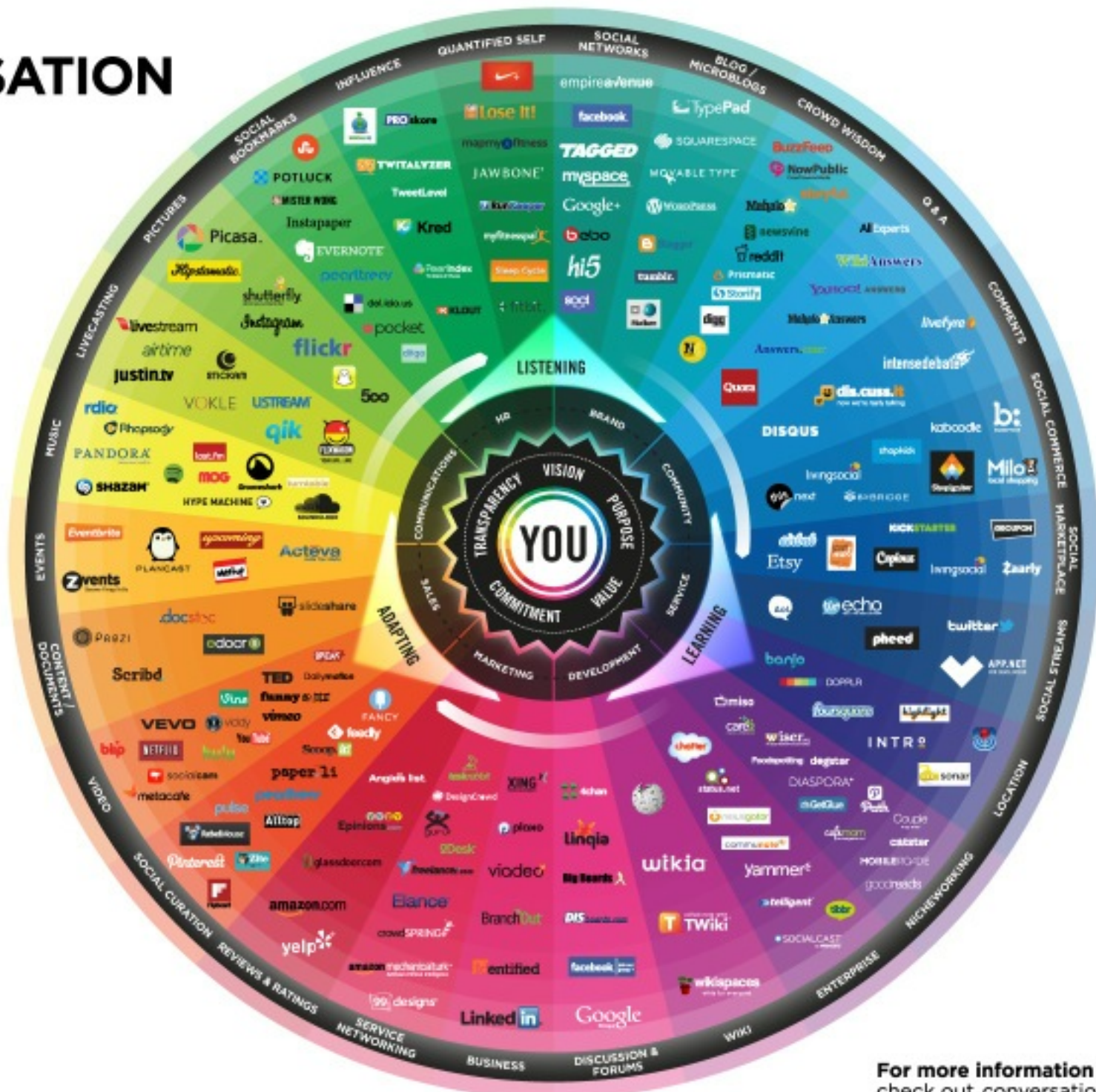


twitter



THE CONVERSATION PRISM

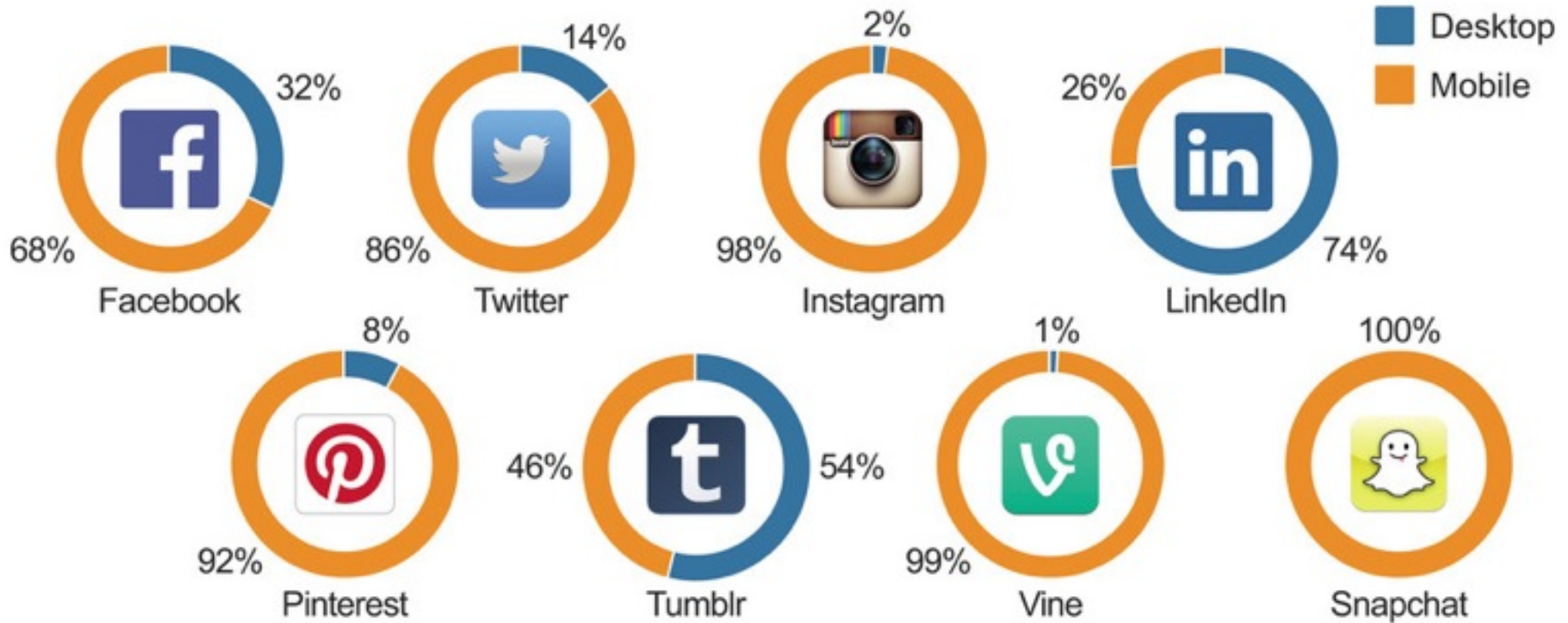
Brought to you by
Brian Solis & JESS3



For more information
check out conversationprism.com

Social Network Activity: Mobile vs. Desktop

% of time spent on social networks in the United States, by platform*



THE WALL STREET JOURNAL. * December 2013, Age 18+

Source: comScore **statista**

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.

1. Haavisto, *et al.* Factors associated with depressive symptoms among 18-year-old boys: a prospective 10-year follow-up study. *J Affect Disord.* 2004;143-154.

2. O'Keeffe, *et al.* Clinical Report -- The Impact of Social Media on Children, Adolescents, and Families. *Pediatrics.* Apr 2011. Vol 127, No 4. 800-4.

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

Bullying and Victimization at Age 8 Years and Suicide Attempts or Completed Suicides Before Age 25 Years

	Total <i>n</i>	Suicide % (<i>n</i>)	OR (95% CI)	Adjusted OR Depression (95% CI) ^a	Adjusted OR Conduct (95% CI) ^b	Adjusted OR Conduct and Depression (95% CI) ^c
Boys						
Bullying						
No	1,121	0.5 (5)				
Sometimes	1,210	1.0 (12)	2.2 (0.8–6.4)	2.3 (0.8–6.7)	1.3 (0.4–4.0)	1.3 (0.4–4.1)
Frequently	230	3.9 (9)	9.1 (3.0–27.4)***	9.9 (3.1–31.5)***	3.4 (0.9–12.7)	1.8 (0.3–10.8)
Victimization						
No	1,094	0.5 (5)				
Sometimes	1,222	1.2 (14)	2.5 (0.9–7.0)	2.7 (0.9–7.5)	1.9 (0.7–5.4)	1.9 (0.7–5.5)
Frequently	241	2.9 (7)	6.5 (2.1–20.7)**	7.7 (2.2–26.9)**	3.5 (1.02–12.0)*	3.8 (0.99–14.3)
Girls						
Bullying						
No	1,886	1.1 (20)				
Sometimes	579	0.7 (4)	0.6 (0.2–1.9)	0.6 (0.2–1.9)	0.5 (0.2–1.8)	0.7 (0.2–2.4)
Frequently	22	0	NA	NA	NA	NA
Victimization						
No	1,490	0.8 (12)				
Sometimes	895	1.0 (9)	1.3 (0.5–3.0)	1.4 (0.6–3.4)	1.3 (0.5–3.1)	1.5 (0.6–3.7)
Frequently	92	3.3 (3)	4.2 (1.2–15.0)*	5.3 (1.3–21.0)*	4.3 (1.1–16.1)*	6.3 (1.5–25.9)*

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

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



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

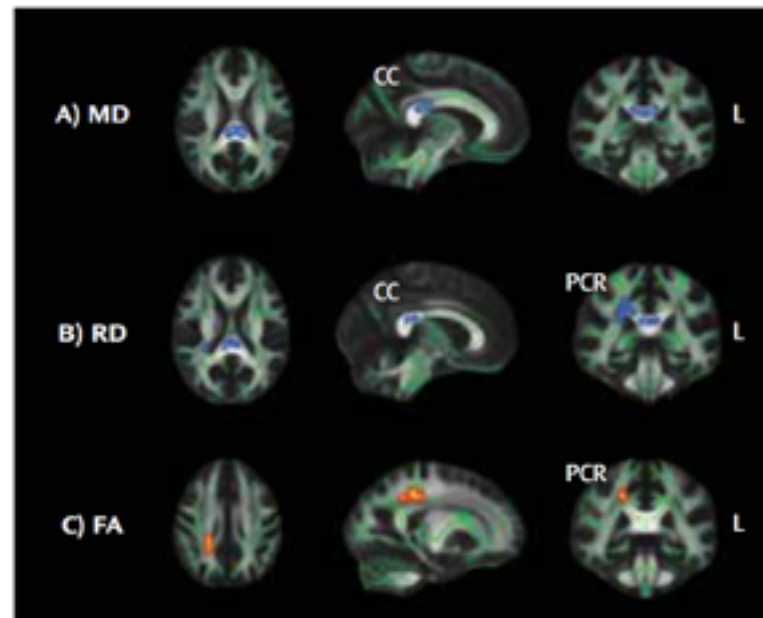
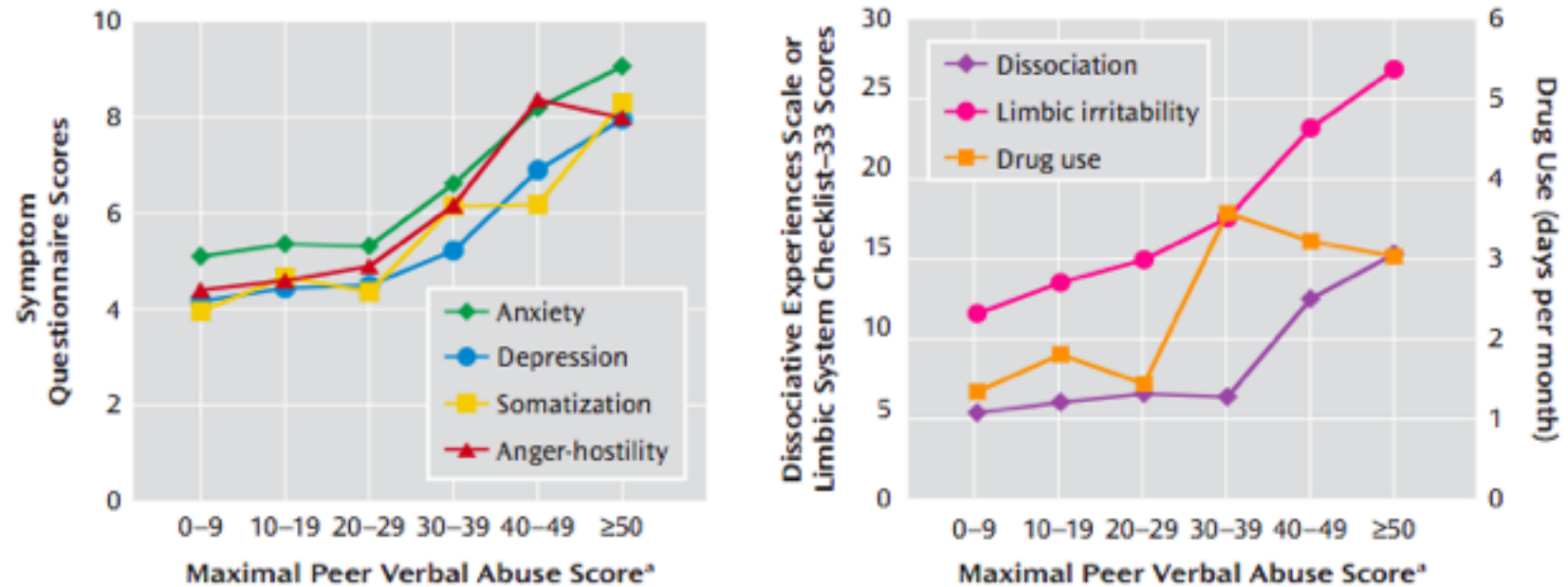
psychotic symptoms in early adolescence and adulthood



1. Schreier, *et al.* Prospective Study of Peer Victimization in Childhood and Psychotic Symptoms in a Nonclinical Population at Age 12 Years. *Arch Gen Psychiatry*. May 2009. Vol 66, No 5. 527-36.
2. Sourander, *et al.* What Is the Early Adulthood Outcome of Boys Who Bully or Are Bullied in Childhood? The Finnish "From a Boy to a Man" Study. *Pediatrics*. Aug 2007. Vol 120, No 2. 297-404.

Peer verbal abuse is associated with corpus callosum abnormalities

FIGURE 1. Effect of Exposure to Peer Verbal Aggression on Symptoms in 707 Young Adults With No History of Physical or Sexual Abuse or Parental Verbal Abuse^a



1. Teicher, *et al.* Hurtful Words: Association of Exposure to Peer Verbal Abuse With Elevated Psychiatric Symptom Scores and Corpus Callosum Abnormalities. *Am J Psychiatry*. Dec 2010. 167:1464-71.

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

1. Minnesota Safe Schools for All Coalition. <http://www.outfront.org/safeschools/bill>

2. HF826. <http://wdoc.house.leg.state.mn.us/leg/LS88/HF0826.7.pdf>

3. Minnesota School Safety Center. <https://dps.mn.gov/divisions/hsem/mn-school-safety-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

1. Waasdorp, et al. The Impact of Schoolwide Positive Behavioral Interventions and Supports on Bullying and Peer Rejection. *Arch Pediatr Adolesc Med.* 2012, 166(2).
2. Bradshaw, et al. Effects of School-Wide Positive Behavioral Interventions and Supports on Child Behavior Problems. *Pediatrics.* 2012, 130.

What can we do?

- Don't forget bullying in your HEADSS 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?



*Dr. Keith Murphy joined Grand
Island in September 2013 as a
Pediatrician and Internist.*

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 on-line behavior
 - Discuss with parents importance of supervising on-line activities via active participation
- Community advocacy and education
- Research

1.O'Keeffe, *et al.* Clinical Report -- The Impact of Social Media on Children, Adolescents, and Families. *Pediatrics*. Apr 2011. Vol 127, No 4. 800-4.

2.Smith, *et al.* Policy Statement -- Role of the Pediatrician in Youth Violence Prevention. *Pediatrics*. July 2009. Vol 124, No 1. 393-402.

Resources

<http://www.aap.org/connectedkids/>

<http://www.stopbullying.gov>

<http://www.healthychildren.org> search keyword bullying

<http://www.nlm.nih.gov/medlineplus/bullying.html>

<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>

