

**Bullying
in
Children
and
Adolescents**

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October 2019

Presentation Topics

● **What is Bullying?**

● **Risk Factors
and
Warning Signs**

● **Impact**

● **Appropriate
Responses**

● **Closing Thoughts**

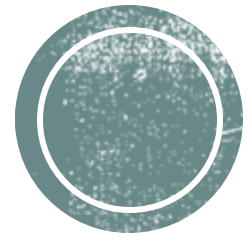
● **Citations**

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and Adolescents**

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What is Bullying?

According to the CDC (2019):

Bullying:

- Is a form of youth violence
- **Does** take advantage of a power imbalance (actual *or* perceived)
- **Typically** occurs multiple times
- **Occurs both** in-person and online (i.e., cyberbullying)
- **Is not** between siblings or romantic partners
- **Does not** always result in physical harm
- **Although** often occurring at school, it can happen anywhere

Recognized Types:

- **Physical** - e.g., pushing, punching
- **Verbal** - e.g., taunts, heckling, mocking
- **Relational/Social** - e.g., spreading gossip, intentional isolation



“I'm most disturbed by the theory of rubber resilience in children; as if its much easier to bounce back with youth. I see them more like Steel. When heated, they can be bent either which way. But if it's not corrected by the time things cool down, they can be forever changed.”

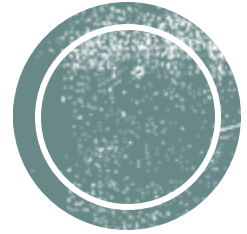
“Bullying builds character like nuclear waste creates superheroes. It's a rare occurrence and often does much more damage than endowment.”

Zack W. Van

“Bullying negatively impacts all youth involved—those who are bullied, those who bully others,
and those who witness the bullying (bystanders).”

Centers for Disease Control and Prevention (2019)





Risk Factors and Warning Signs

Becoming a Victim

Risk Factors:

- Perceived as “different” in one or more ways
 - *Ethnicity, religion, gender identity, sexual orientation, income level, special needs and/or disability, etc.*
- Seen as weak/less capable of self-defense
- Have a poor self-image or unstable mental health
- Unpopular, very small/non-existent social circle
- Poor social skills; unable to seek attention in positive ways

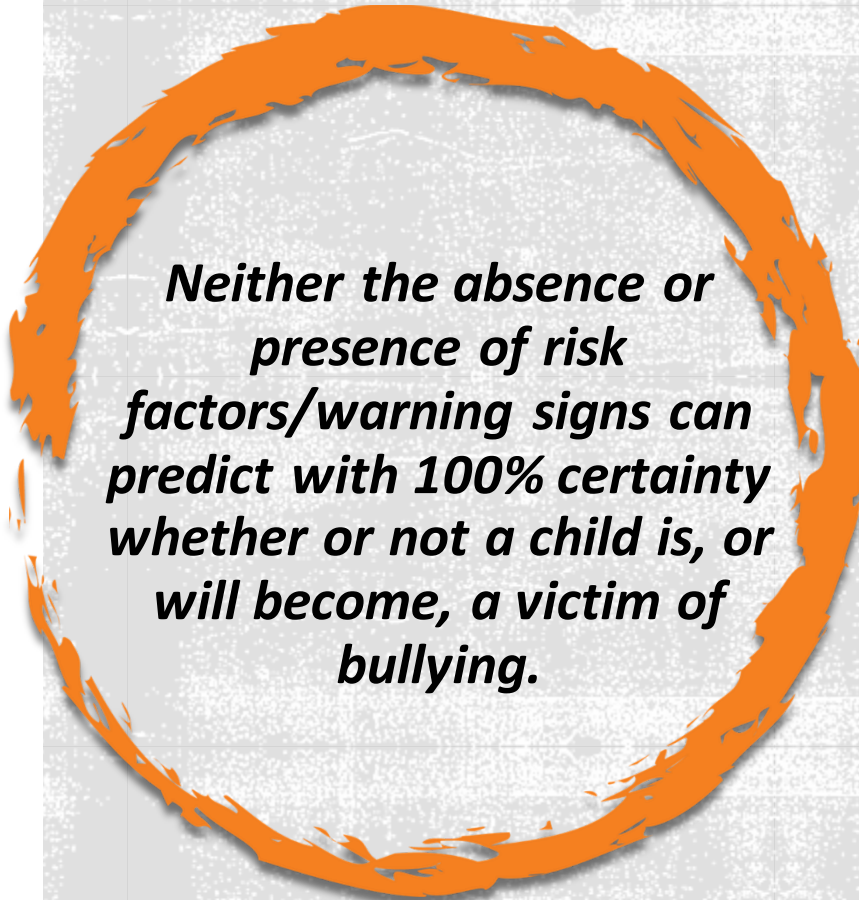
(StopBullying.gov, “Who is at Risk”, 2018).



Becoming a Victim, Cont.

Warning Signs:

- Injuries with no known cause
- Lost/destroyed property
- Recurrent illness (either real or appearing to be fake)
- Changes in habits/performance/interest in:
 - ❑ *Eating*
 - ❑ *Sleeping/nightmares*
 - ❑ *Grades*
 - ❑ *Extracurriculars*
 - ❑ *Social circle/outings*
- Depression, changes in self-esteem
- Mention/signs of self-harm, suicidal ideation, plans to run away



Neither the absence or presence of risk factors/warning signs can predict with 100% certainty whether or not a child is, or will become, a victim of bullying.



Becoming a Bully

Risk Factors:

- Two types of children are at greater risk:
 - *Prefers being dominant socially; well-connected with peers; overly-concerned with popularity*
 - *Easily dominated/pressured by peers; isolated socially; low self-esteem; less involved; may struggle with emotional intelligence and connection*
- Aggression/anger issues
- Reduced parental involvement/unstable home life
- See others as less-than
- Perceives rules as not applying to them
- Glorifies violence
- Has friends who are bullying others

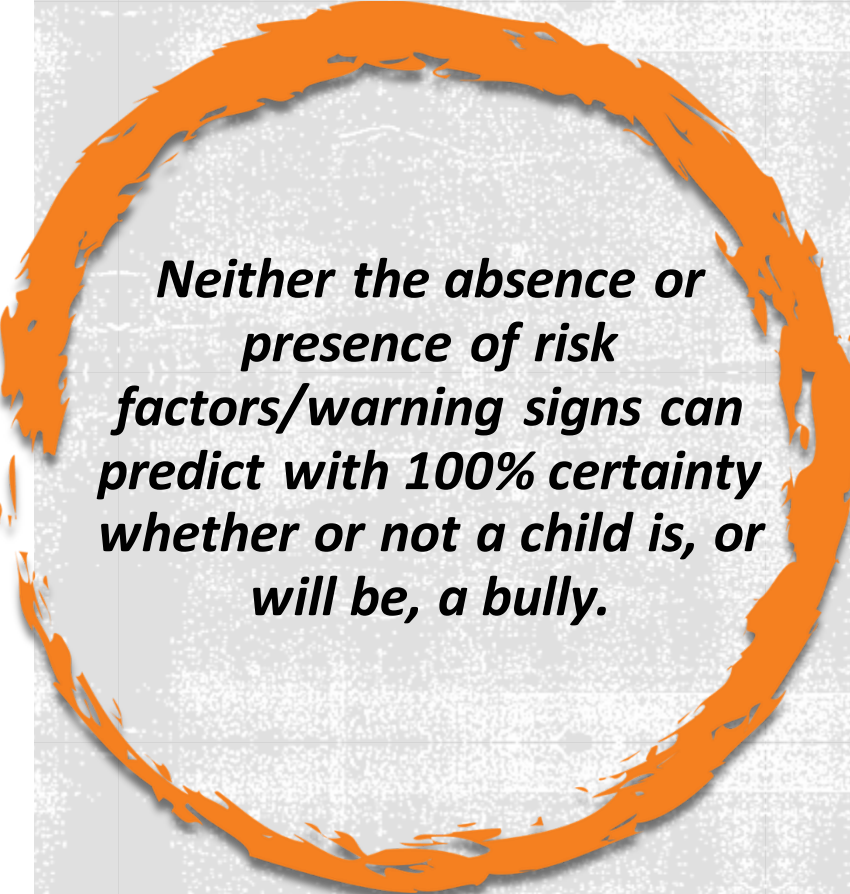
(StopBullying.gov, "Who is at Risk", 2018).



Becoming a Bully, Cont.

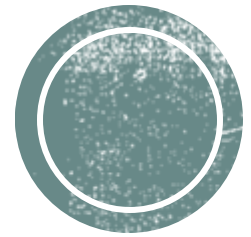
Warning Signs:

- Has been involved in/causing fights (physical or verbal)
- Maintains friendship(s) with known bullies
- Becoming increasingly aggressive
- Frequent trips to principal's office, detention, ISS, etc.
- Has inexplicable new possessions or extra money
- Sees others as the cause of their issues
- Refuses to accept responsibility for actions
- Highly competitive and/or obsessed with reputation and social status



Neither the absence or presence of risk factors/warning signs can predict with 100% certainty whether or not a child is, or will be, a bully.





Impact

Children Who Are Bullied

Children who are bullied are more likely to have mental health issues (including anxiety and depression), and for those issues to persist into adulthood.

Additionally, They Are at Risk For:

- Lowered interest and performance linked to reduced self-esteem, depression, loneliness, etc.
- Disruptions to sleeping and eating patterns
- Increased somatic/psychosomatic health complaints
- Issues at school – poor performance, tendency to be skip school/classes, expressed desire to drop out

“A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.”



Children Who Bully Others

Individuals who develop patterns of bullying young in life are far more likely to become adults who participate in high-risk behaviors, and to continue a pattern of violence against others.

Additionally, They Are at Risk For:

- Substance abuse issues in adolescence and adulthood
- Escalating behavior at school - beginning with fights, moving on to vandalism, and eventually dropping out entirely
- Premature sexual engagement and exploration
- A general disregard for rules/laws, resulting in both driving violations and other criminal involvement/citations
- A pattern of interpersonal violence (IPV) against romantic partners during adolescence and adulthood, and often evolving to include their offspring as adults



Other Effects

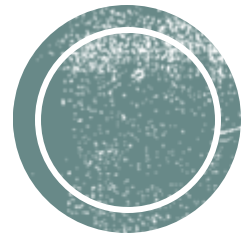
According to the U.S. government and StopBullying.gov, even simply witnessing bullying in school or other settings makes children more likely to:

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school

(StopBullying.gov, "Who is at Risk", 2018).

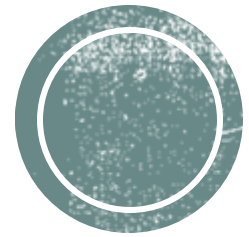
Although there are a variety of factors involved in assessing suicidality, it is undeniable that bullying and the myriad ways it impacts a child's physical, mental, and emotional well-being can increase the likelihood a child will consider and/or attempt to take their own life.





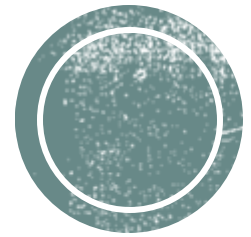
Appropriate Responses





Closing Thoughts





Citations

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