

BULLYING

2nd General High School of Chania



First of all...

What is bullying?

Bullying is when a person is exposed, repeatedly and over time, to negative actions on the part of one or more other persons.

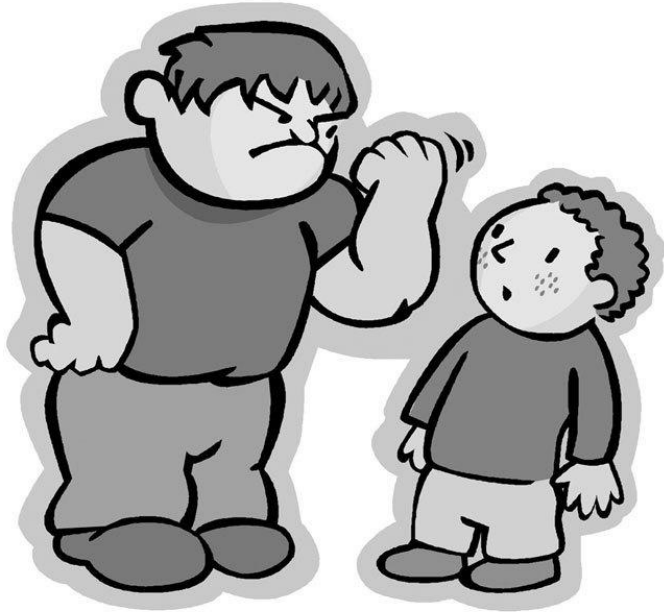
Examples include: saying hurtful things, mean nicknames, teasing, excluding someone, hitting, shoving, pulling hair, spreading false rumors and mean gossip.



What are the types of bullying?

- Physical Attacks:
Such as hitting, pushing, or kicking.
- Verbal Attacks:
Such as unwanted sexual advances, gestures or remarks.
- Social Bullying:
Such as spreading rumors or leaving people out of groups or activities.
- Cyber-bullying:
Such as sending hate emails, text messages and posting lies on the internet.

Anyone can bully- or be bullied.



Cyber-bullying

Cyber bullying is a new term that first appeared in the 21st century to describe bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted.

Examples include:

- Spreading lies about or posting embarrassing photos of someone on social media.
- Sending hurtful messages or threats via messaging platforms impersonating someone and sending mean messages to others on their behalf.

Face-to-face bullying and cyber-bullying can often happen alongside each other. Any information can be disseminated on social media at a tremendous speed and to millions of people. But cyberbullying leaves a digital footprint record that can prove useful and provide evidence to help stop the abuse. Cyber-bullying causes significant emotional, psychological, and physical distress.



Why do people get bullied?

There are a number of reasons why someone may be bullied. They include everything from personality differences to being in the wrong place at the wrong time.

Types of Kids Who Might Get Bullied:

Successful and Intelligent, Determined, Creative

Kids who are good at what they do might get bullied. A lot of times kids will be bullied because they get a lot of positive attention. This attention could be everything from excelling in sports, or excelling at school. These students are targeted because bullies worry that their abilities are being overshadowed. As well as students gifted students are often targeted for being good in classes.

Popular

Sometimes bullies target popular or well-liked children because of the threat they pose to the bully. Mean girls are especially likely to target a girl who threatens their popularity or social standing.

Distinctive Physical Appearance

Almost any type of physical characteristic that is different or unique can attract the attention of bullies. It may be that the victim is short, tall, thin, or obese. They might wear glasses or have acne, a large nose, or ears that stick out.



Illness or Disability

Bullies often target special needs children. This can include children who have Asperger's, autism, ADHD, dyslexia, or any condition that sets them apart. Kids with conditions like food allergies, asthma, Down syndrome, and other conditions also can be targeted by bullies.

Different Sexual Orientation

More often than not, kids are bullied for being gay. In fact, some of the most brutal bullying incidents have involved children who are bullied for their sexual orientation.

Religious or Cultural Beliefs

It is not uncommon for kids to be bullied for their religious beliefs. Any student can be bullied for their religious beliefs. Bullying based on different religious beliefs usually stems from a lack of understanding as well as a lack of tolerance for believing something different.

Different Race

Sometimes kids will bully others because they are of a different race. It happens with all races and in all directions.

While each of these characteristics may be exploited by bullies, they are totally not faults that victims should change. Remember, bullying is about the bully making a bad choice. It is important that this fact is communicated to victims of bullying. They need to be reminded that there is nothing wrong with them and they are not to blame for being targeted.

Bullying Isn't Just Part of Growing Up:

There have always been people who bully. But that doesn't make bullying OK. Bullying hurts everyone- including those who bully. And everyone can help stop the problem.



Why do people bully?

STRESS AND TRAUMA:

The bullies are far more likely than average to have experienced a stressful or traumatic situation in the past. They do not know how to positively respond to stress and so default to bullying others as a coping mechanism.

AGGRESSIVE BEHAVIOURS:

For guys, it's discouraged and so they start to respond with aggressive behaviours, such as bullying. This is why guys are more likely than girls to physically attack somebody or to commit crimes. It isn't something they are born with, it's a learned behaviour that is actively taught by society using dysfunctional gender norms and roles.

LOW SELF-ESTEEM:

In order to mask how they actually feel about themselves, some people who bully focus attention on someone else. They try to avoid any negative attention directed at them by deflecting.

THEY'VE BEEN BULLIED:

Research shows that those who have experienced bullying are twice as likely to go on and bully others. Maybe they were bullied as kids in the past, or maybe they are being bullied now. Often it's used as a defence mechanism and people tend to believe that by bullying others, they will become immune to being bullied themselves. In fact, it just becomes a vicious cycle of negative behaviours.

DIFFICULT HOME LIFE:

Some bullies feel like their parents don't have enough time to spend with them. There are often feelings of rejection from the very people who should love them unconditionally. They are also much more likely to come from violent households with lots of arguments and hostility.

LOW ACCESS TO EDUCATION:

Without access to education, hate-based conversation directed at others may be the norm. They may not understand what hate speech is and why speaking about people in a derogatory way is not appropriate.

RELATIONSHIPS:

Finally, those who bully are more likely to feel like their friendships and family relationships aren't very secure. In order to keep friendships, they might be pressured by their peers to behave in a certain way.

Possible Future of a Bully

- Children who are bullies become Adult bullies.
- As an adult they have problems in making and keeping friends.
- Children who are bullies are likely to experience legal or criminal problems as adults.
- Drop out of school
- Be injured in a fight
- Steal, destroy property
- Drink alcohol, smoke



Bullying Rates

Students with specific learning disabilities report greater rates of victimization than their peers without disabilities (*Rose & Gage, 2016*)

28.9% of LGBTQ students were physically bullied (e.g., pushed, shoved) in the past year because of their sexual orientation and 24.4% because of their gender expression, and 22.8% based on gender.

23% of African-American students, 23% of Caucasian students, 16% of Hispanic students, and 7% of Asian students report being bullied at school (*National Center for Educational Statistics, 2019*)

70.1% of LGBTQ students were verbally bullied in the past year because of their sexual orientation and 59.1% because of their gender expression, and 53.2% based on gender.

In Greece:

1/3 of high school students have been bullied by their classmates and the percentage of all students who have witnessed a bullying incident at the expense of a classmate ranks us fourth among 41 countries worldwide in terms of intra-school bullying (*Olweus, 2014*)



1 in 3
students
aged 13-15
experience
BULLYING

16%
have experienced
**PHYSICAL
BULLYING**

11.2%
have experienced
**SEXUAL
BULLYING**



1 60,000

Children stay home every
day due to fear of being
bullied

1 out of every 4 kids
are bullied every month in the US

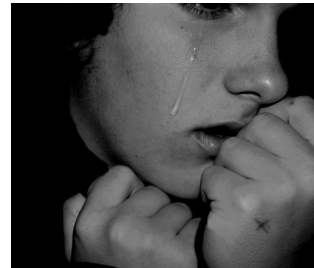


Effects of bullying

Bullied children can have negative effects from bullying, they are divided into two subcategories, which are physical and mental consequences.

The physical are usually *headaches* and *stomachaches* or some *wounds* caused by someone hitting the victim, also *sleeping problems* are considered harmful to human health. Additionally, there are other serious physical problems like *sexual abuse* or even *death* in extremely awful situations.

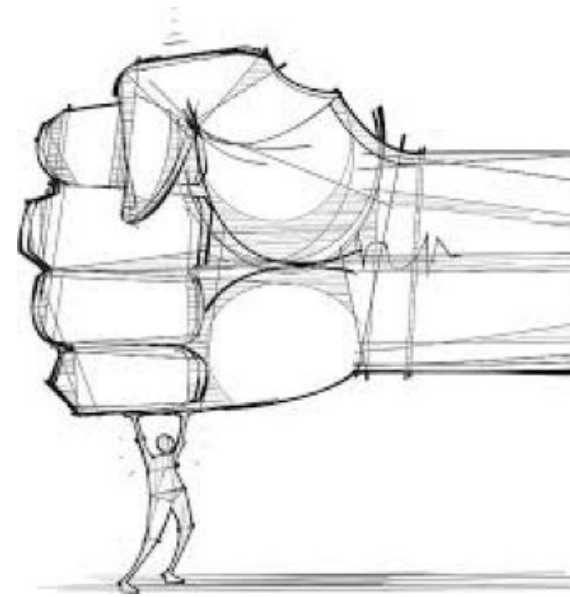
The mental on the other side can be as bad as the physical and that is often on how people control their emotions. *Low self-esteem* and *loss of self-confidence*, these are main issues for the victims because they might have to deal with them in the future. Moreover, they usually experience; *depression*, *anxiety*, *post-traumatic*, *stress*, *fear*, *hopelessness*, *shame*, *panic attacks* and *mood swings*. It is also important that it can cause *doubt*, *loneliness*, *insomnia*, *decreased energy* and *suicidal thoughts* (people say they are turning into voices and that pushes them to suicide).



What to do...

Here are some ways to prevent bullying or support someone who's being bullied:

- Talk with the person being bullied.
- Ask what you can do to help.
- Sometimes just hanging out between classes or before and after school can help.
- Listen without making judgments.
(The person being bullied could feel sensitive about what's going on and scared to talk about it. They may feel powerless and unable to get away from the bullying.)
- Let them know you care.
- Show that you're a friend.
- Invite them into your group or to do things together.
- Tell an adult you trust.
- Try to involve the person being bullied in the discussion. They might be afraid to tell someone, so your encouragement could help.
- Talk with your friends about how you can all stand up to bullying. There's strength in numbers.
- Start or join an anti-bullying group or a gay-straight alliance at your school.
- Don't repeat rumors. (Bullies sometimes try to start rumors — you can help stop a rumor by not spreading it.)
- Confront bullying



How to respond to bullying:

"Stop doing this — no one deserves to be treated this way!"

"Stop. We need to talk."

"Stop, you have no idea what your actions can cause someone else to do and the price for finding out is more than you or anyone should ever have to pay."

"Stop! You're hurting him/her!"

"I need you to stop treating them that way. It's hurtful and completely inappropriate."

"Stop and think about what you're saying."

"Stop that. You are bothering and offending me when you behave that way, and we don't do that here. I know you can behave better than that."

"Excuse me, it's not OK to make fun of another person (or whisper behind their back or exclude someone). That's not how we treat people at this school. Please stop."

"Imagine if someone just said (or did) exactly what you just did to someone you really love and care about."

"What you're doing is hurting someone, but I understand you're struggling too."

"How would you feel if someone did this to you and what will you do to make things right?"

"It's not okay to say that to someone in my classroom. Are we clear?"

"I know bullying that girl gives you this 'high' and makes you feel all-mighty and powerful. But the truth is, a few years from now when you grow up, have kids of your own, and look back on what you've just done, I promise you won't feel all-mighty or powerful; you will just look in the mirror and feel sad."



Educate! Some types of bullying — like bullying someone for their race, religion, or being gay or trans — is based on fear and ignorance. If you teach someone what you know about these things, you might be able to change the way they treat people.

Fighting is Never the Answer:

Don't believe what you see on TV or in the movies. Fighting and violence lead to more pain and shame and possibly serious injury. There are much better ways of dealing with bullying.

It takes courage, but talking to someone who's bullying lets them know that their actions aren't cool. If you're worried about safety, make sure you tell someone your plan or bring someone with you. You also don't have to talk face-to-face — you can send them a message to let them know that what they're doing is wrong and hurtful. Sometimes, all people need to hear is "Hey, that's not cool," to make them think twice about their words and actions. Being bullied hurts a person's confidence, but friends can make a huge difference.



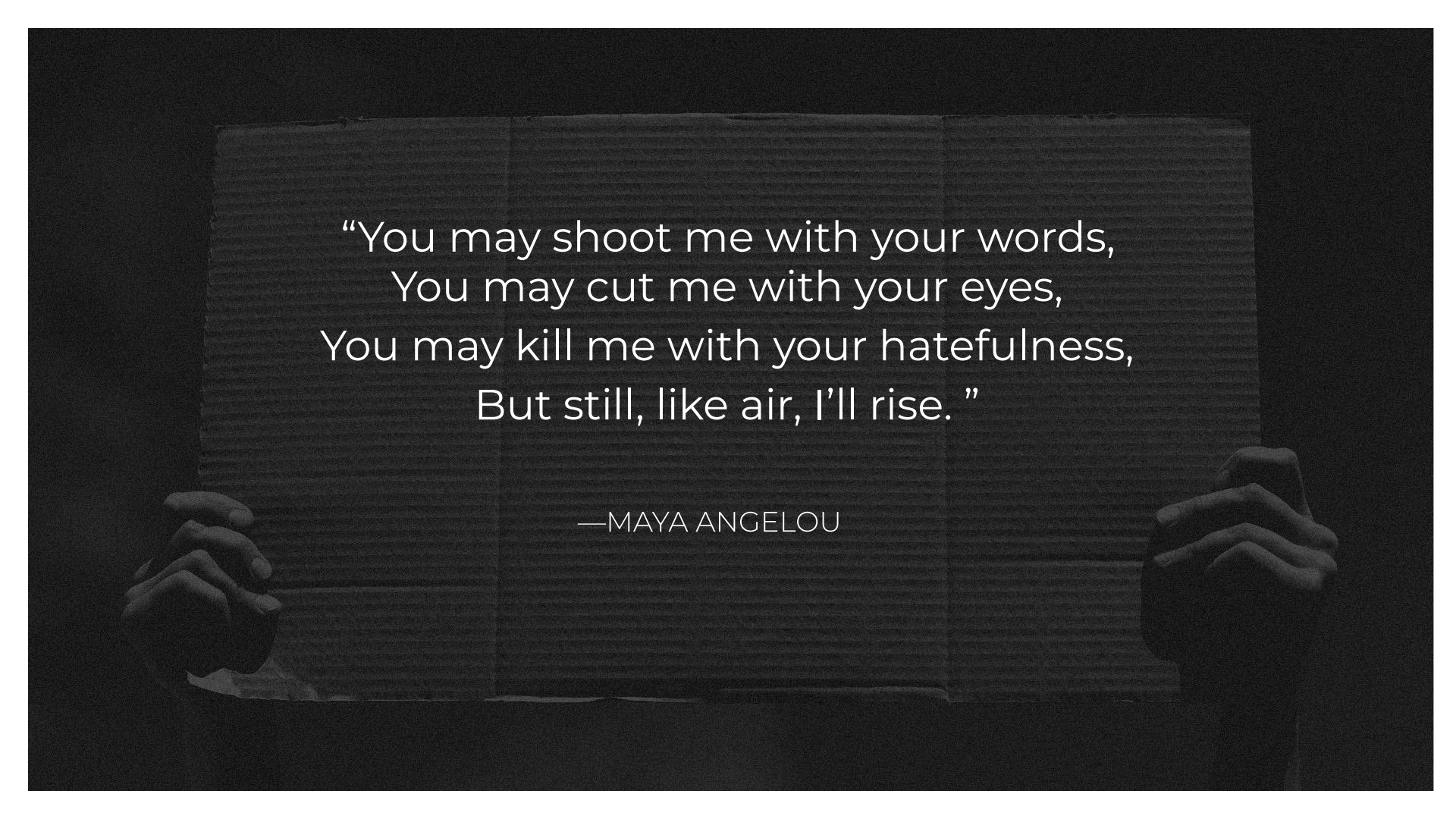
If you are the victim... STAND UP... SPEAK OUT!

European Helpline for Children and Adolescents 116111

The Helpline 116111 plays a crucial role in preventing phenomena of violence that children may encounter (Physical, Sexual and Psychological Abuse, Neglect, Bullying, Smuggling & Trafficking), as well as cases of missing children. It is staffed exclusively by specialized psychologists and is available nationwide, 24 hours a day, 365 days a year. Calls to the Helpline are free from landline and mobile telephones, no card is required when calling from telephone booths, whereas the call from card phones does not require any telephone credits.

YOU ARE NOT ALONE





“You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I’ll rise.”

—MAYA ANGELOU

RESOURCES



- <https://www.slideshare.net/gmtango/bullying-powerpoint-12848082>
- <https://www.slideshare.net/dreamingmoi/bullying-presentation-presentation-837380>
- <https://www.slideshare.net/coolmum4u/bullying-3494068>
- <https://www.ditchthelabel.org/why-do-people-bully/>
- <https://www.verywellfamily.com/reasons-why-kids-are-bullied-460777>
- <https://www.asisonline.org/security-management-magazine/articles/2017/05/a-brief-history-of-bullying/>
- <https://www.crisisprevention.com>
- <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>
- http://micro-kosmos.uoa.gr/gr/magazine/ergasies_foititon/ettap/2010-11/bulling/statistics.htm
- <https://www.pacer.org/bullying/resources/stats.asp>
- <https://www.verywellfamily.com/reasons-why-teens-bully-others-460532>
- <https://www.healthdirect.gov.au/bullying>
- <https://www.istockphoto.com/illustrations/physical-bullying?phrase=physical%20bullying&sort=mostpopular>
- <https://www.shutterstock.com/search/bullying+sketch> <https://clipartstation.com/sprechendes-kind-clipart-10/>
- <https://www.pacer.org/bullying/resources/questions-answered/sticks-and-stones.asp>
- <https://www.hamogelo.gr/gr/en/116111/>
- <https://kidshealth.org>

Thank you for your attention!