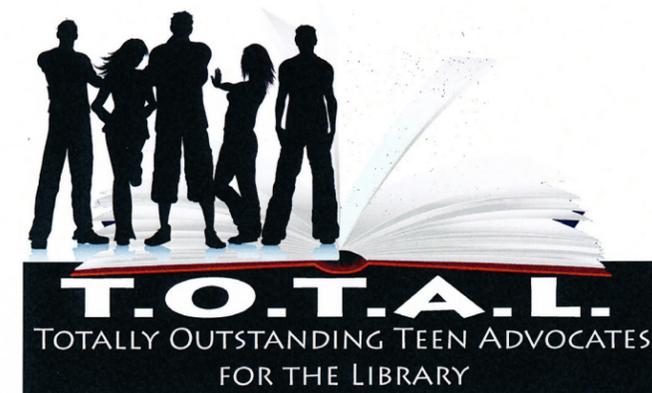


Bullying

How Can I Fix Bullying In My Classroom?

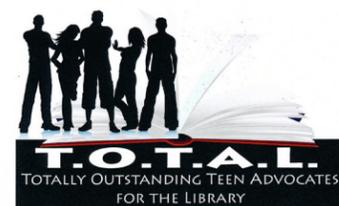


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What is Bullying?



Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

Sources: wordnetweb.princeton.edu/perl/webwn
en.wikipedia.org/wiki/Bullying



Notes

What Can I Do As A Teacher to Help My Student?



- Acknowledge the Problem- First and foremost acknowledge that bullying exists.
- Don't Do Further Damage by Lending Too Much Support in Public- Kids are concerned about what their peer group sees and knows. It may be more helpful to lend your supportive words and gestures in private.
- Don't Force a Meeting Between the Student Who is Bullied and the Student that is Being Bullied- Such meetings can cause further harm. Forced apologies don't help.
- Explore How the Student's Parents May Be of Support to Them. Many children keep incidents of bullying to themselves and don't tell their parents. Explain that if their parents know, more support may be available. Talk with parents, if appropriate, about your concerns.
- Ask the Student What He/She Needs to Feel Safe- Those who are bullied may feel powerless, scared and helpless. Give the student a voice. Emphasize the confidential nature of your discussion and be clear about who will not be told about this information
- Refer to the School Rules on Bullying- Use a matter-of-fact tone of voice to state that bullying is unacceptable and against school rules. Let them know that bullying will not be tolerated.

What Are The Types Of Bullying?



Physical: involves the use of physical force or intimidation tactics to someone's body or property. Hitting, kicking or pushing another person, or even threatening to do it. Physical bullying is one of the most common types of bullying.

Verbal and Emotional: is name-calling, making offensive remarks, or joking about a person's religion, gender, ethnicity, socioeconomic status, or the way they look. For example, if a group of kids makes fun of another kid because he can't run as fast as everyone else, it is verbal bullying. In recent studies, 46.5% of all bullying in schools is verbal. Verbal aggression is when a bully teases someone. It can also include a bully making verbal threats of violence or aggression against someone's personal property.

Social Alienation/Indirect Bullying: is when a bully excludes someone from a group on purpose. It also includes a bully spreading rumors or making fun of someone by pointing out their differences.

Cyber-bullying: Cyber-bullying, or internet bullying, is the newest form of technology-enabled bullying. Instead of spreading a rumor verbally, the bully emails or instant messages a rumor about another person. In some cases, cyber-bullies have created websites filled with false information. The common media of cyber-bullying include blogs, instant message systems, e-mail, chat rooms and text messages.

Why Won't My Students Tell Me Why They Are Being Bullied?



- They Feel Ashamed, Afraid, or Powerless - Students may not report being victims of bullying because it makes them feel ashamed, afraid, and powerless. Over time, they may come to feel they deserve it. This may be particularly true of children in fourth grade and up.
- Students Fear Retaliation and a Reputation as a “Rat”- This might be especially true about reporting popular students who bully. There is evidence that well-liked and successful children can be the most skilled at bullying and at escaping detection
- Afraid of How Their Teachers Will React/Afraid You Will Do Nothing: They may be afraid you may try and call a meeting with them and the bully. They also may be afraid that you will be too busy to help them or you may not even believe them. They don't want to be labeled as a tattletail. Also, sometimes bullies are the popular kids in schools (athletes, cheerleaders, etc) and fear teachers will not do anything or take the side of the popular student.

Warning Signs Your Student May Be Bullied



- Comes back from recess, lunch or break with torn, damaged, or missing pieces of clothing, books, or other belongings
- Has unexplained cuts, bruises, and scratches
- Has few, if any friends with whom he or she spends time with
- Does not want to go to P.E. or other extra-curricular activities
- Has lost interest in school work or suddenly begins to do poorly in school
- Appears sad, moody, teary, or depressed when he or she comes to school
- Complains frequently of headaches, stomachaches, or other physical ailments
- Appears anxious and suffers from low self-esteem
- Never has lunch money
- Acts suicidal or attempts suicide
- Often has missing or stolen possessions