



# Being A Friend, Having A Friend: Powerful Ways to Prevent Bullying

## Definition

Bullying is the repeated physical or psychological intimidation creating a pattern of harassment and abuse.



(Ahmad & Smith, 1994; Olweus, 1993)

# Forms of Bullying

- DIRECT- Teasing, taunting, threatening, hitting, stealing  
*(in your face kind of bullying)*
- INDIRECT-intentional exclusion, spreading of rumors, enforcing social isolation *(don't invite him to be on our science project team- he's fat; don't invite her to your birthday party-she's ugly)*



# Symptoms

- Characteristics of Victims
  - Typically anxious
  - Insecure
  - Cautious
  - Suffer from low self-esteem
  - Lack social skills and friends
  - Overly close to parents
  - Often physically weaker than peers



# Symptoms

- Characteristics of Children Who Bully
  - Need to feel powerful and in control
  - Have little empathy for their victims
  - Often come from homes where corporal punishment is used
  - Parental involvement and warmth is often lacking
  - Have little anxiety-possess strong self-esteem
  - Generally defiant, apt to break school rules

# Behaviors of Victims

- Unexplainable drop in academic performance
- Avoidance of school cafeteria, bathrooms, playground
- Torn clothing
- Headaches, stomachaches, other illnesses
- Changes in sleep patterns
- Sad and depressed demeanor



# Effects

- School absence
- Poor academic performance
- Lack of focus
- Depression
- Dropping out of school
- Limits lifetime career
- Relationship problems



# Adult Response

- Teach, role model empathy-*how would you feel if that happened to you*
- Use healing words, teach compassion – *I appreciate that...thank you...I'm sorry...are you feeling better?*
- Teach assertiveness – speak up, say what you need...*I feel worried, please listen to me*
- Promote self-respect – *use respectful discipline, let's look our best*

# Adult Response

- Intervention should be school wide with a strong 'living' policy
- Integrate the policy into every aspect of the program, curriculum, family life
- Improve your physical surroundings! (*murals, gardens, etc.*)
- Teach conflict resolution, peer counseling and assertiveness techniques

# Resources

- Olweus, D., & Limber, S. “Bullying Prevention Program.” In D.S. Elliot, ed., Blueprints for Violence Prevention. Denver, CO: C&M Press, 1999
- Beverly B., Bully/Victim Conflict. Johnson Institute; Hazelden
- No Bullying Program. Johnson Institute; Hazelden
- <http://www.cde.ca.gov/ls/ss/se/bullyres.asp>
- <http://www.bullyonline.org/index.htm>
- <http://www.kidsturncentral.com/links/bullylinks.htm>





# Interested in more?

Call the Office of Violence  
Prevention for details about and  
calendar for this full workshop.

312.745.0381

*“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.”*

*George Washington*

*Carver*