

Adverse Impact of Childhood Bullying: Lifespan Implications

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Our Locations



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Overview of Presentation

- Definitions and scope of bullying
- Impact on social, emotional and academic functioning
- Implications for adulthood
- Prevention and Intervention
- Resources for additional information

Definitions

- Types of bullying:
 - Physical
 - Verbal
 - Relational
 - Electronic

Definitions

- Targets of bullying:
 - Victims
 - Bullies
 - Victim-Bullies
 - Bystanders or Witnesses

Bystanders or Witnesses

- High prevalence
- Adverse effects
 - Psychological revictimization
 - Anticipatory worry
 - Cognitive dissonance
- Need for awareness

Relational Bullying

- Social Exclusion
- Rumors

Electronic Bullying

- Texting
- Social networking

Impact of Bullying

Cross-sectional Studies

- Psychological
- Physical
- Social
- School adjustment and achievement

Impact of Bullying Longitudinal Studies

- Finnish “From a Boy to A Man”
- Environmental Risk Longitudinal Twin Study
- Great Smokey Mountain Study

Interventions - overview

- Curriculum
- Skills groups
- Mentoring
- Social worker support
- Multi-disciplinary

Curriculum Based

- Academic curriculum in the classroom
 - Awareness and psychoeducation
 - Recognize bullying roles
 - Teach intervention strategies
 - Emphasis on rules and sanctions

Skills Groups

- Targets social-emotional skill building
- Instruction and practice
- Mediation and conflict resolution
- Example programs
 - S.S.GRIN (Social Skills Group Intervention)
 - Yale Child Study Center program

Mentoring

- Relationship building
- Self-esteem enhancement
- Goal setting
- Academic assistance (tutoring)
- Example: Healthy Kids Mentoring Program

Social Work Support

- Increase in staff (social work and teachers)
- Targeted aspects
 - Family and child counseling
 - Child protection
 - Transition to secondary
 - Bullying
 - Truancy
 - Health education
 - Community development
 - School exclusions

Multi-disciplinary

- School wide rules and sanctions
- Teacher training
- Classroom curriculum
- Conflict resolution training
- Individual counseling (social work support)

Olweus Bullying Prevention “School Rules”

- I will not bully others
- I will try to help students who are bullied
- I will include students who are easily left out
- I will tell an adult at home and at school when I know someone is being bullied

Additional Interventions

- Parent involvement
 - How to talk to and advise child
 - What not to do
- Community outreach
 - “collective efficacy”

Resources

- Assessment measures
 - <http://www.cdc.gov/violenceprevention/pdf/BullyCompendiumBk-a.pdf>
- Free professional webinars
 - <http://www.violencepreventionworks.org>
- Information for Parents
 - <http://www.nasponline.org/resources/handouts/revisedPDFs/bulliesvictimms.pdf>
- State laws
 - <http://www.bullypolice.org/>