Recognizing Bullying

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Dan Olweus, creator of the *Olweus Bullying Prevention Program*, defines bullying in his book, *Bullying at School: What We Know and What We Can Do*:

***"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself."***

This definition includes three important components:

* Bullying is aggressive behavior that involves unwanted, negative actions.
* Bullying involves a pattern of behavior repeated over time.
* Bullying involves an imbalance of power or strength

In his writings, Dr. Olweus is very clear that bullying is **peer abuse** that should not be tolerated under any circumstances. Today, more than thirty states have adopted [laws against bullying](http://www.violencepreventionworks.org/public/bullying_laws.page).

**Types of Bullying**

Bullying can take on many forms:

 1. Verbal bullying including derogatory comments and bad names
 2. Bullying through social exclusion or isolation
 3. Physical bullying such as hitting, kicking, shoving, and spitting
 4. Bullying through lies and false rumors
 5. Having money or other things taken or damaged by students who bully
 6. Being threatened or being forced to do things by students who bully
 7. Racial bullying
 8. Sexual bullying
 9. Cyber bullying (via cell phone or Internet)

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**Bullying is Not Teasing**

It might be hard to tell the difference between playful teasing and bullying. Teasing usually involves two or more friends who act together in a way that seems fun to all the people involved. Often they tease each other equally, but it never involves physical or emotional abuse.

**Why Students Bully**

Information about bullying suggests that there are three interrelated reasons why students bully.

1. Students who bully have strong needs for power and (negative) dominance.
2. Students who bully find satisfaction in causing injury and suffering to other students.
3. Students who bully are often rewarded in some way for their behavior with material or psychological rewards.

**TEN MYTHS ABOUT BULLYING**

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If teachers are to successfully prevent or eliminate bullying in their classrooms, they need to understand the characteristics of bullies and their victims. According to Olweus, who has been studying those characteristics for 30 years, much of what we have always believed about bullying is wrong -- consequently many of our techniques for dealing with bullies and their victims have simply made the problem worse. Bullies are not, the research indicates, cowardly misfits with low self-esteem. Their victims are rarely chosen because of the color of their hair or skin or the shape of their glasses. And, perhaps most importantly, bullying is not a problem that will go away without adult intervention.

Following are ten myths about bullying that Olweus has identified through his research:

1. THE MYTH: **Bullies suffer from insecurity and low self-esteem. They pick on others to make themselves feel more important.**
THE RESEARCH: Most bullies have average or above-average self-esteem. They "suffer" from aggressive temperaments, a lack of empathy, and poor parenting.
2. THE MYTH: **Bullies are looking for attention. Ignore them and the bullying will stop.**
THE RESEARCH: Bullies are looking for control, and they rarely stop if their behavior is ignored. The level of bullying usually increases if the bullying is not addressed by adults.
3. THE MYTH: **Boys will be boys.**
THE RESEARCH: Bullying is seldom outgrown; it's simply redirected. About 60 percent of boys identified as bullies in middle school commit at least one crime by the time they are 24.
4. THE MYTH: **Kids can be cruel about differences.**
THE RESEARCH: Physical differences play only a very small role in bullying situations. Most victims are chosen because they are sensitive, anxious, and unable to retaliate.
5. THE MYTH: **Victims of bullies need to learn to stand up for themselves and deal with the situation.**
THE RESEARCH: Victims of bullies are usually younger or physically weaker than their attackers. They also lack the social skills to develop supportive friendships. They cannot deal with the situation themselves.
6. THE MYTH: **Large schools or classes are conducive to bullying.**
THE RESEARCH: No correlation has been established between class or school size and bullying. In fact, there is some evidence that bullying may be less prevalent in larger schools where potential victims have increased opportunities for finding supportive friends.
7. THE MYTH: **Most bullying occurs off school grounds.**
THE RESEARCH: Although some bullying occurs outside of school or on the way to and from school, most occurs on school grounds: in classrooms, in hallways, and on playgrounds.
8. THE MYTH: **Bullying affects only a small number of students.**
THE RESEARCH: At any given time, about 25 percent of U.S. students are the victims of bullies and about 20 percent are engaged in bullying behavior. The [National Association of School Psychologists](http://www.nasponline.org/) estimates that 160,000 children stay home from school every day because they are afraid of being bullied.
9. THE MYTH: **Teachers know if bullying is a problem in their classes.**
THE RESEARCH: Bullying behavior usually takes place out of sight of teachers. Most victims are reluctant to report the bullying for fear of embarrassment or retaliation, and most bullies deny or justify their behavior.
10. THE MYTH: **Victims of bullying need to follow the adage "Sticks and stones will break your bones, but names can never hurt you."**
THE RESEARCH: Victims of bullying often suffer lifelong problems with low self-esteem. They are prone to depression, suicide, and other mental health problems throughout their lives.