

Bullying Prevention And Strategies to Combat it

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What is Bullying?

- ❖ Repetitive
- ❖ Intentional
- ❖ Imbalance of Power
- ❖ No Justifiable Cause



Bullying in Middle School

- ❖ 28% of middle schoolers are bullied
- ❖ 33% are cyberbullied
- ❖ Males are physically bullied more than females (6% vs. 4%)
- ❖ Females are relationally bullied more than males (18% vs. 9%)

[\(National Center for Educational Statistics, 2019\)](#)

Types of Bullying

- ❖ Physical
- ❖ Verbal
- ❖ Cyber
- ❖ Relational



Physical Bullying



Verbal Bullying



Cyber Bullying



Relational Bullying



Behaviors of Relational Aggression



- ❖ Backstabbing
- ❖ Cyberbullying or shaming others online
- ❖ Excluding and ostracizing others
- ❖ Forming cliques
- ❖ Using peer pressure to get others to take part in bullying
- ❖ Spreading rumors or engaging in gossip
- ❖ Using peer pressure to get others to take part in bullying

Why Relational Aggression Happens



- ❖ **Social Status**
- ❖ **Boredom**
- ❖ **Peer Pressure**
- ❖ **Low Self-Esteem**
- ❖ **Competition**
- ❖ **Learned Behavior**

Emotional Effects of Relational Aggression

Victims of relational aggression often experience:

- ❖ Academic struggles
- ❖ Depression
- ❖ Difficulty forming healthy friendships
- ❖ Eating disorders
- ❖ Feelings of rejection, inadequacy, and unattractiveness
- ❖ Low self-esteem
- ❖ Suicidal ideation



How to Promote Bully-Proof Friendships:

Healthy vs. Unhealthy Friendships



Characteristics of a Healthy Friendship

- ❖ Treat each other as equals
- ❖ Are honest and trustworthy
- ❖ Respect each other's boundaries
- ❖ Celebrate one another's successes
- ❖ Stand up for each other
- ❖ Support the formation of other friendships
- ❖ Are real and authentic
- ❖ Refrain from using peer pressure



Characteristics of an Unhealthy Friendship

- ❖ **There is a power imbalance**
- ❖ **Features of unkind or mean behavior**
- ❖ **Involves Drama**
- ❖ **Jealousy and competitiveness**
- ❖ **Involves social exclusion or isolation**
- ❖ **Includes controlling behaviors**
- ❖ **Involves rule breaking**



What to Do About Relational Aggression and How to Respond As Parents



- ❖ Be a listening and supportive presence
- ❖ Think before acting. Don't take over
- ❖ Agree on what action to take with your child
- ❖ Encourage upstanding and kind behavior
- ❖ Model how to interact socially
- ❖ Discuss the dangers of gossip, backstabbing, and rumor spreading
- ❖ Help your child find pleasant distractions
- ❖ Monitor Online Activity
- ❖ Encourage and Support plans with different friends

What if it's Your Child Doing the Bullying?



- ❖ Gather information
- ❖ Listen without shaming
- ❖ Repair
- ❖ Counseling

Strategies to share with your child when they are being relationally bullied

- ❖ Do not gossip
- ❖ Talk to a friend
- ❖ Talk to an adult
- ❖ Decide whether to confront the bully



Confronting the Group or Bully

- ❖ **Take time to figure out what to say**
- ❖ **Practice what you want to say**
- ❖ **Be assertive and confident**
- ❖ **Talk to each person individually**
- ❖ **Stay busy**



What to do about Physical Bullying

- ❖ Lay low
- ❖ Avoid the Bully
- ❖ Do not Provoke the Bully
- ❖ Hang out with other people



What to do about Verbal Bullying

- ❖ Act like you don't care
- ❖ Have an attitude
- ❖ Say something that shows you don't care



Final Takeaways

- ❖ **Help your child understand the differences between a healthy vs unhealthy relationship**
- ❖ **Partner with your child if a bullying issue presents itself**
- ❖ **Seek therapeutic services if the problem feels severe and your child's suffering is prolonged**





Thanks!

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