



BULLDOG SOLUTION PARENT SEMINAR

PRESENTED BY
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AGENDA FOR TODAY

- Evolution of Bullying
- Bullying, Stalking, Harassment
- Conflict, Teasing, & Gossip
- Drama
- Relational Aggression
- Cyberbullying
- Preventative Strategies
- Intervention Strategies
- Strategies to Use at Home
- Resources

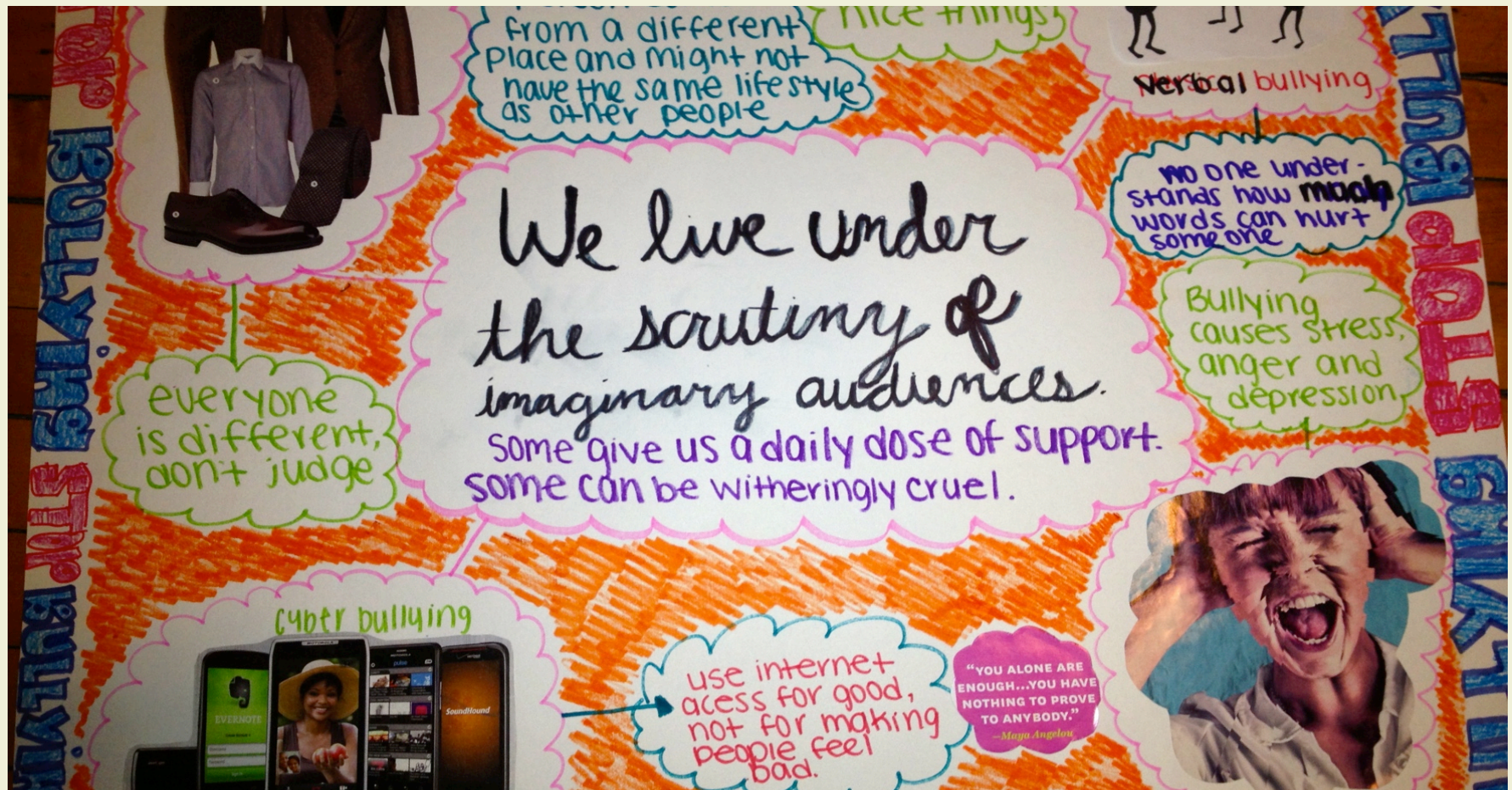


EVOLUTION OF BULLYING

Over the years bullying has evolved along with technology and social media. We have to look at this problem with a fresh pair of eyes.

- 20 years ago bullying was seen as...**
- 10 years ago bullying was seen as...**
- Now bullying is seen as...**

BULLYING TODAY



DEFINITION OF BULLYING

Using your power to hurt someone physically or verbally on purpose over a period of time.

Power can be seen as physical strength, having great social skills, popularity, and friends' influence.

Bullying: repeated acts of aggression, intimidation, or coercion against a victim who is weaker than the perpetrator in terms of physical size, psychological social power, or other factors that result in notable power differentiation.

CONFLICT

What is conflict?

Disagreements between friends, parents, adults, groups, and others that often results in arguments, disputes, or fights.

Why does conflict happen?

Power difference, hitting emotional or value triggers, poor/lack of communication, jealousy, unresolved issues, differences in social status, differences in personality, pushing your own agenda, not listening, lack of compromise and flexibility, being egotistical, opinionated, arrogant, and name-calling.

TEASING

Teasing

Making fun of or attempting to provoke a person

Good Teasing

The individual feels liked by the teaser and it is done with good intentions to show affection.

Unintentional Bad Teasing

The teaser does not know the individual is hurt, or dismisses his/her feelings because the teaser does not understand.

Mean Teasing

The teaser is purposely teasing the individual looking to hurt the other person. When the individual asked the teaser to stop, the teaser responds “Don’t be a baby, you’re so sensitive, just kidding, it’s a JOKE!” However, the teasing does not stop.

GOSSIP & RUMORS

Gossip

Sharing private information about someone else personal life.

Sharing someone's secrets, private stories, or personal challenges to others with the intend to spread the knowledge.

Rumors

Sharing Information or a story that is passed from person to person but might not be true.

DRAMA

Drama

“Performative, interpersonal conflict that takes place in front of an active, engaged audience, often on social media” (Danah Boyd, 2014)

Why does drama occur?

- Boredom
- Jealousy
- Social Status
- Conflict
- Misunderstanding

RELATIONAL AGGRESSION

Relational Aggression

Relational aggression is a social or emotional aggression between students in relationships, whereby “the group” is used as a weapon to hurt others. This can take the form of gossip, rumors, social exclusion, manipulative friendships, and even negative body language. Relational aggression is a type of aggression that aims to hurt others through exclusion, teasing, gossip, and rumors (Baird, A., Silver, S., Veague, H., 2010; Ripley, D., O'Neil, S., 2009).

CYBERBULLYING

Youth often live in two different realities: the physical and the virtual world. With this sense of reality, youth might have two different identities, and when their virtual world is attacked it impacts their physical world.

Cyberbullying is a form of indirect aggression that involves an intentional act carried out by a group or individuals, using electronic forms of communication such as emails, text messages, social networks, chat rooms, and websites to repeatedly harass victims over time online.



LAW ON CYBERBULLYING

- Cyber activities are punishable under Illinois Criminal Code such as the Harassing and Obscene Communications Act which prohibits lewd or indecent communication via either telephone or electronic communication (710 ILCS 135/1et.seq).
- Any physical threats of harm should be reported to police.



TEACHING YOUR CHILD ABOUT CYBERBULLYING

1. Talk about safe and responsible use of social networking sites.
2. Explain the risk of transmitting personal information on the internet.
3. Educate your child to talk to their friends about what they might be seeing or experiencing online.
4. Keep all photos “PG”. Bullies can use pictures as ammunition to make victims life miserable.
5. Don’t friend everyone. If they are not your friends in the real world they are probably not your friends in the virtual world.
6. Set up privacy controls and Google your kids.

FACTS

- Children need to be educated on how to report and protect themselves from cyberbullying.
- Over half of teens and children have been bullied online, and about the same number have engaged in cyber bullying.
- More than 1 in 3 teens have experienced cyber threats online.
- Over 25 percent of teens and tweens have been bullied repeatedly through their cell phones or the Internet.
- Well over half of young people do not tell their parents when cyber bullying occurs.

PREVENTION

- Talk to your child about how to behave online
- Be alert for new apps, social media sites, and chat rooms
- Create a family policy that addresses appropriate internet use
- Create a RESPECT/SAFETY contract in your home
- Emphasize that silence is unacceptable
- Teach them to think before they post (Take 5 Strategy)
- Explain that once you post something you can't take it back
- Teach them about reporting incidents that they see online regardless if it is not about them (Don't be a bystander)
- Discuss that posting videos on YouTube has consequences and they will be held accountable.

INTERVENTION

- Create an family night to promote safe internet use
 - Have a theme of “DELETE DAY”
- Have your child:
 - Collect the evidence and document the incidents
 - Report the incidents to the school (Dean’s office or Principal)
 - Block the cyber bully from contacting him/her online
 - Report it to the social media provider
- Discuss why people cyber bully and have your child come up with strategies to stop cyberbullying, drama, RA, and bullying.
- Don’t confront the other child involved in the incident or take measures into your own hands

STRATEGIES AT HOME

- Power of questioning
 - Inquisitive versus interrogative
- Docking phones in a main location in the house for bed time
- SOAR Model
 - Stop and Strategize
 - Opportunities to Connect
 - Action
 - Reflect and Resolve
- Setting boundaries and holding children accountable for actions
- Developing strategies to communicate
- Giving your child the privacy they desire (within reason)

RESOURCES

- <https://www.facebook.com/safety>
- www.ebully411.com
- http://illinoisattorneygeneral.gov/cyberbullying/for_educators.html
- <http://cyberbullying.us>
- <http://www.stopbullying.gov>
- Cyber Bullying Virus
<http://www.youtube.com/watch?v=vmQ8nM7b6XQ>
- "Before it starts" cyber bullying short film.
<http://www.youtube.com/watch?v=WvtNIRQTf00>
- A Cyber Bullying Suicide Story -- Ryan Halligan age 13
<http://www.youtube.com/watch?v=E1LG9NymhTE>

"Knowing what's right doesn't mean much unless you do what's right." Theodore Roosevelt

REFERENCE

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