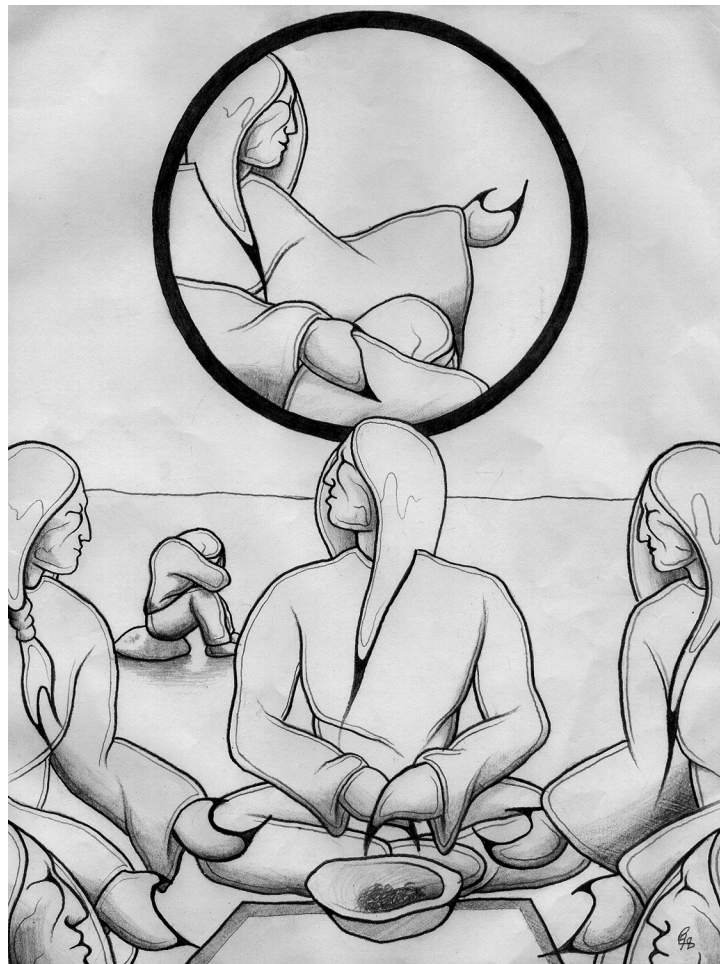
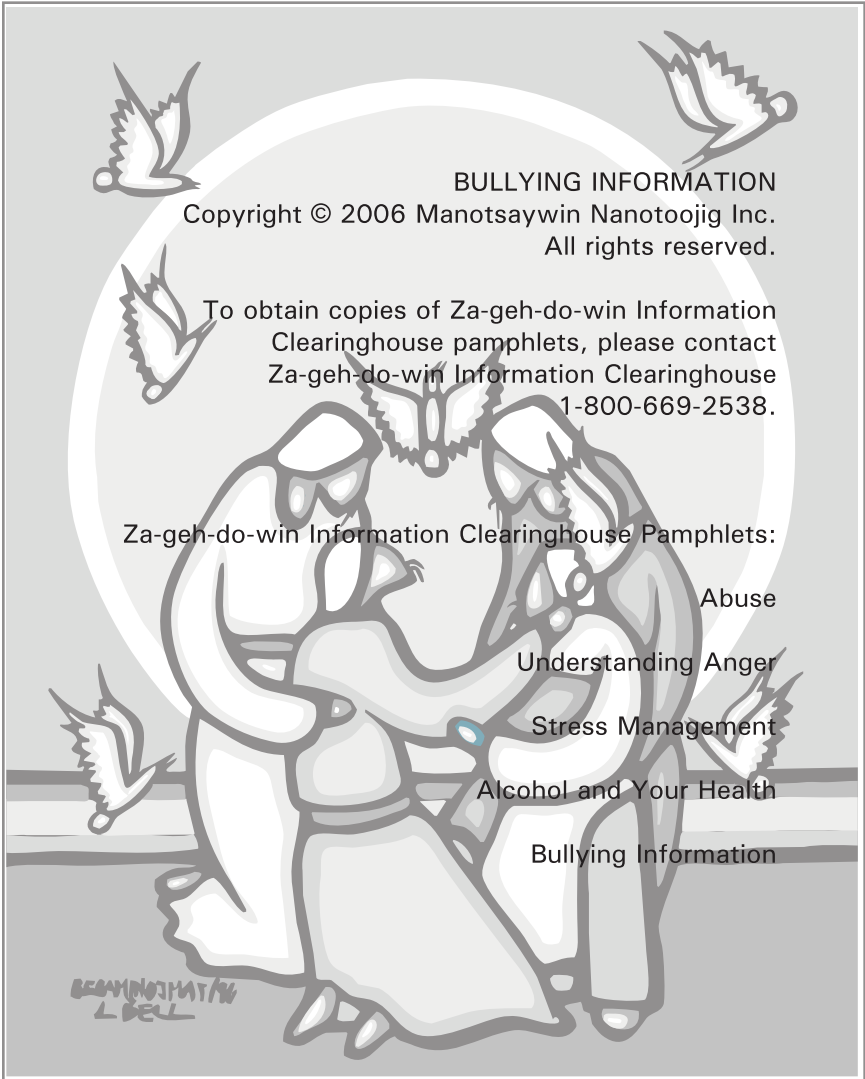


BULLYING INFORMATION



Za-geh-do-win
INFORMATION CLEARINGHOUSE



BULLYING INFORMATION

Copyright © 2006 Manotsaywin Nanotoojig Inc.
All rights reserved.

To obtain copies of Za-geh-do-win Information
Clearinghouse pamphlets, please contact
Za-geh-do-win Information Clearinghouse
1-800-669-2538.

Za-geh-do-win Information Clearinghouse Pamphlets:

- Abuse
- Understanding Anger
- Stress Management
- Alcohol and Your Health
- Bullying Information

What Is Bullying?

Bullying is a series of repeated, intentionally cruel incidents, involving the same people, in the same bullying and victim roles. It can also consist of a single interaction.

Bullying is an act of violence and this act can be physical, social or emotional in nature.

For bullying to take place there has to be a difference in social power or status, this difference can be real or perceived, repeated aggressive or anti-social behaviour.

There has to be negative intent, a desire on the bully's part to inflict physical, social or emotional trauma.

Bullying is being mean on purpose and the intention of bullying is to put the victim in distress in some way.

Bullying is not about anger, it's not even about conflict: it's about contempt - a powerful feeling of dislike toward somebody considered to be worthless, inferior, or undeserving of respect & the biases that are at the foundation of this contempt are often deeply rooted attitudes found in our homes, our schools and our society. Any bias or prejudice related to race, gender, religion, physical attributes or mental abilities can and will be used to validate and justify contempt on the part of a bully. (Barbara Coloroso, 2002)



Types of Bullying

Emotional / Social

May be the most frequent and harmful forms of bullying. This may be the most difficult of the forms of bullying to detect. It can include:

- Being rude
- Being mean
- Ignoring individuals
- Teasing and taunting
- Spreading rumors
- Excluding an individual from the group

Verbal

Verbal bullying is the easiest to do of all the forms of bullying. It often leads to physical and emotional bullying. Verbal bullying is more prevalent than physical bullying. Verbal bullying can include:

- Name calling
- Insulting others
- Racist remarks
- Constant teasing

Physical

Physical bullying is the easiest to identify because it is action oriented, which includes:

- Hitting
- Kicking
- Taking the belongings of others
- Damaging property

However, physical bullying is the least of the reported incidents reported by children.

Characteristics Of The Bully

- Seek power
- Control others through verbal and physical actions
- Crave attention
- Tend to hurt other children when parents or other adults are not around
- Refuse to accept responsibility for their actions
- Are concerned with their own wants and pleasures
- Hurts or teases another and not concerned with others' needs, feelings or rights
- Inconsistent discipline procedures at home
- Often have poor role models for getting along with others
- Often have poor role models for constructively solving problems
- Create resentment and frustration in peer group
- Are angry, revengeful

Characteristics Of The Bullied

- Being quiet and withdrawn
- Losing lunch and lunch money
- Refusing to answer questions
- Being moody and bad tempered
- Change in behaviour - withdrawn
- Wanting to avoid leaving the house
- Signs of anxiety: bedwetting, nail biting, poor sleeping patterns
- Few friends
- Coming home with cuts, bruises or torn clothes
- Wanting to be driven to school
- May be shy
- May lack in self confidence
- Asking for personal possessions to be replaced

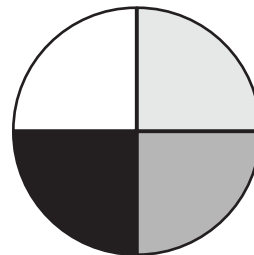


Facts About Bullying

- Most victims are unlikely to report bullying
- Most bullies have experienced being bullied sometime in their life
- School bullying is everyone's business
- Anti-bullying programs in the schools can help
- The emotional scars from bullying can last a lifetime
- The majority of bullying occurs in or close to school buildings
- Boys bully boys, girls bully both
- Children know that bullying can go on for / or happen for weeks, months, years
- Boys who are physically small or weak are more prone to victimization
- Bullying can be direct (face to face) or indirect (gossip or exclusion)
- Unless new behaviours are learned and adopted, bullies continue to bully throughout their lifetime
- By age 24, 60% of identified bullies have a criminal conviction
- "Children who are repeatedly victimized sometimes see suicide as their only escape"
- "On average, bullying episodes are brief, approximately 37 seconds long"
- "The effects of bullying last a lifetime"
- "10 - 15% of students are bullied in a classroom"
- "85% of students observe bullying situations"
- "5 - 10% of students are bullies"
- "80 - 90% of students indicate that watching bullying makes them uncomfortable"
- "When peers intervene, bullying stops within ten seconds 57% of the time"

Facts are derived from Bully B'Ware website October 2005:
<http://www.bullybeware.com>

Statistics are from National Crime Prevention Strategy:
<http://www.psepc-sppcc.gc.ca>



How To Deal With Bullying Problems

Approaches for kids dealing with bullying:

- Remember that you have the right to feel safe
- Have a strong voice and tell the bully or bullies that you do not like the way that they are treating you
- Make eye contact
- Walk away from the situation
- Tell an adult you can trust about the bully
- If you see someone else being bullied tell an adult you can trust
- Spend time with your friends, bullies hardly ever pick on people if they're with others in a group

Approaches for parents dealing with their child being bullied:

- Our first response is to overreact - do not overreact
- Ask questions
- Listen to your child / children and really hear what they have to say
- Teach your child to be assertive not aggressive
- Tell your child to tell the bully to stop bullying
- Ask the school what they have done to remedy the problem

Approaches for parents dealing with their child who is the bully:

- Ask your child for an explanation of the incident / situation
- Make the point that bullying is not acceptable at any time
- Talk to the teacher / school about the problem, remain calm ask what strategy they are going to use
- Ask if your child is the only one being accused of bullying
- Ask the teacher to keep you informed of the situation and work with the school to stop the bullying
- Listen to your child, give them time and space to talk about the things that are upsetting them
- New non-aggressive and positive attitudes and behaviour has to be taught in order for the child to change their bullying attitude and behaviour

Group Bullying / Bullying Groups

Group bullying is when a group of children / teenagers intentionally harm (physically, emotionally, mentally or spiritually) another child / teenager. Those who bully in groups are made up of those who want to bully and those who are coerced into being apart of the group for fear of becoming the victim. Group bullying often has one person who acts as leader and initiates much of the bullying. Often the victim is someone they want to use as a scapegoat or exclude from the group. They may be in pursuit of power, control, domination, and turf.

What Is Racist Bullying?

Racist Bullying happens when a child / children discriminates against a certain child / or group of children, because of their culture, ethnic background, religion, colour of their skin or where they live.

An interesting fact about racist bullying is that in order for a child to be racist, the child has to be taught to be racist. (Coloroso, 2002)

Children pick up racial slurs and stereotyping from the people around them. Stereotyping is; to generalize about a certain group, without regard to an individual's differences. Some of the comments that children pick up are that a certain group of people are lazy, stupid, ugly, no good, crazy, hot-tempered etc. (Coloroso, 2002)

Adult Bullies

“Adult bullying may become assaults, marital violence, child abuse, workplace harassment and elder abuse.” (Public Legal Education and Information Service New Brunswick) www.legal-info-legale.nb.ca

7 Grandfather Teachings

As Native people we can turn to our teachings to help us deal with bullying. These 7 Grandfather Teachings can act as the base for any approach we take to anti-bullying.

Wisom	to cherish knowledge is to know wisdom
Love	to know love is to know peace
Respect	to honour all of creation is to have respect
Bravery	to face life with courage is to know bravery
Truth	to know of these things is to know truth
Humility	to accept yourself as a sacred part of creation
Honesty	to walk through life with integrity is to know honesty

Strategies using the 7 Grandfather Teachings

Using the 7 Grandfather Teachings in the home, at school and in the community will bring a better understanding of these fundamental values.

- identify good role models who's behaviour reflects these fundamental values and recognize them publicly through a newsletter or at a community function.
- Sponsor a contest which asks school age children to create posters depicting the 7 Grandfather Teachings and have the winning set framed and displayed in the school.
- Recognize students who's behaviour displays one or all of the teachings on a weekly basis.



Notes

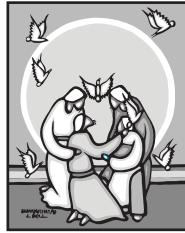
References

- Brookman, Beverly, *Names will Never Hurt Me: Bully Proofing for Children*. Pacific Edge Publishing, Gabriola, British Columbia, 1999.
- Coloroso, Barbara, *The Bully, The Bullied, and the Bystander*. Harpercollins, Toronto, Ontario, 2002.
- Hazier, R.J., Carney, J.V., Green, S., Powell, R., & Jolly, L. S. (1997). *Areas of Expert Agreement on Identification of School Bullies and Victims*. *School Psychology International*, 18, 3-12.
- Rigby, Ken, *Bullying in Schools and What To Do About It*. Pembroke Publishers Limited. Markham, Ontario, 1998.



Za-geh-do-win

INFORMATION CLEARINGHOUSE



P.O. Box 40 | 147 Gabode Dr. | Naughton | ON | P0M 2M0
T 705.692.0420 | Toll Free 1.800.669.2538 | F 705.692.9039
www.za-geh-do-win.com | info@za-geh-do-win.com



This project has received financial support from
the Government of Ontario,
Aboriginal Healing & Wellness Strategy.

Disclaimer

Although every effort has been made to ensure the accuracy of the information which appears in this document, Manotsaywin Nanotoojig Inc. assumes no liability or responsibility for any errors or omissions which may occur whether due to negligence or otherwise.

Manotsaywin Nanotoojig Inc.