

# BULLYING

# DEFINITION

Bullying is the word, commonly used in the international literature, to indicate the phenomenon of repeated presumption among equal.

We can say that we have a relationship like this when there is:

- ▶ Intentionality: premeditated and conscious act
- ▶ Continuity: episodes which are repeated over time
- ▶ Asymmetry: there is an imbalance of forces between the protagonists such that, who is abused is weaker and is unable to defend himself

# ALL KINDS OF PRESUMPTION ARE BULLYING?

Not all. Just the ones which are repeated, always between the same people, in a situation of disparity of forces.

When is not bullying:

- ▶ if two boys make fun of each other, laughing and find it amusing, what they do is not bullying, it is a joke;
- ▶ if two girls argue because they are rival lovers, or if two boys fight because they are arguing, there is a conflict that can become violence but is not bullying because is an isolated episode and there is not a clear imbalance of forces between the contenders;
- ▶ if some guys get into school by night, flooded it, cause damage or take away something, they are not bullies but vandals because they damage things and they do not respect the common rules of coexistence.

# TYPOLOGIES

There are different typologies of bullying:

- ▶ **VERBAL:** when a boy or a girl is being mocked, people tell him/her frequently mean and unpleasant things, with offensive names, threaten him/her;
- ▶ **PSYCHOLOGICAL:** whenever someone is excluded from the group for an extended period, is not engaged intentionally, false rumors spread about him/her, or some mates make it so no one stand in the desk with him/her, no one invites him/her for extracurricular outing, no one spend the break with him/her... ;
- ▶ **PHYSICAL:** when someone get hit repeatedly with blows, kick, or pushed, or gets repeatedly sexually harassed;

- ▶ **CYBERBULLYING:** is the bullying that is expressed through harassing messages by text or chat, or with photos or videos takes when the bullied didn't want to be recorded and then spread out to tease, defame or torment him/her;
- ▶ **EXTORTION:** when someone is repeatedly forced to giving money or snack, or to do things that he/she doesn't want to do (e.g. pass off the schoolwork, steal on behalf of other), or school things, clothes, mobile are taken away from him/her or damaged...;

# ROLES

- ▶ Bully: who does repeated presumptions to people who are unable to defend themselves;
- ▶ Helper: who acts in a pressing way as a «follower» of the bully;
- ▶ Supporter: who reinforces the bully behavior, laughing, inciting him/her, or simply sit back;
- ▶ Defender: who defends the victim consoling him/her or trying to stop the presumptions;
- ▶ External: who do nothing and avoid all direct or indirect entanglements in the presumption situation;
- ▶ Victim: who suffer repeated presumption by one or more stronger persons.

# THE VICTIM

May be:

- ▶ *PROVOCATIVE*: if pokes repeatedly the stronger until receiving harassment;
- ▶ *PASSIVE*: when is subject to presumptions without provocation, often linked to diversity compared to the group - e.g. physical appearance, nationalities, religion, sexual orientation, attitudes to the study, disability...

Bully can act also in a group in which plays the role of leader (takes the initiative of presumptions and carries out it, other times orders to other) while other components assume the role of gregarious (they makes prevarications on indication of the “boss”).

# BULLYING PLACES

- ▶ The contexts in which presumptions takes place more frequently, are school circles: classrooms, corridors, the yard, bathrooms and generally isolated places. Other risk places are public means of transport, public parks, squares and generally all youth aggregations places.



# WHAT YOU CAN DO IF YOU ARE A VICTIM?

- ▶ At school during the break, when you are all in the same place, try to stay in a quiet and safety area (for example near some adults, near schoolmates that you know that protect you...)
- ▶ On the school bus, try to sit near the driver or, if you take a public bus, sit near some adults;
- ▶ If you happen to see in your school someone that undergoes presumptions, you have to tell it to an adult;
- ▶ Try to ignore the bully or learn to say “No” firmly looking into the eyes and then get away. Don’t worry if the others think that you are running away;
- ▶ Do not show that you are scared or angry. Bullies likes get a reaction, for them is “funny”. If you can stay calm and hide your emotions, the might get bored and leave you alone;
- ▶ Faced with the teasing, even are heavy, try to find in advance witty and clever replies. Try to laughing about it;
- ▶ Try to stay calm and just act self-confident, always!
- ▶ Draws the attention of an adult and and report what happened immediately.

# AND MAINLY:

- ▶ Take it up with the teachers or other adults, if you are afraid ask to a friend to accompany you;
- ▶ Deal with you family;
- ▶ Talking about the problem always and always, don't isolate yourself and remember that *you are not wrong* but the bullies are wrong and you don't have to be ashamed of what is happening. But rather you have to react and try to help the other that are victims just like you trying to understand how to solve the problem together.

# WHAT IF I AM THE BULLY?

## ...YOU CAN STOP OF COURSE!

- ▶ Apologize with your victims, if possible. Do it privately, and don't get upset if they don't accept immediately or if they will be suspicious about your intentions. Continue to do so as long as necessary.
- ▶ Try to help your new mates, the first year, defend them against bullies.
- ▶ Practice sport, so that make better use of your many energies.
- ▶ Learn to control your aggression and your anger, learn to recognize the symptoms before lose your temper.; try to distract yourself, have a run, get away.; learn to relax yourself..)
- ▶ Set targets: for example today I don't want harassed Valerio, I will try to be kind with Dario... might sound a little bit stupid but IT WORKS!
- ▶ Ask to a close friend to control you. He/she may warn you when you cross over the limit and take you away. Talk about your problems or doubts to an adult that you trust in.

# THINK ABOUT IT

- ▶ Nobody wants to be friend with a bully;
- ▶ Mates that show friendship with you are afraid, they are not your friend because they like you.
- ▶ Think about how sad is the person that you harassing;
- ▶ Think about how beautiful is have honest friends;
- ▶ Deal with your mom or with you teacher: tell them that you would like stop being a bully and that you appreciate their help.

BULLYING IS A CRIME



Bullying can occur in any context in which human beings interact with each other, such as school, family, workplace, home ....



**Context**



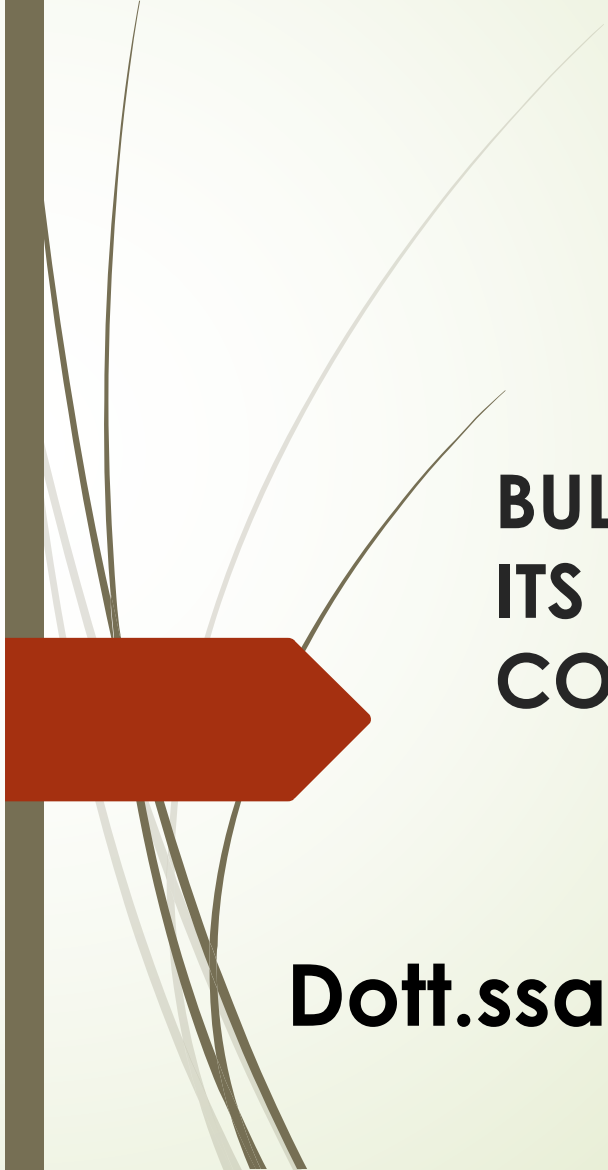


## But, why do children do that?

Bullies are often children that don't receive as much attention at home, use drugs, have mental health problems, such as depression, hostility and anxiety.

**If you help someone, you are also helping yourself!**





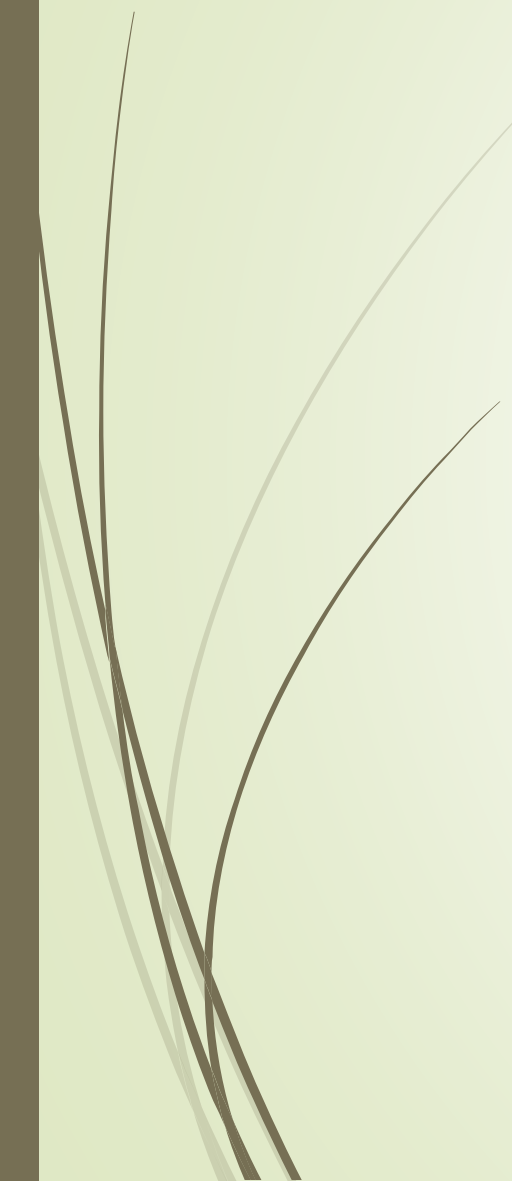
## **BULLYING AND ITS CONSEQUENCES**

**Dott.ssa Valentina Treu**



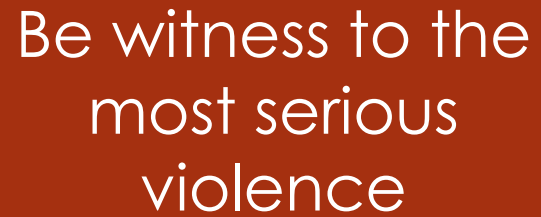


# Bullying: long-term effects

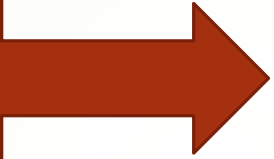
- Anxiety
  - Hyperactivity
  - Depression
  - Changes in brain structure
- 



# Bullying: the spectator also suffers



Be witness to the  
most serious  
violence



subsequent use of drugs and delinquency




Exposition to  
minor violence  
events



increase in drug use, social anxiety,  
depressive symptoms and  
decrease in scholastic  
engagement and involvement



# Negative implications



Bullying, as a form of chronic stress, can have important negative implications

on physical health

on mental health


The repetition of bullying incidents over time has a significant negative effects on health, during the whole life.



# The consequences of bullying on the physiological processes

Excessive stress negatively affects physiological processes.

In particular, to be altered are: the body's inflammatory, hormonal and metabolic response.



Such modifications contribute to the development of diseases, including diabetes, heart disease, depression and other psychiatric conditions.



## **MATT REEVES**

*«There is tremendous shame in being bullied, because at some point you start to think that there is a reason why you have been targeted»*



# Bulying and suicide risk

About the suicidal behaviour, some researches show that in general all those involved in bullying (victims, persecutory victims and bullies)

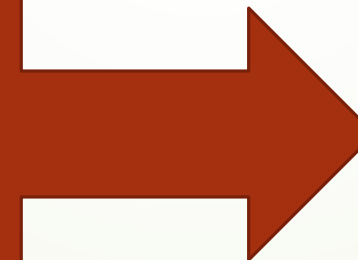
present

Greater risk of incurring both suicidal thoughts and actual suicide attempts, with a prevalence from 3 to 5 times greater than adolescents not involved.

(Hespelage, Holt, 2013)



# Bullying produces effects that:

- Persist over time
  - Cause evolutionary risks in both the short and long term
- 

Not only for the victim but also for the bully



# For the bully we can have:

## Short term

- Low academic performance
- Conduct disorders due to inability to respect the rules
- Relationship difficulties

## Long term

- Repeated failures and school abandonment
- Deviant and antisocial behavior
- Family violence and aggression at work





# For the victim instead:



## Short term

- Physical and psychological symptoms
- Concentration and learning problems with falling academic performance
- Difficulty in attending school and loss of interest in school activities
- Self-depreciation and low self-esteem



## Long term

- School drop out
- Psychological disorders

To conclude...

*«Don't be bullied in silence.  
Don't let them make you a  
victim. Do not accept the  
definition of nobody on your  
lie, define yourself»*

Harvey Fierstein



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THIS WAY, TOWARDS BRAVERY  
WHERE YOUTH ARE EMPOWERED.

THIS WAY, TOWARDS ACCEPTANCE  
WHERE HUMANITY IS EMBRACED.

THIS WAY, TOWARDS LOVE  
WHERE INDIVIDUALITY IS ENCOURAGED.

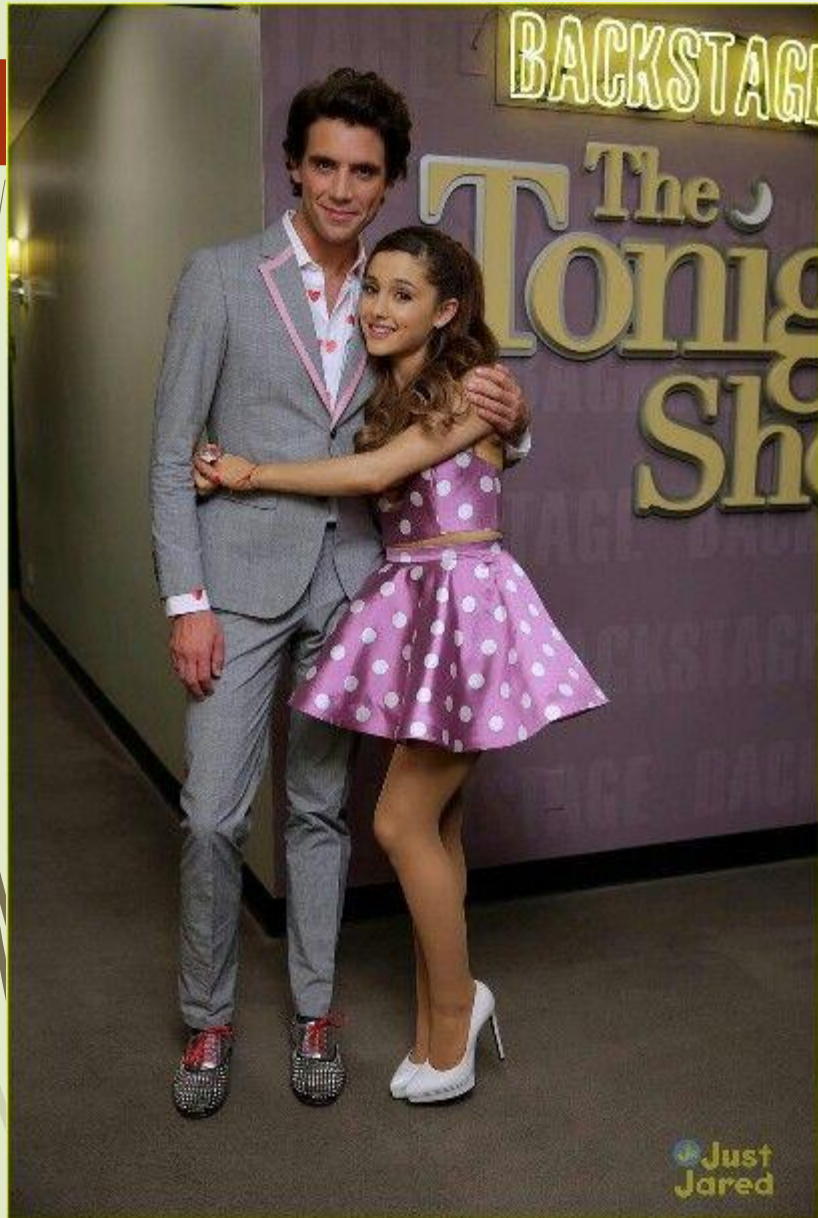
**JOIN US, THIS WAY.**

LAUNCHING IN 2012

## **Lady Gaga against Bullying**

After the 14 year old girl, Jamey Rodemeyer, committed suicide, bullied for her sexual orientation, Lady Gaga launched her “Born This Way Foundation” to encourage people who are bullied for being who they are. She aspires to build “a braver, kinder world” for people who are bullied by other teenagers. She wants to build a world where differences are embraced and individuality is celebrated through creating safe space, encouraging self-expression and providing ways to implement solutions .





Mika and Ariana Grande together in the new music video for their collabo, "POPULAR SONG". **The song sends a pretty strong message about what it's like to be bullied.**

Mika and Ariana are plotting revenge against the bullies that picked, teased and were otherwise horrible to them.

Ariana told fans: ***"Surround yourself with people Who make you smile and support you!"***

A young boy with light brown hair and a blue sweater is pouting his lips. Behind him is a green chalkboard with the text "I Say NO to Bullying!!" written in white chalk. To the left of the chalkboard is a red arrow pointing right.

I Say  
NO to  
Bullying!!

**IF YOU TRY TO HELP THEM,  
YOU CAN MAKE THE DIFFERENCE**

**So, WE ALL CAN FIGHT AGAINST BULLYING:**

- You can try protecting the person being bullied;
- help the person who was bullied and make sure he or she is ok;
- if the bully request you help, refuse and go away;
- if someone gossips to you, don't informe other!



THANK YOU FOR THE ATTENTION!  
Dott.ssa Fiorina Tatti

