Deconstructing Bullying: Information is Power

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A PROGRAM OF
the Office of
Juvenile Justice and
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PREVENTING
YOUTH HATE
CRIMES &
BULLYING
An OJJDP Initiative

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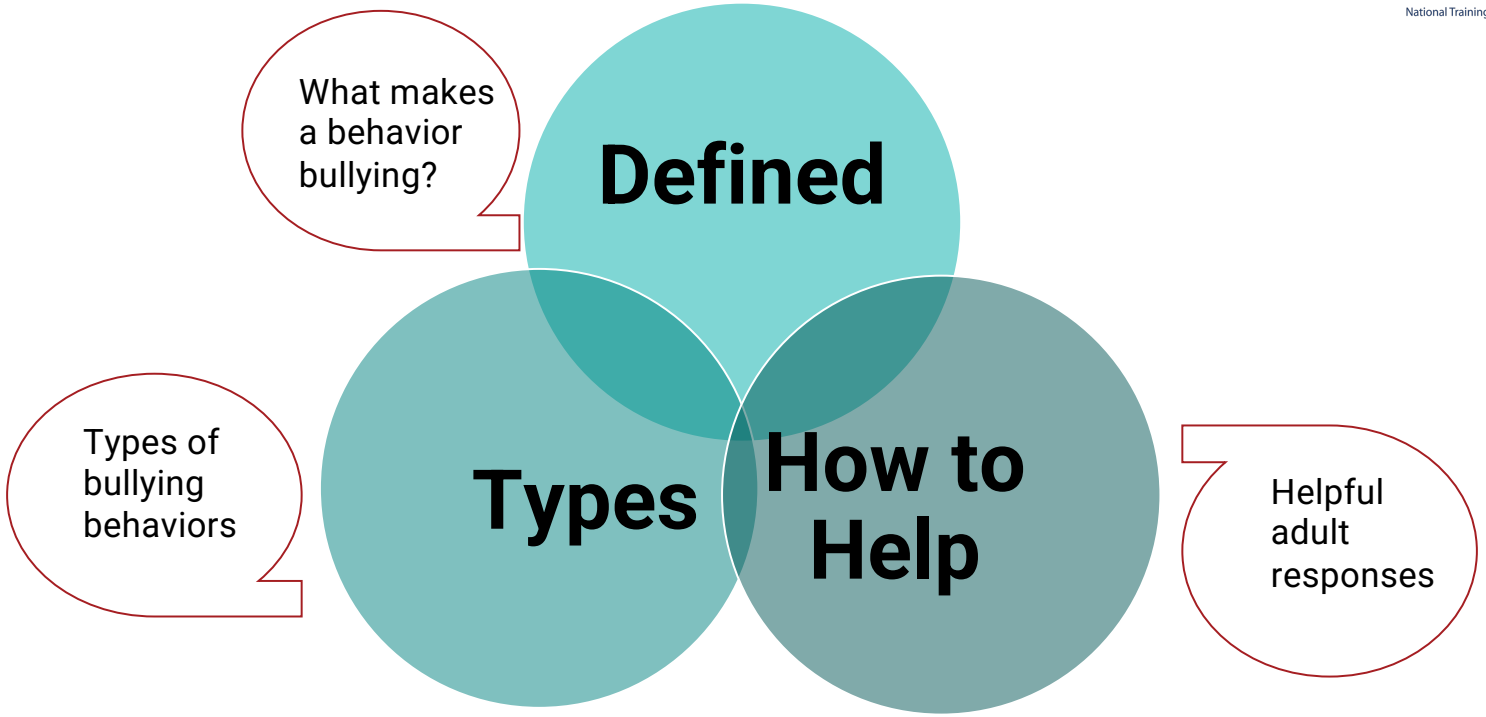
3 Keys When Responding to Bullying



Bullying Behaviors are:

Contextual (climate, social, opportunistic)

Defined by the experience of the victim or target

Occur when adults are not around or don't know what to look for

Normal Conflict

VS

Bullying

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Equal power
Happens occasionally
Accidental
Not serious
Not seeking power/attention
Remorse
Effort to solve the problem

Behavior

Imbalance of power
Repeated negative actions
Purposeful
Serious (threat of harm)
Strong/negative emotional reaction on part of target
Seeking power/control/gain something
No remorse/blames victim
No effort to solve problem/minimizes

Types of Bullying Behaviors

Physical Aggression- hitting, kicking, destroying property, etc

Social Aggression- rumors, exclusion, social isolation, humiliation (in person or through tech)

Intimidation- threat of harm (physical, social, emotional)- direct or indirect, hijacking or hacking someone's account or identity online

Types of Bullying Behaviors

Written/Visual Aggression- posting or sending images or messages- direct or indirect (subtweet)

Sexual or Gender Harassment- comments or actions of a sexual nature or about gender or gender roles which are unwelcome and uncomfortable

Racial or Ethnic Harassment- comments or actions using racial or ethnic references, judgments or stereotypes which are unwelcome and make the recipient uncomfortable

The #1 Reason Youth Do Not Report Bullying:

"The adults will just make it worse!"

Also:

2. It is painful to relive- shame, embarrassment

3. Worries about retaliation; labeled a snitch

Bullying Can Be Effectively Addressed When:

Comprehensive climate efforts are made in larger systems (values culture)

- Reinforce positive/expected behaviors
- Consistently respond to negative behaviors; accountability
- Empower bystanders

- Trust, respect, compassion

Caring adults are available and foster connected relationships with youth

- Take all reports seriously
- Respond with input from the victim; goal is not reconciliation
- Goal is accountability/behavior change

Responses are thoughtful and consistent

Summary of 3s:

- **3 Concepts-** characteristics of bullying, types of bullying, ways adults can help
- **3 Characteristics-** contextual, defined by person targeted, happens without adult presence
- **3 Differences between normal conflict and bullying-** imbalance of power, unequal level of feelings/importance, repeated experience
- **3 Reasons kids don't report-** adults will make it worse, too painful, worry about retaliation
- **3 Ways adults can help-** shape environment, trusting connections, consistent and meaningful responses

OJJDP's NTTAC Contact Information

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OJJDP's National Training and Technical Assistance Center (NTTAC)

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