Bullying: What Can Educators Do?

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**Bullying Defined**

**Imbalance of Power**: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves.

**Intent to Cause Harm**: actions done by accident are not bullying; the person bullying has a goal to cause harm.

**Repetition**: incidents of bullying happen to the same person over and over by the same bully or group of bullies.

**Types of Bullying**
- Physical
- Verbal
- Social
- Cyberbullying

**Factors**
- Disabilities/Special Needs
- Culture/Ethnicity
- Obesity/Sexual Orientation

**Bullying Circle**
- Victim
- Bully
- Bystanders
- Supporters
- Defenders

**Recognizing a Bully**
- Violent with others
- Gets in physical/verbal fights
- Unexplained money/belongings
- Competitive, needs to win
- Quick to blame others

**Recognizing a Victim**
- Missing belongings
- Loses interest in school
- Grades begin to slip
- Appears sad, moody, angry, anxious, or depressed.
- Sudden loss of friends
- Missing School

**Whole School Approach**:

**School Wide Positive Behavior Support**
- Focused on preventative measures as opposed to reactive.
- Promotes a positive social and learning environment.
- Embraces diversity and strives for inclusion.

- “Stop, Walk, and Talk” Method
- Improves academic and behavior outcomes
- Increases Safety
- Strengthens administrative leadership
- Establishes straightforward, positive school expectations.

**Additional Programs**
- Signage/Literature
- Lunch clubs
- Tolerance Activities
- Speakers from diverse cultures
- “Warm Fuzzies”
- Friendship Circle/Art of Giving
- Video Discussions