

▶▶ **Bullying Prevention – Kindness, Acceptance, Inclusion**

United Mental Health Promoters | Promotores de Salud Mental



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

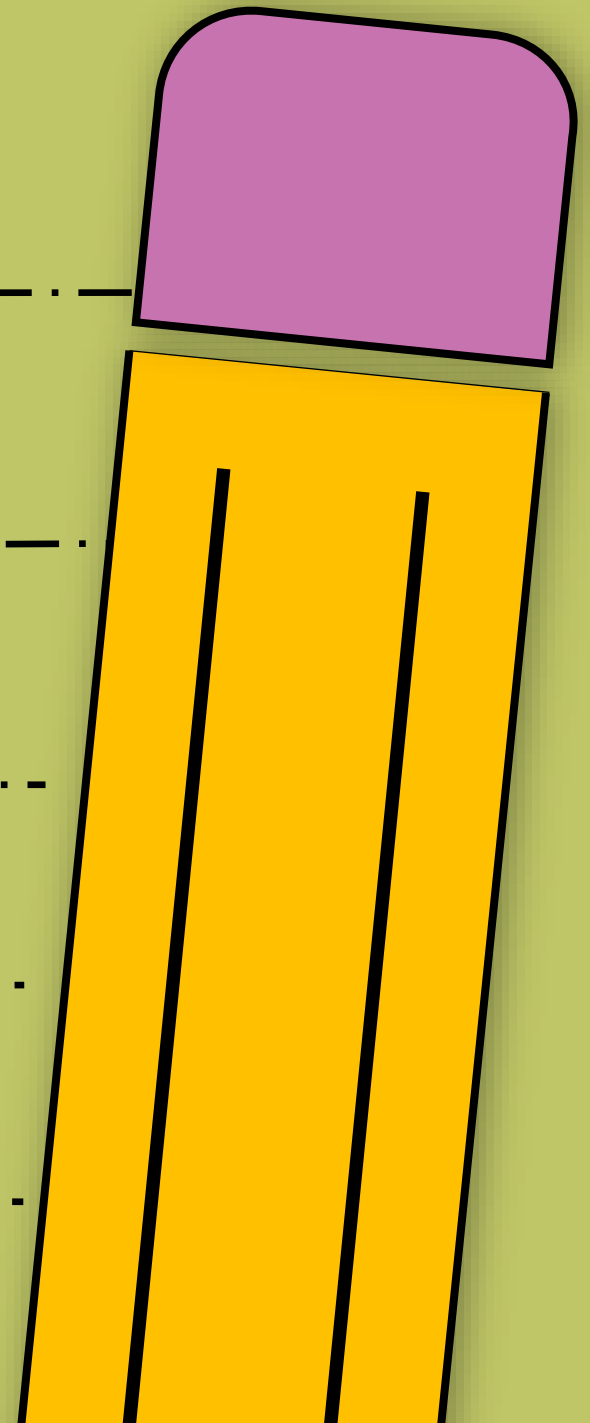
What is bullying? _____

Why do children bully? _____

Impact of bullying on health and wellbeing _____

Supporting those involved _____

How to intervene / Become an Ally _____





Think back to a **bullying** situation that happened in your life.

What was the response?

What was the outcome?

▶▶ What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power
&
Repetition

Verbal bullying

Saying or writing mean things.



Teasing or name-calling
Taunting or threatening

Social bullying

involves hurting someone's reputation or relationships.



Excluding from activities
Spreading rumors

Physical bullying

hurting a person's body or possessions.



Hitting/kicking/pinching
Taking/breaking things

Cyber-bullying

includes sending, posting, or sharing negative, harmful, or false content about someone else



Social Media | Texting
Instant Messaging



Cyberbullying

1 in **5**

High school students reported being bullied on school property

1 in **6**

High school students reported being bullied electronically in the last year.

Bullying is common

Nearly **40%** of high school students that identify as lesbian, gay, or bisexual and **33%** of those who were not sure of their sexual identity experienced bullying (compared to **22%** of heterosexual students).

About **30%** of **female** high school students experienced bullying (compared to **19%** for males).

ACTIVITY

Rank these forms of bullying at school from most to least common

- _____ Subject of rumors
- _____ Threatened with harm
- _____ Made fun of, called names, or insulted
- _____ Had property destroyed
- _____ Pushed, shoved, tripped
- _____ Cyberbullied

Why do children bully ?



Individual

Lack of connectedness
Levels of poverty
Exposure to community



Family

Lack of awareness
Poor school engagement
Lack of connectedness



Community

Problem solving skills
Adult supervision
Positive role modeling



School

Peer groups
Social skills
Popularity
Existence of depression

Impact of Bullying on Mental Health

Higher risk of:

- ✓ Depression
- ✓ Anxiety
- ✓ Feelings of sadness, helplessness, hopelessness and loneliness
- ✓ Eating and sleeping problems
- ✓ Substance use



YES!

It can evolve into:


- ✓ misusing alcohol and other drugs in adolescence and as adults
- ✓ fights, vandalizing property, and dropping out of school
- ✓ engaging in early sexual activity
- ✓ having criminal convictions and traffic citations as adults
- ✓ abuse toward their romantic partners, spouses, or children as adults

Is there any impact on the bully?

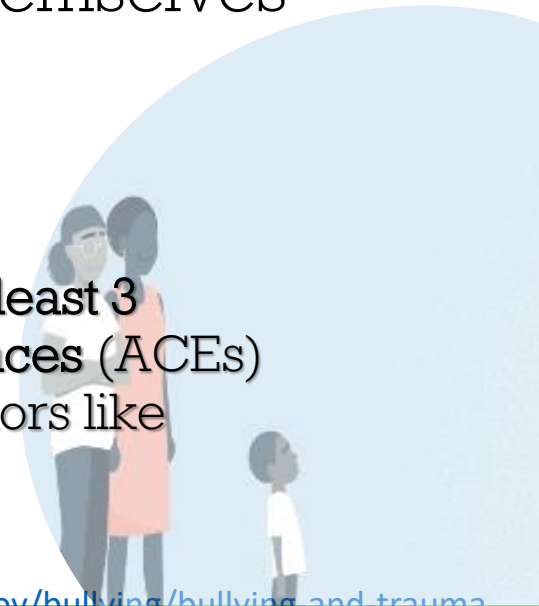
Bullying & Trauma

Children or teens who have been exposed to trauma and violence may be more likely to:

- ✘ Bully others
- ✘ Be more distressed by bullying or appear desensitized to bullying
- ✘ Be the targets of bullying themselves



Children who are survivors of trauma often have difficulty developing appropriate social skills and are thus more likely to become victims of bullying later in life.



41% of kids who have had at least 3 Adverse Childhood Experiences (ACEs) demonstrate negative behaviors like bullying



Signs that a child is being bullied

Unexplained bruises/injuries

Destroyed/damaged personal items

Avoids school or afraid to go

Frequent complaints of illness

Appears anxious, depressed and/or irritable

Loss of appetite

Difficulty sleeping or sleeps all the time

Low self-esteem



How to support a child being bullied

Let the child know that it is not their fault

Be a good listener, focus on the child's experiences/feelings

Any other ideas?

Empower the child

(Let them take the lead: *"what do you think would make this situation better?"* and *"How can I support you?"*)

Notify teachers and school administration



Coaching the child



Teach confidence



Boundaries



Stick with a friend in places where bullying occurs



Practice and role play confident and assertive ways to convey “Stop it”



Ignore when bully tries to provoke an emotional response



Report bullying to parents, teachers, principals/counselors



If in danger, run and get help right away

Buddies vs Bullies

- 📷 Are your friends
- 📷 Play with you
- 📷 Help you
- 📷 Say nice things
- 📷 Make you feel better
- 📷 Share these things
- 📷 Stand up for you



- 📷 Hurt people
- 📷 Push
- 📷 Say mean things
- 📷 Fight
- 📷 Scratch you
- 📷 Play rough
- 📷 Laugh at you

Tips for Preventing Cyberbullying



Teach children to use good judgment

Anything that is posted online is public information

Help create usernames that do not disclose personal details and establish norms of communicating online safely

Never provide personal information to someone online without parent's/caregiver permission

Share examples of what would be risky, or inappropriate for them to share online



**Roles kids
play when
they witness
bullying**

- ▀ Kids who Assist
- ▀ Kids who Reinforce
- ▀ Outsiders
- ▀ Kids who Defend



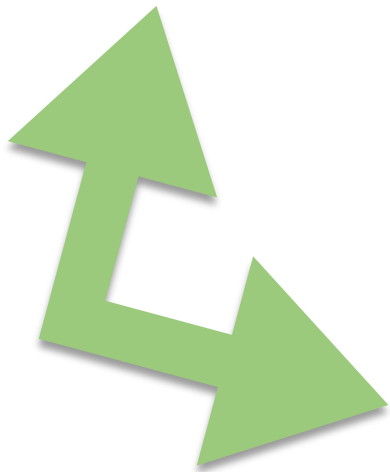
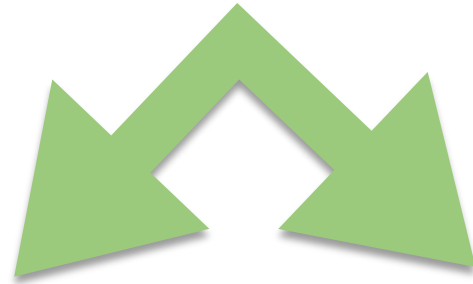
The Bystander Effect

Training

Victim

Bully

Bystander



Most Harmful



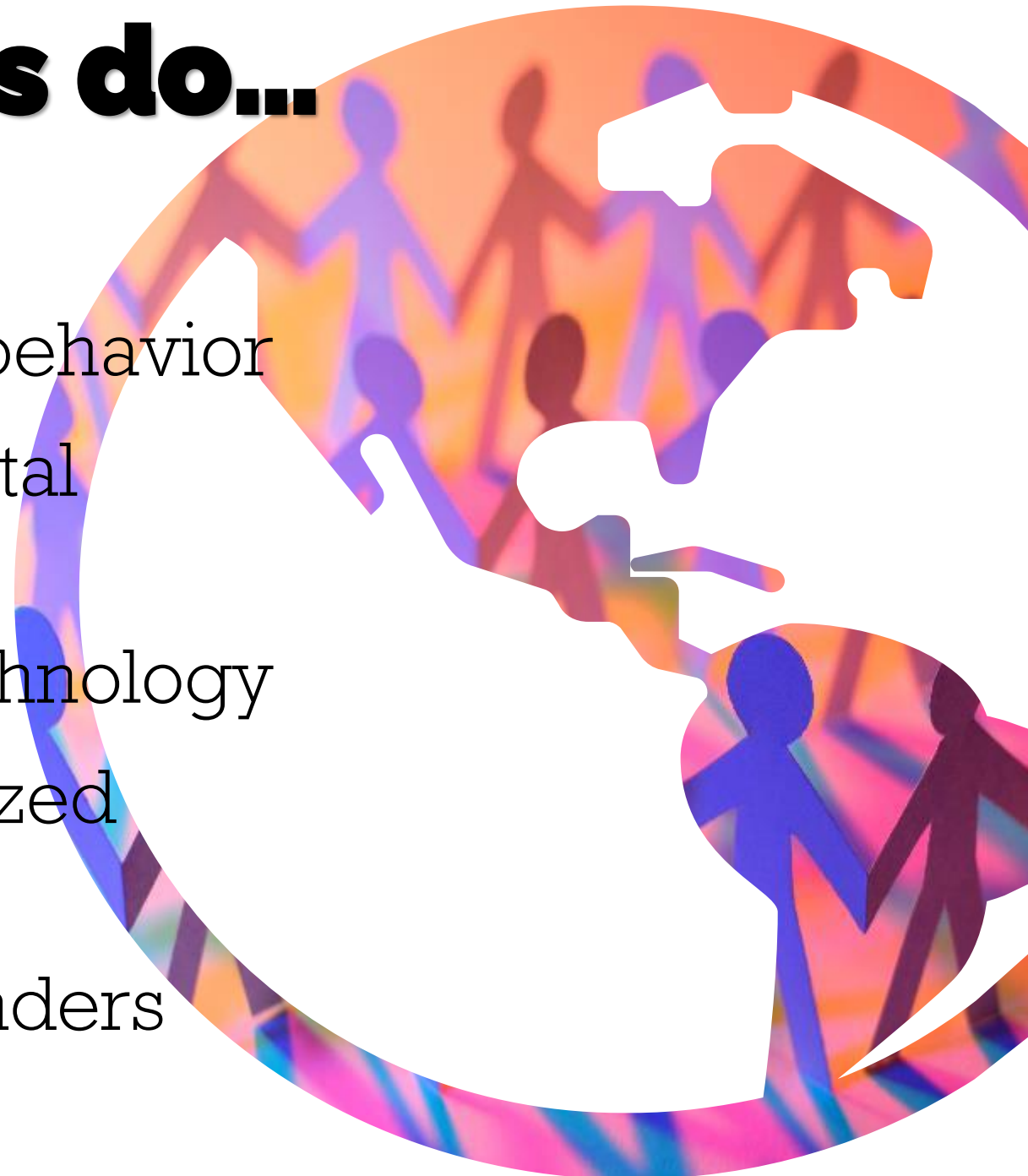
Least Harmful

- Sarcasm
- Hazing
- Harassment
- Terrorizing
- Conflict
- Rumors
- Picking-on
- Name calling
- Drama
- Making a threat
- Intimidation
- Hitting
- Teasing
- Isolation
- Practical joke
- Demeaning
- Hate Speech

**Bullying
Thermometer
Activity**

What can adults do...

- ✓ **Model and teach** respectful behavior
- ✓ Recognize bullying as a mental health and relationship issue
- ✓ Teach responsible use of technology
- ✓ Provide support to marginalized groups
- ✓ Address bullying with bystanders



Lessons to Practice for Parents



Prevent gossiping



Create safe spaces to check in with your children at home



Role model inclusion and cooperation



Celebrate diversity



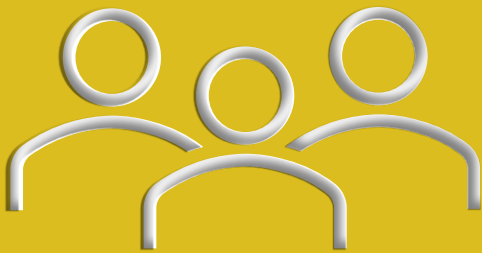
Conflict resolution skills



Make your home “bully free”



▶▶ Managing Difficult Conversations



- ||| ||| ||| What do I do if someone tells me they are being bullied by another youth?
- ||| ||| ||| What do I do if someone tells me they are being bullied (abused) by an adult?
- ||| ||| ||| What do I do if someone tells me that they have been bullying someone?



**Be
Someone's**



Hero



Tips for building resilience in children and teens

Help your child by having them help others

Daily routines

Keep things in perspective

Nurture a positive self-view

Accept change

Opportunities for self-discovery

Make connections

KnowBullying Mobile App



►► Resources

- <https://vetoviolenace.cdc.gov/apps/stryve/>
- [PACER's National Bullying Prevention Center](#)
- [The Roles Kids Play in Bullying | StopBullying.gov](#)
- [Bullying Prevention \(nasponline.org\)](#)
- <https://www.stopbullying.gov/videos-social-media>
- [PDFFormatCards_working.indd \(samhsa.gov\)](#)

For mental health resources, services, and support, please call our 24/7 Help Line at **(800) 854-7771** or visit **<https://dmh.lacounty.gov/get-help-now>**

You may also connect with us at **@LACDMH** on Facebook, Twitter, Instagram, and YouTube

Your emotional wellbeing is our top priority.

Call 800-854-7771



Need to be connected to mental health services?

Call 800-854-7771 (ext. 1) for mental health referrals and crisis services.



Need resources for veterans and their families?

Call 800-854-7771 (ext. 3)



988 SUICIDE & CRISIS LIFELINE

There is hope.



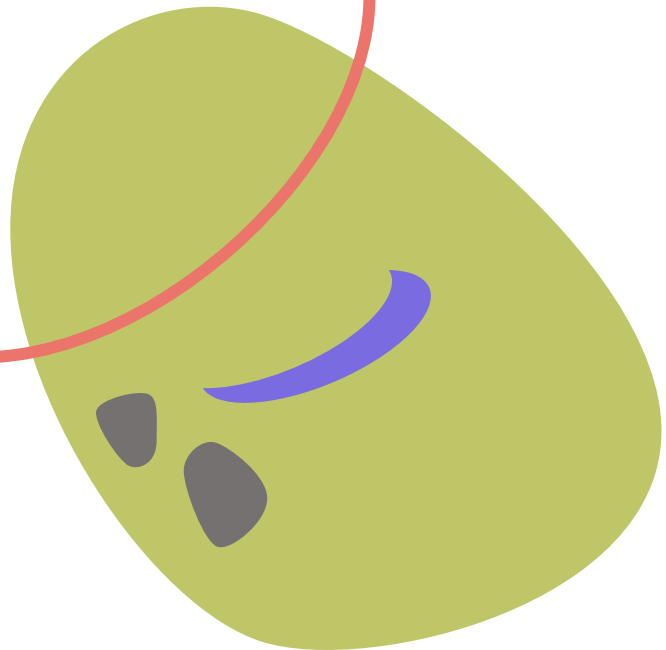
Talk with us.



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Questions?





Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



<https://tinyurl.com/SDR-Eng>

To help us improve, please tell us what you think!

- SDR is anonymous and voluntary
- Please click on the link in the chat box and fill in:

Program:

“**Covid-19 and Return to School**”

(1st on dropdown list)

Presenters:

My name is ...

Date:

Today is ...