

Children's Mental Health Matters!

a Maryland public awareness campaign

Facts For Educators

Bullying

Bullying may be physical or verbal. Teasing, ignoring or intentionally hurting another child are all types of bullying. Harassment and sexual harassment are also considered forms of bullying. Bullies may be large and aggressive, but they also could be small and cunning. Victims of bullying have poor self-confidence and typically react to threats by avoiding the bully. Both bullies and their victims make up a fringe group within schools. Those children who bully want power over others. Both bullies and their victims feel insecure in school. Boys typically bully by using physical intimidation. Girls bully in a less obvious manner by using social intimidation to exclude others from peer interactions.

Why is this important?

When compared to their developmental peers, students who bully their peers are:

- More likely to react aggressively to conflict in the classroom.
- More likely to engage in disruptive behavior.
- More likely to display signs of depression.
- Less likely to gain acceptance by classmates.
- More likely to bring a weapon with them to school.

What can educators do about it?

- Model pro-social behavior that asserts the self-worth of each individual student. Explain to students the balance between appearing too passive and acting too aggressive towards others.
- Actively observe student behavior in the classroom. Do certain people always sit on the fringes of the classroom? What students almost never participate in class discussion?
- Speak with parents to see if additional stressors at home contribute to the bullying dynamic. Is the child the victim of abuse or neglect? If you think this could be a possibility, follow your school procedures.
- Include discussions of conflict-resolution in your lesson plan. Find creative ways to engage all students in group work during class time.
- Ask school clinicians to present on

consequences of bullying. Explain to students the negative cycle of bullying and how it can have fatal consequences.

- Become familiar with the bullying prevention curriculum in your school. In Maryland, state law requires that all public schools include a bullying prevention component within their curriculum. See Maryland State Department of Education website for more information.
<http://marylandpublicschools.org/about/Pages/DSFSS/SSSP/Bullying/index.aspx>

Resources/Links

American Academy of Child & Adolescent Psychiatry - Facts for Families: Bullying

http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/80_bullying.pdf

Bullies & Victims: A Primer for Parents

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/bullying-prevention>

Bullying and Cyberbullying

Advice for parents and carers to help keep children safe from bullying, wherever it happens

<http://www.childline.org.uk/pdfs/info-bullying-parents.pdf>

Children's
Mental
Health
Matters^{org}
A MARYLAND PUBLIC
AWARENESS CAMPAIGN

coordinated by

mhamd 
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF
maryland coalition of families

Netsafe's Cyberbullying

<https://www.netsafe.org.nz/advice/harmfuldigitalcommunications/>

**National Association of School Psychologists
Bullying Prevention & Intervention: Information for
Educators**

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/bullying-prevention>

Stop Bullying - Prevention at School

<https://www.stopbullying.gov/prevention/at-school/index.html>

**Technical Assistance Bulletin for
Implementing Maryland's Model Policy to Address
Bullying, Harassment, or Intimidation**

Division of Student, Family, and School Support Division
of Special Education/Early Intervention Services.
November 2013

<http://marylandpublicschools.org/about/Documents/DSFSS/SSSP/BullyingPreventionTAB.pdf>

Adapted from Resources found on:

www.schoolmentalhealth.org

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MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with schools and community champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org