

# 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://www.marylandpublicschools.org/MSDE/divisions/studentschoolsvcs/student\\_services\\_alt/bullying/](http://www.marylandpublicschools.org/MSDE/divisions/studentschoolsvcs/student_services_alt/bullying/)

#### Resources/Links

##### AACAP Facts for Families Bullying:

[http://www.aacap.org/App\\_Themes/AACAP/docs/facts\\_for\\_families/80\\_bullying.pdf](http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/80_bullying.pdf)

**Centre for Children and Families in the Justice System – Bullying, Information for Parents and Teachers:** <http://www.lfcc.on.ca/bully.htm>.

##### Stop Bullying Packet:

<http://www.kidscape.org.uk/assets/downloads/ksstopbullying.pdf>.

##### Bullying Fact Sheet:

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

##### Guide for Teachers and Administrators:

<http://www.police.govt.nz/service/yes/nobully/>.

Children's  
Mental  
Health  
Matters.org

A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

coordinated by

mhamd   
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families

[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

**From the National Association of School Psychologists:**  
**Bullying: Facts for parents and teachers** by Cohen, A., & Canter, A. (2003). [http://www.naspcenter.org/factsheets/bullying\\_fs.html](http://www.naspcenter.org/factsheets/bullying_fs.html).

**Name calling and teasing: Strategies for parents and teachers**, by Levy, B.M. (2004). <http://www.nasponline.org/resources/handouts/revisedPDFs/namecalling.pdf>

**Bullies and victims: Information for parents** by Sassu, K.A., Elinoff, M.J., Bray, M.A., & Kehle, T.J.  
[http://www.nasponline.org/resources/bullying/bullying\\_primer.pdf](http://www.nasponline.org/resources/bullying/bullying_primer.pdf).

**Bullying Awareness Guidebook. Students Staying Safe in School.**  
<http://www.accreditedschoolsonline.org/bullying-awareness-guidebook/>

**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://www.marylandpublicschools.org/msde/divisions/studentschoolsvcs/student\\_services\\_alt/bullying/docs/BullyingPrevention\\_TAB.pdf](http://www.marylandpublicschools.org/msde/divisions/studentschoolsvcs/student_services_alt/bullying/docs/BullyingPrevention_TAB.pdf)

*Adapted from Resources found on:*  
[www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)  
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MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://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 and Mental Hygiene - Behavioral Health Administration. The Campaign goal, with over 250 partners and schools across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org).