

Is it really bullying?

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What is bullying?

National Bullying Prevention Center

- The behavior hurts, humiliates, or harms another person physically or emotionally.
- Those targeted by the behavior have difficulty stopping the action directed at them, and struggle to defend themselves.
- There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally, such as a higher social status, or is physically larger or emotionally intimidating.

The “B” Word

- It didn't make you feel good, but was it really “bullying”?
Could it have been something else?

Bullying vs...

- Friendly teasing
- Just not thinking
- Just being
- Conflict
- Problems to solve

Friendly Teasing

- Someone is trying to joke *with* you
 - He wants to have a good time.
 - She doesn't want to hurt your feelings.
 - He is usually friendly towards you.
 - She will probably stop (or change) if you ask her to.

Just Not Thinking

- Someone is just not thinking about you
 - She might be paying attention to something else.
 - He might be having a bad day.

Just Being

- Someone is just doing what he is supposed to do or what she wants to do
 - He might be cheering for his teammates.
 - She might be standing where she is supposed to or doing what he is supposed to do (and it might not be what you want him to do).
 - She might choose something she wants (and it might not be what you want).

Conflict

- A disagreement or argument with each side having opposing views or goals
 - She might be your friend (or not).
 - He has a goal in mind and it may be incompatible with your goal.
 - She is usually keeping your goal in mind and you are usually keeping her goal in mind.

Problems to Solve

- A pattern of conflicts or difficulties develop in a relationship
 - You don't feel good.
 - You want the other person to understand your perspective and feelings.
 - You want something to change.

**Your language and your
reaction is important.**

Strategies for Managing

- Don't assume the worst – encourage conversation
- Empower your child to make his or her own plan
- Not one-size-fits-all
- Role play, role play, role play
- Model and practice at home
- Reinforce strategies if possible (i.e., stopping friendly teasing if they ask you to stop)

Friendly Teasing

- Tell the person it bugs you or ask them to stop.
 - Straight up
 - “I” statement
 - Compliment sandwich
- Laugh

“I feel _____ when you
_____ because _____ and I
would like you to _____.”

Compliment Sandwiches

- Say something positive
- State the problem
- Suggest a solution
- Say something positive

Just Being or Just Not Thinking

- Change the thought
- Put yourself in her shoes
- Self-soothing
- Shrug
- Move on
 - A Heavy Load

Conflicts

- Teach negotiations
- Compromise
- Find a fair way
- Take turns
- But don't worry...

Most kids are actually very good
at this *if we let them be.*

Problems to Solve

- Boundaries – make them and keep them
- Identify the problem
- Invitation to solve
- Work on it

Putting it Together

If You Observe It

- WAIT
- Wonder
- *Casually* offer support
- *Casually* check in

The Talk

- Be cool, man!
- Listen more than talk
- When you talk
 - Validate
 - Wonder
- Let your child take the lead – ask empowering questions
- Offer support and guidance NOT orders

Bring out some paper

The problem: Kate laughs whenever I make a mistake. She repeats what I said wrong so other people hear it and I feel like she's trying to get them to laugh at me, too.

Goal(s): Get Kate to stop laughing at me. Keep Kate as a friend. Be able to talk without feeling nervous or embarrassed.

Brainstorm

- What to do?
 1. Stop talking
 2. Laugh at everything Kate says
 3. Tell her about how I feel and ask her to stop
 4. Text her
 5. You talk to her mom about it
 6. Ignore it
 7. Change schools

Evaluate

1. ~~Stop talking~~
2. ~~Laugh at everything Kate says~~
3. Tell her about how I feel and ask her to stop
4. Text her
5. You talk to her mom about it
6. ~~Ignore it~~
7. ~~Change schools~~

Decide

- Prepare
- Practice
- Try it out
- Evaluate

Communicate with School

- If you believe it may be bullying
- If you want or need a perspective other than your child's
- If your child has been trying to solve problems without much success and you feel you need support

Seek Help

- If you're concerned about your child's mood or behavior
- If you're noticing patterns of problems that are difficult to solve

Resources

- Connecting For Kids
- Therapists
- Social Skills Groups
- Extracurricular activities