BULLYING

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THE DARK SIDE OF HUMAN BEHAVIOR
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OBJECTIVES

- Identify patients that may be at risk for bullying
  - Cyberbulling
  - Workplace bullying
  - Other types of bullying
- Identify developmental issues that may be impacted by bullying
- Enumerate ways that health care providers can combat bullying
THE FACES OF BULLYING

Megan Meier – 13
2006
O’Fallon, MO
Pheobe Prince – 15
2010
South Hadley, MA
Hannah Pauley – 15
2011
Lake Charles, LA
DEFINE BULLYING

- What behaviors are bullying to you?
- When does teasing cross the line?
- Is there a difference between bullying and sexual harassment?
- How might we bully our patients versus convincing them to do what is right?
- Non compliance or our lack of understanding?
CYBERBULLYING HAS MANY NAMES

- Cyberbullying
- Computer intimidation
- Internet bullying
- Internet stalking
- Electronic aggression
But whatever it’s called, it is:

- “Any type of harassment or bullying (teasing, telling lies, making fun of someone, making rude or mean comments, spreading rumors, or making threatening or aggressive comments) that occurs through email, a chat room, instant messaging, a website (including blogs), or text messaging. An individual or group that uses information and communication involving electronic technologies to facilitate deliberate and repeated harassment or threat to an individual or group.” (http://www.CDC.gov)

- “Willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.” (http://www.cyberbullying.us/)
“in the physical world there is an inherent unity to the self, for the body provides a compelling and convenient definition of identity. The norm is: one body, one identity.....the virtual world is different. It is composed of information rather than matter.”

Donath, 1999
One study (Slonje & Smith, 2008) indicated the following sequence of bullying preferences by the perpetrators – text messaging, email, phone call and video clip or picture.
9 - 35% of young people report experiencing electronic aggression, with 8 - 11% reporting that it occurs monthly or more often

13 – 46% do not know who their aggressor is

47% of those who knew who their aggressor was reported that it was another student at school

4 - 21% admit to being perpetrators of electronic aggression, with 4% admitting that they were aggressors monthly or more often

Aggression seems to peak in middle school – can start as early as fourth grade and continue into young adulthood
90 - 99% of teens use the internet regularly
74% of girls aged 12 – 18 spend more time on chat rooms, facebook or instant messaging than doing homework (2007)
1 in 17 children are threatened on the internet and 1 in 4 (ages 11-19) via computer or cell phone
30% of kids in grades six through eight have been involved with giving or receiving cyberbullying
Not only kids – what have you seen within your social media ‘friends’?
SITES OF AGGRESSION (CDC, 2008)
## Difference in Bullying and Cyberbullying

<table>
<thead>
<tr>
<th>Bullying</th>
<th>Cyberbullying</th>
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<tbody>
<tr>
<td>Personal and direct</td>
<td>Indirect and anonymous</td>
</tr>
<tr>
<td>Occurs on property</td>
<td>Occurs off property</td>
</tr>
<tr>
<td>Involves poor personal or social relationships</td>
<td>Good relationships at school or work</td>
</tr>
<tr>
<td>A possibility of retaliation</td>
<td>Little possibility of retaliation</td>
</tr>
<tr>
<td>Often physical</td>
<td>Always verbal</td>
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McKenna, 2004
ADVANTAGES OF ELECTRONIC MEDIA

- Illusion of anonymity
- An electronic “bathroom wall”
- Unlimited dissemination
- Immediate gratification
- Victim can’t escape, it’s 24/7/365
- Doesn't require physical strength
- Forum of choice for the angry, frustrated, discontented and disenfranchised kid
CYBERBULLYING BEGETS CYBERBULLYING
WAYS TO CYBERBULLY

- Pretend to be someone else when online
- Spread lies and rumors about the victim
- Trick people into revealing personal information
- Send or forward mean text massages
- Post pictures of victim without their consent

www.ncpc.org/cyberbullying
81% of teens think cyberbullying is funny

- Don’t think it’s a big deal
- Are not concerned about the consequences
- Are encouraged by friends
- Think everyone cyberbullies
- Don’t believe they will be caught
- Revenge
- He/she deserved it

www.ncpc.org/cyberbullying
WILLARD’S CLASSIFICATION OF CYBERBULLIES

- Flaming: vulgar and outrageous messages
- Harassment: repeated offensive messages
- Cyberstalking/cyberthreats: repeated messages to induce fear, apprehension or anxiety or voicing intention to harm
- Denigration: posting cruel rumors intended to damage a victim's reputation
- Impersonation: posting information as another person
- Trickery: Tricking victims into revealing information and posting it online
- Outing: sharing or posting embarrassing secrets or images online
- Exclusion: Intentionally eliminating someone from an online group

Willard, 2006 (Center for Safe and Responsible Internet Use)
DEVELOPMENTAL ISSUES

- Teens are in the process of developing frontal lobe control and reasoning abilities.
- The process of learning reason and ethical decision making requires a connection between actions and consequences.
- Electronic media interferes with the recognition of that connection.
Teens are also in the process of developing socially and emotionally.
This is a time of exploration of their identity, sexuality, social status and relationships with others (remember Piaget?)
Becoming a universal problem affecting children around the world.
Cyberbullying more common among students who are heavy internet users

Online and in school bullying are similar in form and there is some overlap between the two

While some electronic media communications are associated with higher risks, they are only the tools of the perpetrators, not the cause

Cyberbullying is associated with increase in distress

Students almost never tell adults about it

Youths often do not take advantage of technological tools to prevent future incidents of bullying

Juvonen & Gross (2008)
Kids with ADHD bullied more than others.
Kids spending more than one hour a day on the internet were bullied more than those that spent less than an hour a day.
Kids with higher IQ’s bullied more on the internet than those with lower IQ’s.
There was a relationship between Internet use, IQ, depression, ADHD and self esteem.
Most online bullies were also victims.
Additionally, children with learning disabilities or autism spectrum disorders are at greater risk of being bullied.
The more significant the developmental disability the less likely the child was to be cyberbullied as they spent less time on the computer.

Didden, 2009
A troll is someone who posts disruptive or outrageous comments in an online discussion forum for the purpose of disruption and attempts to pass as a legitimate participant in the group.

Sexting is the act of sending sexually explicit messages or photographs between computing machines, especially mobile phones.
PREVALENCE OF SEXTING

In a 2008 survey of 1,280 teens and young adults:

- 20% of teens had sent nude photos
- 33% of young adults had sent nude photos
- 39% of teens had sent sexually explicit material
- 59% of young adults had sent sexually explicit material
The viewing, storage, production and transmission of child pornography is a federal crime.

In 2008 an assistant principle in Virginia seized a cell phone from a male student due to having semi nude photos of the students girlfriend. The assistant principle was later arrested for possession of child pornography (the case was dismissed after a lengthy hearing).

Zetter, 2009
35% of the U.S. workforce report being bullied at work

An estimated 53.5 million Americans

That is roughly the combined populations of Washington, Oregon, California, Nevada, Arizona and Utah.
BULLYING IN THE WORKPLACE

- 33% of employees are bullied at least weekly.
- 25% report being bullied on an average of 9 times per week.
- More than 50% have been bullied at least once in the recent past.
- Similar to the children’s research most employees that have been cyberbullied have also been bullied face-to-face.

Privitiera, 2009
SURELY NOT! WE ARE A CARING PROFESSION, RIGHT?

INCLUDES – NURSE-TO-NURSE HOSTILITY, INTIMIDATION, DOC-TO-NURSE, PROFESSIONAL INCIVILITY

ONE SURVEY FOUND THAT BULLYING MOST OFTEN OCCURS ON MED-SURG UNITS (23%), CRITICAL CARE UNITS (18%), EDS (12%), PERIOPERATIVE AREAS (9%) AND OB (7%)

BULLYING BY SENIOR NURSES (24%), NURSE MANAGERS (17%) AND CHARGE NURSES (14%) – MOST OFTEN OLDER THAN THE VICTIM
Adult bully's seek to dominate in interactions with controlling and manipulative type behaviors:

- Super nurse – more experienced, educated or specialized – conveys elitist attitude – how do other nurses respond to your decision to seek more education?
- Put down, gossip and rumors nurse
- Resentful nurse
- Backstabbing nurse
- Green with envy nurse
- Cliquish nurse
WHY NURSING?

Dellasega (2009)

Nurses – primarily women who are educated differently from medical students (they are taught to never break down, always have the answer). Author suggests that nurses are taught to be subservient and uncertain. What do you think?

Nature of a medical workplace – with lack of freedom to leave – How many of you have skipped meals or breaks?

http://www.youtube.com/watch?v=yCqdGYX5_PM
OTHER FORMS OF BULLYING

- Verbal – what kinds can you think of?
- Social bullying – damaging someone’s relationship or reputation –
  + Is leaving someone out bullying?
- Physical bullying and intimidation
- What specific groups are targets of bullying?
WHO GETS BULLIED?

- People who are perceived as different than the others in their ‘group’
- People who are perceived as weak
- People who are depressed, anxious or low self esteem
- People who don’t get along with others, or are perceived as bothersome or annoying in some way
SIGNS OF CYBERBULLYING - VICTIMS

- The child suddenly stops using the computer or cell phone.
- Avoids discussion about what they are doing on the computer or cell phone
- Seems apprehensive when opening email or IM.
- Uncomfortable when going to school.
- Suddenly becomes depressed, agitated, angry.
- Withdraws from social peers and family.
- Decline in self esteem
- Decline in grades.

Cyberbullying and internet safety, 2008
WHAT DOES A BULLY LOOK LIKE?

- May be aggressive or have a low frustration tolerance
- Home issues
- Doesn’t like others
- Difficulty following rules
- Violence is viewed as a positive response
- Hang out with bullies
SIGNS OF CYBERBULLYING - PERPETRATORS

- Quickly switches the screen or closes programs when someone walks by
- Nine times more likely to have been bullied themselves
- Uses computer at odd hours
- Have a computer in their bedroom
- Gets unusually upset if the computer or cell phone privileges are restricted
- Avoids discussion about what they are doing on the computer or cell phone

Hinduja & Patchin (2010)
Appears to be using multiple accounts
Acting in ways that are inconsistent with their usual behavior when using communication devices
WHAT DOES THE WORKPLACE BULLY LOOK LIKE?

- http://www.youtube.com/user/workplacebullying
ADVICE TO KIDS FROM NANCY WILLARD - RISK

- Don’t post or send information that other people can use against you
- Pay attention to how you are communicating
- Be careful not to insult others
- Don’t hang around online places where people treat you badly
IF YOU ARE CYBERBULLIED

- Don’t retaliate – it gives the cyberbully a win and could make other people think you are part of the problem
- Save the evidence and try to figure out who the cyberbully is
- Decide whether you can handle the situation by yourself or you should tell an adult. But if what you try does not work, get help from an adult
STEPS TO TRY FIRST

- Calmly and strongly tell the cyberbully to stop and remove any harmful material or you will take further action
- Ignore or block communications and remove friendship links
- File a complaint with the website, ISP or cell phone company
Steps That Involve Adult Assistance

- Send the material the cyberbully posted to his or her parents and demand they make it stop
- Get help from your school counselor, principle or resource office
- Contact an attorney to send a letter or file a lawsuit against the parents
- Contact the police if the cyberbullying includes any threats or is a crime
- Don’t be a cyberbully – it’s not ‘cool’ it’s cruel
WHAT PARENTS CAN DO

- Keep the computer in a public area.
- Don’t allow children to post personal information.
- Don’t allow opening messages from unknown addresses.
- Monitor all logs, texts and history.
- Set family rules for internet and cell phone use (a contract) – discuss appropriate online behaviors.
- Immediate consequences for rule violation.
- Review “friend” list frequently.
- Control all passwords.
- Meet with school administration or parents of the bully.
PARENTS AND CHILDREN SEE RULES DIFFERENTLY

- 92% of parents say there are rules for computer use.
- BUT, only 65% of children say they have computer use rules

I-SAFE student/parent assessment, 2004
Only two states – Montana and South Dakota – do not have some sort of legislation about bullying. However, only 14 states address cyberbullying in legislation, with 6 additional states proposing legislation. 38 states do have electronic harassment included in their statutes. Only 11 have criminal sanctions

http://www.cyberbullying.us/Bullying_and_Cyberbullying_Laws.pdf
WHAT CAN HEALTH CARE PROVIDERS DO?

- Educate about bullying
- Work with collaboratively in promoting safe and respectful climates and policy development
- Get involved in programs to prevent bullying and youth violence
- Talk to teens, especially those who are experiencing behavioral changes
- Ask special needs children about bullying
- Keep current in technological developments and internet based environments
WHAT IS YOUR STATE DOING ABOUT IT?

RESEARCH NEEDS

- Definition and measurement of electronic aggression
- Incidence and prevalence
- Sub-group differences
- Correlations between electronic aggression and other forms of violence
- Frequency – How many are too many?
- Power imbalance – physical size does not matter
- Associated factors – risk and protective factors, effects on functioning,
- Prevention and intervention strategies – to date there are not any empirically validated strategies
A WORD FROM YOUTUBE
RESOURCES

- http://www.maxkeylogger.net/
- http://www.cyberbullying.us/
- http://www.cdc.gov/ViolencePrevention/youthviolence/electronicaggression/
- http://www.isafe.org/
Best Practices in Bullying Prevention and Interventions:

COME TOGETHER
AGAINST BULLYING