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Bullying: A Double-Sided Issue

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Bullying: A Double-Sided Issue

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UNIVERSITY OF NEBRASKA-LINCOLN

Abstract

- Bullying is defined as an occurring incident when someone or a group repeatedly and purposely say or do hurtful things to someone.
- Bullying and bully victimization are associated with depression, low self-esteem, and suicide ideation.
- Students who are both victim and bully demonstrate more external behavioral problems.
- Left unchecked, bullying attitudes and behaviors become more serious and difficult to prevent and may be carried into adulthood.
- Youth who bully or victims of bullying tend to lack appropriate social skills.
- Students who provoke negative interactions with their peers are often perceived as social outcasts and are more socially avoidant compared to other students.

Conclusions and Discussions

- The lack of sanctions, breakdown of inner objections, lack of guilt, and targeting weaknesses in others reinforces stereotypes, prejudices, and discrimination, while hindering growth in empathy and compassion for peer relationships.
- By teaching and modeling the following skills, counselors can help aggressors expand in acceptable social responses:
 - Active listening/respecting others
 - Accepting failure
 - Impulse control
 - Collaborative problem solving

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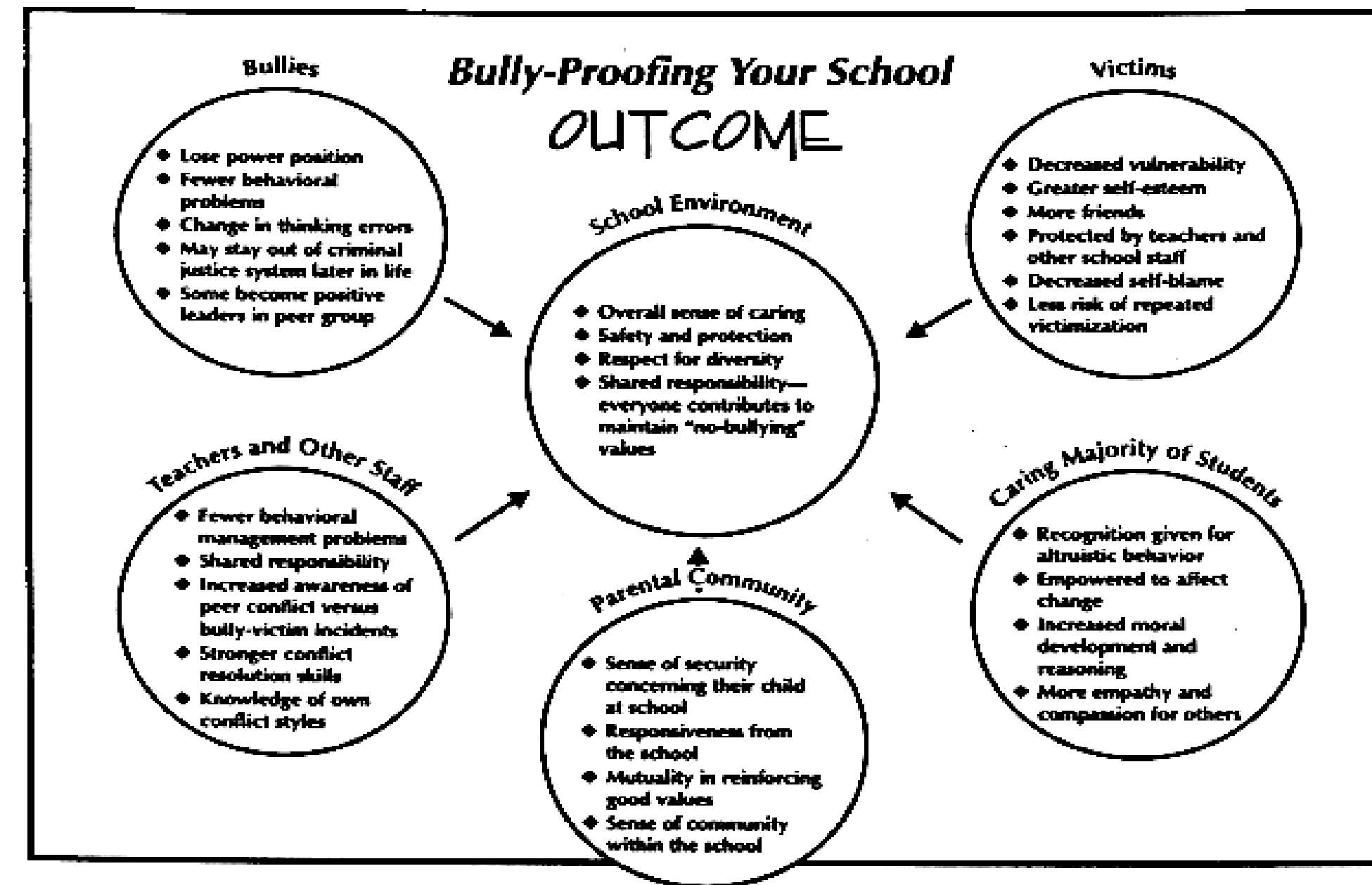


Figure 2
Bully-Proofing Your School

Key Points

- School counselors can directly affect positive behavior changes in bullying.
- By holding “bullies” firmly to the consequences of noncompliance of expectations, the disciplinary value increases in significance of deterring future aggressive acts in their eyes.
- Proactive aggression is used as a tool for personal gain in status, control, self-confirmation. Proactive aggressors derive a sense of self-efficacy from their ability to succeed at the expense of others.

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