

# *Fight Back With Love*

**Every Adult Has a Responsibility to prevent Bullying.**



**Viewing Guide**

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**Every Adult Has a Responsibility to Prevent Bullying.**

Script	Screen Text/Your Notes
<p>Across the United States, more than 100,000 violent crimes occur in a single school year. 5000 of us are victims of bullying everyday.            More than 282,000 of us are physically attacked in schools every month.            Nearly 160,000 of us skip school everyday, because we're afraid.</p>	
<p>Research shows is that countless acts of serious violence in schools have their seeds in bullying. Whether it's family instability, the pressures to succeed, a continual bombardment of violent imagery, or easy access to weapons, many of today's schools are becoming more and more dangerous. For thousands of children, bullying is a very serious and frightening reality; it's a behavior that must be addressed by adults in order to avoid what can often result in unthinkable and deadly consequences.</p>	
<p>Bullying has typically been viewed as a part of growing up. The fear, anxiety or physical pain that a child encounters is often considered a "rite of passage". Some adults even believe it's beneficial, "it toughens a kid up, teaches them to stand up for themselves and teaches them to stand up for themselves and how to survive in the "real World". Adults must recognize that bullying is not just "kids being kids". It's cruel; it's disrespectful and inexcusable at any stage of life.</p>	<p><b>"Bullying"</b></p>
<p><i>"If bullying makes somebody more resilient and tougher and stronger, then the kids who are bullied would be the most well adjusted kids in our society and become the most well adjusted adults. And, we clearly know that is not true. The research bears that out that it is not true. If you're a victim of bullying, or if you are a bully, as a child, you set yourself up for a host of difficulties in college and adult years and beyond".</i></p>	<p><b>Testimonial: Dr. Scott Herrmann. PhD, Clinical Director, Maricopa County Juvenile Probation,</b></p>
<p>While all children get into conflict at one time or another, it's not always considered bullying. However, adults should address all conflict so that it does not grow into bullying.            A person is being bullied when she is exposed repeatedly, and over time, to negative and abusive actions. These actions can be broken down into three categories: physical, verbal and relational. In the elementary grades, physical bullying is easy to recognize because it includes obvious behaviors such as kicking, spitting, pulling hair, shoving and biting.            As Children reach middle school, physical bullying becomes more violent, as well as more sexually oriented (due to natural development). At this time, boys are more likely to engage in physical bullying</p>	

and girls are more likely to engage in relational bullying.	
Verbal bullying is the most common form of bullying. It begins in the primary grades and continues through high school. Verbal bullying consists of name calling, teasing and cruel jokes about one's appearance, ethnicity, gender, sexual orientation or physical disabilities. In a recent study, the most common reason for bullying given by students of all ages was that "the person didn't fit in". Relational bullying begins during the middle school years. It is a more underhanded form of bullying that involves gossiping, spreading Rumors, and ostracizing.	
<i>"The girls will spread rumors, or whisper, or glare, or stick their tongue out, or at lunch I've seen them take another's lunch and put it away so the other one can't find it. The girls tend to be more below the surface and the boys are a lot more overt and a lot more physical."</i>	<b>Testimonial : Alexis Christensen, Assistant Principal, St. Francis Xavier</b>
Girls Tend to engage in this behavior more than boys and because it is underhanded, it often goes uncorrected.	
The stereotypical image of a bully is often the big, strong kid with a tough look on his face. But the reality is that bullies aren't always the biggest or the strongest, and they aren't always boys. Bullies come in all shapes and sizes; however, they do share some common characteristics. First and foremost, bullies have a need to feel powerful and in control. They carry a lot of internal anger, are defiant toward people in charge, lack interpersonal skills, and show little remorse for hurting another person.	<b>"The Bully"</b>
<i>" Often bullies, even though it's not readily apparent, they tend to have low self confidence, low self esteem. And, this feeling of power they get over another child makes themselves feel more powerful."</i>	<b>Testimonial: Sia Sipsas Herrmann, Ph.D., School Psychologists, Jacobs Elementary</b>
<i>"The bullies are really good at seeing the weakness in other kids and that's how they get their power. They say, "I know he is sensitive about his weight; or, I know he is a new kid; or, he's not good at sports. They see that and they use it to make themselves feel more powerful."</i>	<b>Testimonial; Marianne Krivan, M.S.W., School Social Worker, Sunset Elementary</b>
Boys who bully tend to use direct methods, such as Physical fighting or verbal attacks. Boys are also more likely to admit being a bully. Girls on the other hand, can actually be the worst bullies of all. Although they do not physically harm others as often as boys do, their indirect methods like spreading rumors, socially isolating others, and manipulation can harm an individual's self esteem immeasurably and for many years into adulthood. <i>"Whether direct or indirect, the key component is physical or psychological intimidation."</i> 1	
There is no one answer as to why someone uses bullying tactics, but there is evidence that it is often triggered by their home environment.	

<p><i>“Most bullies that I have known in the schools, and that’s been literally thousands, if you go back and look at their home situation, you’ll find out in virtually every case, that they have suffered some of the same type of harm themselves in their own homes.”</i></p>	<p><b>Testimonial: Gary Goss, Juvenile Probation Officer, Maricopa County</b></p>
<p>Children may be learning how to bully because they’re victims at home. Maybe siblings are picking on them and they, in turn, are taking it out on their classmates.</p> <p>Other possibilities include having parents who are verbally or physically abusive, which sends the wrong message that striking back is an appropriate solution to handling problems. Regardless of the circumstances, the key to bullying prevention lies in early intervention.</p>	
<p><i>“It’s key to address it as soon as it’s identified, otherwise if left unchecked, it will continue to gather speed, to get bigger and bigger, like a snow ball rolling down a hill.”</i></p>	<p><b>Testimonial: Dr. Scott Herrmann, Ph.D</b></p>
<p>Evidence proves that bullies often spiral into a lifetime of destructive behavior. Those who bully are more likely to drop out of school, use drugs and alcohol, engage in delinquent and criminal behavior, as well as physically abuse their own children.</p> <p>An even more stunning statistic reveals that <i>“more than half of students who are considered bullies have a criminal record by the age of 24.”</i><sup>1</sup></p>	
<p><i>“ In today’s society it is really very sad that any juvenile justice system is a growing business. It means that all of us, as adults, are not being present to children as they are developing, we’re not intervening with them; we are not giving them the encouragement, the feelings of safety and the guidance to help them learn behaviors that make them very successful in life, get along with people and grow.</i></p>	<p><b>Testimonial: Margaret Daggett, M.Ed., Juvenile Probation Officer, Maricopa County</b></p>
<p>Students say that ‘not fitting in’ is the most frequent reason someone is picked on. It may be the color of their skin, the way they speak, their height, weight or even the clothing they wear. Whatever makes them different, victims usually do not respond effectively when they are picked on, so they are viewed as “safe” targets resulting in repeated bullying.</p> <p>Studies show that victims are often timid, anxious, socially isolated and in many cases are the children of overprotective parents.</p>	<p><b>“The Victim”</b></p>
<p><i>“One of the reasons why victims are victimized is because adults and people in their environment don’t stop that behavior; don’t put them on check. Another reason is these kids don’t have adequate social skills to effectively stop that behavior themselves.”</i></p>	<p><b>Testimonial: Dr. Scott Herrmann, Ph.D.,</b></p>
<p>Victims of bullying often experience significant long-term effects. Apart from being very unhappy and isolated, they tend to suffer from fear, anxiety and low self-esteem. Pushed too far, victims will do the unthinkable, stopping at nothing to gain retribution or even taking their own lives.</p>	

<p>"Pay attention, a little closer attention, as to whether or not our child might be depressed and to get some help if you're concerned about that. Is the child having sleep problems? Some of the other things we might see are in terms of poor appetite and weight loss. Those are some of the things to think about and might cause a red light to go on."</p>	<p><b>Testimonial: Dr. Richard Leonard, Ph.D., Pediatrician, Medical Staff President Phoenix Children's Hospital</b></p>
<p>In a recent report by the U.S. Department of Education, <i>"researchers looked at 41 Children who had shot fellow students. The report found that two-thirds of the students felt they had been persecuted, bullied, threatened, attacked or injured prior to the incident."</i><sup>1</sup></p>	
<p>Believe it or not, the biggest, most negatively affected students on our school campuses aren't bullies or victims- they're bystanders- those that witness bullying but aren't directly involved. The fear of not being "part of the crowd or becoming possible targets themselves forces them to respond in ways that can actually make things worse. Some bystanders intensify a conflict by yelling encouragements to the bully. Others are content to walk by and ignore what's happening believing it's "non of their business". Unfortunately, what most bystanders don't realize is that THEY are, in many ways, the "secret" weapons in the battle against bullying.</p>	<p><b>"The Bystander"</b></p>
<p><i>"A lot of time there's one person that will take a stand against that group or go up to the bully and say, "You know what, that's not right." And ask that person, after a bully incident happened, "Hey, are you okay? Do you want to talk to someone? How can I help you?" If those kids that are watching the bullying stand up, then it's going to tend to happen less and less.</i></p>	<p><b>Marianne Krivan, M.S.W.</b></p>
<p><i>"Someone who has that courage to say, "This isn't a good thing to do – You need to quit" has a great deal of power in stopping the whole cycle."</i></p>	<p><b>Margaret Daggett, M.Ed.</b></p>
<p>Bullying and the behaviors that lead up to it are very real, painful and frightening social issues that desperately require adult intervention.</p>	<p><b>"Our Responsibility"</b></p>
<p><i>"Adults need to change their attitudes that include parents, police, teachers, School Administrators, probation officers and any other adult responsible for the safety of children."</i></p>	<p><b>Gary Goss, Juvenile Probation</b></p>
<p><i>"We really need to look at ourselves and engage in the behavior we want to see our children engaging in. If we don't want to see them bullying and we want them to learn to treat others with respect, then we need to do so as well."</i></p>	<p><b>Sia Sipsas Herrmann, Ph.D.</b></p>
<p><i>"Kids need to have that; they just need to have a positive role model- someone that's going to tell them, make them accountable for their behaviors."</i></p>	<p><b>Alexis Christensen, Assistant Principal</b></p>
<p><i>"What the parents can do is have open communication with their kids. Make sure that you ask open-ended questions, maybe saying, "Tell me about your day at school." Or "What kinds of things are happening at school?" Or "What might have been the worst part of your day?"</i></p>	<p><b>Marianne Krivan, M.S.W.</b></p>

<p><i>"Sit down and speak with your children in regards to how people are different. They have different abilities and /or disabilities and that treating them in a negative way is not right."</i></p>	<p><b>Nandi Muhammed , Parent</b></p>
<p><i>"School teachers can get involved just by trying to change the culture of their classroom to get the bystanders, the other students, involved in preventing the bullying."</i></p>	<p><b>Dr. Scott Herrmann PhD</b></p>
<p><i>"It is best to avoid harsh criticism with kids, to try and be constructive. Harsh criticism, physical kind of discipline only leads into this cycle once more of bullying."</i></p>	<p><b>Dr. Richard Leonard MD</b></p>
<p>Studies show that the family is the best place to shape a healthy child, and there are many effective techniques parents can use to help care for a bully or a victim.</p> <p><u>Talk to your child:</u> Ask your child questions and pay close attention to their behavior.</p> <p><u>Listen to your child:</u> Look for signs such as fear of going to school, lack of friends or increased anxiety.</p> <p><u>Be a Positive role model:</u> Integrate conflict resolution skills and practices into everyday discussions. Remember children learn by example.</p> <p><u>Spend more time with your child:</u> Get to know your child, their interests, their friends, and their goals in life.</p> <p><u>Set Limits:</u> Increase supervision of your child's activities and set reasonable curfews.</p> <p><u>Cooperate with the school:</u> Keep in communication with teachers and administrators to make sure your child is safe and that monitoring at school is adequate.</p> <p><u>Seek Support:</u> You don't have to handle this issue alone. There are many support systems in the community that can provide additional assistance if necessary.</p> <p>A brief scan of the newspaper headlines or television news channels is more than enough indication of the seriousness of today's, out of control bullying issue.</p> <p>Believing that the problem is only something parents or schools should handle is ignoring the fact that bullying and its related consequences affect everyone.</p>	
<p><i>"Bullying is real. It does take place all the time. It's even more prolific right now than it has been in the past and it's going to continue until people change their attitudes toward it."</i></p>	<p><b>Gary Goss, Juvenile Probation</b></p>
<p><i>"Bullying has been around for along time but what is different is we're becoming more aware of the effects that it's having on kids."</i></p>	<p><b>Marianne Krivan, M.S.W.</b></p>
<p>To merely dismiss bullying as "just part of growing up," is to deny one of the most destructive and painful realities facing our children today.</p>	

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**Screen Text- English Video**

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