

# TYPES OF BULLYING

Created by Olivia Clark  
Arkansas State University



# WHAT IS BULLYING?

- Bullying: Seek to harm, intimidate, or coerce (someone perceived a vulnerable)
- What can we do to prevent it?



# PREVENTION AT SCHOOL

- Respond quickly
- Training
- Presentations, such as a speech or role-play on stopping bullying
- Creative writing, such as a poem speaking out against bullying or a story or skit teaching bystanders how to help

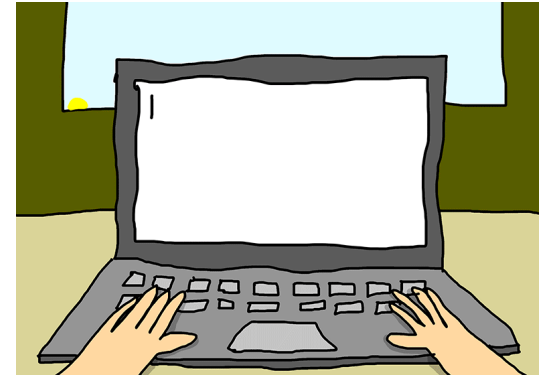


# PREVENTION AT WORKPLACE

- Organizing a Community Event
- Trainings for Educators and School Bus Drivers
- Take Bullying Reports Seriously



# ONLINE BULLYING



- Cyberbullying or cyber-harassment is a form of bullying or harassment using electronic means. Cyberbullying and cyber-harassment are also known as online bullying. It has become increasingly common, especially among teenagers
- Main Places it takes place:
  - Social Media, such as Facebook, Instagram, Snapchat, and Twitter
  - SMS (Short Message Service) also known as Text Message sent through devices
  - Instant Message (via devices, email provider services, apps, and social media messaging features)
  - Email



# EFFECTS IT HAS ON CHILDREN

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.



# WHAT IS ARKANSAS RANKED?

- NORTHWEST ARKANSAS — Arkansas ranks second in the nation for bullying, according to a new study done by WalletHub. Many districts in the Northwest Arkansas area believe they can overcome the problem by fostering a culture of respect and tolerance.
- We have to change this



# WHAT TO IMPLEMENT IN THE CLASSROOM

- Become Familiar With Bullying Indicators
- Keep Your Ear to the Ground
- Maintain Open Communication With Students
- Prevent Cliques in Your Classroom
- Speak With the Victim Privately





# WAYS TO ENCOURAGE

- Make reporting feel safe
- Don't let the small stuff slide
- Communicate appropriate consequences
- Respect autonomy
- Praise courage.



# ACCEPTING HELP

- Seek assistance from a peer
- Call a hotline
- Reach out to your teacher
- Reach out to your boss



# REFERENCE PAGE

- <https://www.stopbullying.gov/prevention/at-school/index.html>
- <https://www.cio.com/article/2867980/how-to-prevent-workplace-bullying.html>
- <https://www.stopbullying.gov/at-risk/effects/index.html>
- <https://www.fox16.com/news/arkansas-ranks-2nd-in-nation-for-bullying/>
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