Combating bullying: A positive approach

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What is bullying?

- Repeated aggression directed at students who are disadvantaged (Jimerson et al., 2010; Olweus, 1993)
Psychological effects of bullying

- Bullying increases the risk of depression for people with a lower socioeconomic status (Due et al., 2009)
- Cyber/school bullying and victimization are risk factors for depression among adolescents. (Due et al., 2009)
- Impair an adolescent’s social skills and self-esteem so that the adolescent becomes victimized by peers. (Kaltiala-Heino, Fröjd, Marttunen, 2010)
Self- determination theory

- Human motivation that is focused on how the relationship between social environment and psychological motivation can affect the wellbeing of people. (Ryan and Deci, 2000)


2. Competence- Inherent desire to feel capable of influencing the outcomes of their lives and contributing to their community. (Deci & Ryan, 2000)

3. Relatedness- Need for satisfying and supportive relationships. (Deci & Ryan, 2000)
Bullying applications

- **Bully**
  - Peer influence is one of the strongest predictors of bullying in the school context. (Cook, Williams, Guerra, Kim, & Sadek, 2010)
  - Warm student–teacher relationships are positively associated with defending victims and are mediated by autonomous motivation to defend. (Jungert, Piroddi, & Thornberg, 2016)
  - Positive, caring, warm, and supportive student–teacher relationships are associated with higher psychological well-being. (Sarkova et al. 2014)
Workshop

• Objectives
  ➢ Prevention of bullying.
  ➢ How to properly handle bullying.

• Curriculum
  ➢ Activities
  ➢ Work sheet
  ➢ Discussion
Reflection

• **Strengths**
  - Strong curriculum
  - Participation
  - Organization

• **Weaknesses**
  - Age range
  - Time
Future research

• How to promote positive relationships among adolescents.
• Incorporating mandatory bully prevention classes.
• What effects cyberbullying will have on psychological well-being.
• How communities can be more involved.
References


