WHAT IS THE FREQUENT FLYER IN YOUR CLINIC TRYING TO TELL YOU?

The role of school health in bullying prevention

COURSE OBJECTIVES

- Identify various forms of bullying.
- Discuss long term effects of bullying
- Identify common somatic complaints associated with bullying
- Discuss the use of intentional interviewing to connect with frequent clinic visitors
- Identify strategies to reducing bullying

WHAT IS BULLYING?
WHAT IS BULLYING?

**Normal Conflict**
- Occasional
- Accidental
- Equal emotions
- Feels remorse
- Seeks resolution

**Bullying**
- Repeated
- Purposeful
- Unequal emotions
- Not remorseful
- No effort to resolve

PORTRAIT OF A BULLY

- Lacks Empathy
- Trouble following rules
- Quick tempered
- Easily frustrated
- Smooth talker

TYPES OF VICTIMS

**Passive/Submissive**
- Insecure
- Cautious
- Quiet
- Cries easily
- Lacks social skills
- Physically weak
TYPES OF VICTIMS

**Provocative**
- Anxious
- Aggressive
- Disruptive
- Easily angered
- Prolongs conflict

OBSERVERS
- Fearful
- Powerless
- Guilty
- Tempted to participate
- Feel abandoned

TYPES OF BULLYING
PHYSICAL

• Most obvious
• Boys - aggressive
• Power & control
• Receives most attention

VERBAL

• Difficult to identify
• Targets are “different”
• Serious consequences
• Often targets LGBT Community

CYBER

• Occurs 24/7/365
• Victims never feel safe
SOCIAL
• Predominately girls
• Purposeful exclusion
• Spreading rumors
• Intentional embarrassment

SEXUAL
• Crude comments or gestures
• Rumors
• Cyber abuse
• Physical or verbal

A NORMAL CHILDHOOD OCCURRENCE?
Impact of bullying
**IMPACT OF BULLYING**

- Substance abuse
- Mental health disorders
- Behavioral problems
- Psychosomatic complaints

**IMPACT OF BULLYING**

- Self-harm
- Absenteeism
- Academic Problems
- Perceived isolation

**STUDENTS WHO BULLY**

- Frequent Fights
- Vandalizing
- Smoking
- Alcohol
- Poor Grades
SCHOOLS WITH BULLYING

• Fearful Environment
• Insecure Students
• Perception of No Control

LETHAL EFFECTS OF BULLYING

Correlation between childhood bullying and adolescent suicide

Suicide

• 2nd leading cause of death
• Victims/aggressors 2X as likely to attempt
• Frequent bullying: increased risk
"I DON’T FEEL GOOD"
Common somatic complaints associated with bullying

- Somatization
- Victimization
- Frequent visitors
- Clinic – Safe haven

"I DON’T FEEL GOOD"

- Headache
- Stomachache
- Fatigue
- General pain
- Decreased appetite

Image via needtotakeastand.org
CONNECTING WITH CHILDREN
Intentional interviewing to connect with frequent clinic visitors

ATTENDING
• Eye contact
• Vocal tone
• Verbal Following
• Approachable

RESPONDING
• Observation
• Questioning
• Encouraging
• Paraphrasing / Reflecting
• Summarizing
INFLUENCING

• Reframing
• Logical Consequences
• Informational
• Self-disclosure
• Confrontation
• Feedback

CONVERSATION STARTERS

WHAT CAN I DO?

Strategies to reducing bullying
IDENTIFYING BULLYING
• Who?
• What?
• When?
• Where?
• How?

MAKING A DIFFERENCE
• Increased supervision
• Prevention activities
• Warning signs
• Respond
• Positive role model

HELPING THOSE WHO BULLY
• Avoid labels
• Be a role model
• Be alert during transitions
• Empathy
• Teach acceptance
QUESTIONS?

REFERENCES

REFERENCES


