




# Bullying


Presented By:  
Amy Goodman

Sunday August 4<sup>th</sup> 2013 @ 11am-12:15pm

# Amy's Profile

- ▶ Amy Goodman, MA
  - ▶ Co-Director AutismNow
  - ▶ The Arc
  - ▶ 1825 K St, NW
  - ▶ Washington DC 20006
  - ▶ 1-202-600-3489 Ex. 3734
  - ▶ E-mail: [agoodman@autismnow.org](mailto:agoodman@autismnow.org)
  - ▶ Website: [www.autismnow.org](http://www.autismnow.org)
  - ▶ Twitter: @agoodman7
- 

# Table of Contents

- ▶ I. Bullying –Definition
  - ▶ II. Types of Bullying
    - School
    - Cyber
    - Sexting
    - Workplace
  - ▶ III. Statistics about Bullying
  - ▶ IV. Laws about Bullying
  - ▶ V. Bullying and ASD
  - ▶ References
- 

# Bullying–Definition

- ▶ Bullying is an aggressive behavior that is intentional and that involves an imbalance in power or strength.
- ▶ It is the most common form of violence and can take many forms.
- ▶ It can be verbal: involving threats or derogatory remarks; physical or behavioral: as when a bully hits, pushes, steals a victim's lunch, or holds his nose every time the victim enters the room; relational: as when a child is deliberately excluded from social events, or vicious rumors about a child are intentionally spread.
- ▶ It can be conducted in traditional style, on the playground, in the classroom, in the cafeteria, via text–messaging, or even on Face Book (cyber–bullying)


# Facts about Bullying in Schools

- ▶ Bullying affects student's
  - sense of security
  - has long lasting harmful effects for both the bully and the victim,
  - thought of as antisocial behavior


# School Bullying (Continued)

- ▶ Bullying occurs at all grade levels, more likely in middle school and high school, but can happen in the elementary school
- ▶ Bullying victims suffer psychological harm long after the bullying stops.( **Note #1**)

# School Bullying (Continued)


- ▶ Bullying involves repeated physical, verbal, or psychological attacks or intimidation directed against a victim who cannot properly defend him–herself because of strength, the victim is outnumbered, or is less psychologically resilient
  - ▶ Activities such as tripping, intimidation, rumor spreading, demands for money, destruction of property, theft of valued possessions, destruction of another's work, and name calling constitute bullying(**Note #2**)
- 

# Bullying in School (Continued)

- ▶ Other behaviors (some of which are illegal) that are recognized as bullying include:  
Sexual Harassment: exhibitionism, voyeurism, sexual propositioning, and sexual abuse involving unwanted physical contact or rape.  
(Note #3)
  - ▶ Ostracism based on perceived sexual orientation and hazing.
- 




# School Bullying: three sub types

- ▶ **Manipulative:** This form of bullying occurs when a child with a disability is actually being coerced and controlled by another student.
  - ▶ **Conditional Friendship:** This form of bullying occurs when a child with a disability thinks that someone is being their friend, but the times of “friendship” are alternated with times of bullying.
- 


# School Bullying: three sub types

- ▶ Exploitative: This type of bullying occurs when the features of the child's condition or disability are used to bully them either by other classmates or via technology and social media networks.


# Statistics–School Bullying

- ▶ According to U.S. Department of Education 2011 Report
    - 18 states have laws that allow victims to seek legal remedies for bullying, either from schools that don't act or from the bullies themselves
    - 32 states require that schools have procedures for investigating bullying incidents
    - 17 states require that school staff report bullying to a supervisor
    - 9 states require administrators to report bullying to police
    - 11 states require that schools allow anonymous reporting of bullying by students
- 


# Statistics –School Bullying (Con.)

- ▶ 56% of children have been bullied at school at some point in their lives
  - ▶ 38% of individuals with disabilities have been bullied at school
  - ▶ 71% of today's student's say bullying is a problem at their school
  - ▶ 15% of absenteeism is directly related to being bullied at school
  - ▶ 1 out of 20 students has seen a student with a gun at school
- 


# Prevention of School Bullying

- ▶ Educate Individuals about your disability
  - ▶ Advocate for yourself
  - ▶ Start a school campaign to stop bullying use the slogan Be A Buddy, Not A Bully
  - ▶ Talk about Bullying: What it is/What it is not
  - ▶ Make others aware of the problem and advocate for your rights as an individual with a disability
- 

# Tips for the victim of Bullying

- ▶ Be supportive and listen to your child
  - ▶ let them know it isn't their fault
  - ▶ write down all incidents
  - ▶ talk to the teacher and principal in private to see if problem can be resolved quickly,
  - ▶ write a behavior plan to address the issue and convene an Individualized Education Program (IEP) meeting to address the issue of bullying
- 

# Tips (Continued)

- ▶ Make the principal and administrators aware of the bullying incident, send letters.
  - ▶ Go the school board if the school isn't giving you any help
  - ▶ Become a presence at the school, volunteer and help keep your child safe
  - ▶ If none of the above work, try getting a lawyer involved, and sue the school for failure to provide a safe environment and failure to provide a free and appropriate public education (FAPE).
- 


# Cyber Bullying–Definitions

- ▶ Cyber–bullying was first coined by Canadian educator and anti–bullying activist Bill Belsey.
- ▶ It is the willing and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.






# Cyber Bullying Continued

- ▶ Cyber Bullying can also include threats, sexual remarks, hate speech, ganging up on victims by making them the subject of ridicule in forums and posting false statements as fact aimed at humiliation
  - ▶ Disclosing personal data of another at websites, or forums, pose as the identity of a victim for the purpose of publishing material in their name that defames or ridicules them
- 

# Cyber Bullying Continued

- ▶ Sending threatening and harassing e-mails and instant messages to the victims
  - ▶ Posting rumors or gossip
  - ▶ Instigate others to dislike and gang up on the victim
  - ▶ Taking unflattering pictures of a person and spreading them through cell phones or the internet
  - ▶ Sexting, or circulating sexually suggestive pictures or messages about another person
- 


# Cyber– Bullying– Laws

- ▶ 49 states have some form of state cyber–bullying laws.
- ▶ Cyber Bullying is a punishable act and can have extreme consequences
- ▶ As early as 2007, four states passed laws against digital harassment
- ▶ These states include New York, Missouri, Rhode Island, and Maryland
- ▶ To see what each state has to say about cyber–bullying, go to [www.cyberbullying.us](http://www.cyberbullying.us) and in the Google box type in State Cyber Bullying Laws, then choose a state


# Sexting– Another Form of Cyber Bullying

- ▶ The sending or receiving of sexually explicit or sexually-suggestive images or video via a cell phone
- ▶ Incidents where an individual take nude photos of themselves and distribute those pictures to an other using cell phones or social networking cites, e-mail, instant messaging programs, or video chat


# Sexting– Continued

- ▶ Sexting is considered to be a felony and is punishable by law
  - ▶ Some of the charges include; disorderly conduct, illegal use of a minor in nudity-oriented material, and felony sexual abuse of children, criminal use of a communications facility, or open lewdness
  - ▶ As of September 2010, twenty-one states have either introduced or enacted legislation to address the problem of sexting
- 


# Sexting– Continued

- ▶ Penalties for this crime can include such things as educational programming for first time offenders, to fines, felony charges or short-term incarceration
  - ▶ To avoid legal liability in instances of sexting, it is recommended that school administrators only confiscate the devices and let law enforcement search its content and call logs
- 

# Cyber–Stalking


- ▶ Cyber–Stalking is perpetrated by adults towards adults; similar to cyber–bullying but, the distinction is in the age group and mostly directed on the basis of sex
  - ▶ Cyber stalkers use tactics to vandalize a search engine or encyclopedia, threaten a victim's earnings, employment, reputation, or safety.
  - ▶ It is illegal and the same laws as cyber bullying can be used as well.
- 

# Statistics–Cyber Bullying

- ▶ In the U.S. alone in 2012–2013 there has been an increase of 16.7% in cyber bullying particularly on Facebook and Twitter
  - ▶ 62% of victims of cyber bullying or harassment are woman, mostly aged 18–24
  - ▶ 25% of victims know the offender personally
  - ▶ 38% of online girls report being bullied, compared with 26% of online boys
  - ▶ Total % of students who reported being bullied 52%
- 



# More Statistics– Cyber Bullying

- ▶ 33% of teens have experienced cyber threats online
  - ▶ 25% of teens have been bullied on their cell phones or on the internet
  - ▶ 52% of teens did not tell their parents when cyber bullying occurs
  - ▶ 11% of teens have had embarrassing pictures taken on cell phone cameras without their permission
  - ▶ Students with disabilities are more likely to be victims of bullying
- 

# Tips for Preventing Cyber Bullying

- ▶ Never give out or share personal information (PIN), etc.
- ▶ Don't believe everything you read
- ▶ Use Netiquette
- ▶ Never send a message to others when you are angry
- ▶ Never open a message from someone you don't know.



# More Tips to Prevent Cyber-Bullying


- ▶ If it doesn't look or "feel right" it probably isn't
- ▶ You don't have to be "Always on", turn off, disconnect, or unplug
- ▶ Have a Internet Safety Plan, where you and your parents look at it together and decide what is or is not appropriate



# What to do if you are a victim of Cyber-Bullying?

- ▶ Do not keep it to yourself. Tell an adult you know and trust
- ▶ Inform your Internet, Instant Messaging or mobile phone service provider
- ▶ Don't reply to messages from cyber-bullies
- ▶ Do not erase or delete messages from cyber-bullies
- ▶ Report cyber-bullying, when you do, turn in all your messages with full headers displayed
- ▶ For more information on what to save and how to save it, see [http://www.cyberbullying.org/pdf/cyberbullying\\_information.pdf](http://www.cyberbullying.org/pdf/cyberbullying_information.pdf)

# Workplace Bullying– Definitions


- ▶ Repeated, unreasonable actions of individuals (or a group) directed towards an employee (or a group of employees), which are intended to intimidate, degrade, humiliate, or undermine; or which create a risk to the health or safety of the employees.
  - ▶ Workplace Bullying involves abuse of power or misuse of power. Bullying behavior creates feelings of defenselessness and injustice in the victim and undermines the individual's right to dignity at work.
- 

# Workplace Bullying– Categories

- ▶ Threat to professional status
- ▶ Threat to personal standing
- ▶ Isolation
- ▶ Overwork
- ▶ Destabilisation



# Workplace Bullying –Examples

- ▶ Unwanted or invalid criticism
  - ▶ Blame without factual justification
  - ▶ Being treated differently than the rest of the employees
  - ▶ Being sworn at
  - ▶ Exclusion or social isolation
  - ▶ Being shouted at or being humiliated
  - ▶ Excessive monitoring or micro-managing
  - ▶ Being given unrealistic deadlines
- 

# Threat to Professional Status

- ▶ Belittling opinions
- ▶ Public professional humiliation
- ▶ Accusations regarding lack of effort
- ▶ Intimidating
- ▶ Use of competence or discipline procedures





# Threat to Personal Standing

- ▶ Undermining personal integrity
- ▶ Destructive innuendo
- ▶ Sarcasm
- ▶ Making inappropriate jokes about the victim
- ▶ Persistent teasing, name calling, or insults
- ▶ Intimidation



# Isolation

- ▶ Preventing access to opportunities
- ▶ Physical or social isolation
- ▶ Withholding necessary information
- ▶ Keeping the target out of the loop
- ▶ Ignoring or excluding




# Overwork


- ▶ Undue pressure
- ▶ Impossible deadlines
- ▶ Unnecessary disruptions




# Destabilization

- ▶ Failure to acknowledge good work
  - ▶ Allocation of meaningless tasks
  - ▶ Removal of responsibility
  - ▶ Repeated reminders of blunders
  - ▶ Setting target up to fail
  - ▶ Shifting goal posts without telling the target
- 

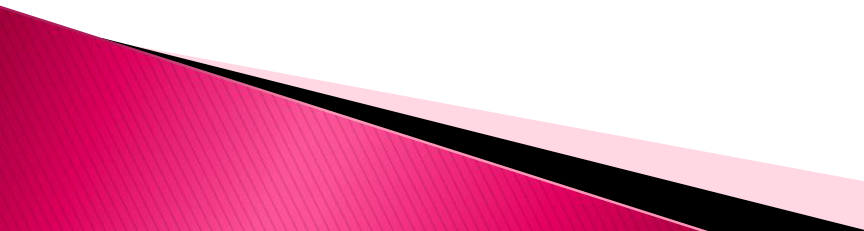
# Workplace Bullying–Tactics that maybe used on a target

- ▶ Falsely accusing someone of “errors” not actually made
  - ▶ Staring, glaring, nonverbally intimidating , or showing hostility
  - ▶ Discounting someone's ideas or thoughts in a meeting
  - ▶ Using the “silent treatment” to “ice out” and separate from others
  - ▶ Exhibiting uncontrollable mood swings when target is in their presence
  - ▶ Making up new rules on the fly that he/she doesn't even use
  - ▶ Discrediting an employees work, taking credit for another employees work as their own, or disregarding satisfactory or exemplary work
  - ▶ Using a different standard for the target and harshly and constantly criticizing them
  - ▶ Starting rumors or failed to stop rumors about the target
  - ▶ Encouraging others to take part in the bullying behaviors
- 

# Workplace Bullying– Statistics

- ▶ According to the Workplace Bullying Institute:  
1 / 3 of workers are victims of bullying
  - ▶ The New York Times found that 60% of workplace bullies are men
  - ▶ This may be because more females are trying to succeed in a male dominated work force and there is more competition for promotions for women
- 

# Workplace Bullying–Actions to take to reduce or eliminate it

- ▶ Keep a diary detailing the nature of the bullying (e.g. dates, times, places, what was said and who was present)
  - ▶ Obtain copies of harassing/bullying paper trails; hold onto copies of documents that contradict the bully's accusations against you (e.g. time sheets, audit reports, etc.)
  - ▶ Expect the bully to deny and perhaps misconstrue your accusations; have a witness with you during any meetings with the bully; report the bully to the appropriate person
- 

# Laws related to Bullying

- ▶ **IDEA–Individuals with Disability Education Act**
  - An individual is guaranteed a free and appropriate education and if bullying is taking place, the education is no longer appropriate if the student cannot learn

## **Section 504 of the Rehabilitation Act of 1973**


- An individual should not be discriminated because of their disability

## **Title II of the Americans with Disabilities Act**

- An individual should not be harassed based on their disability. Harassment– “intimidation or abusive behavior toward an individual based on their disability that creates a hostile environment.



# Related Laws continued

- ▶ Title IX of the Civil Rights Act
    - No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance
    - The school is liable where it has been put on notice that an individual is being bullied and has failed to protect the individual from such harm
- 

# Bullying, ASD, and Statistics

Individuals with an ASD are more likely to become a victim of bullying than their peers who don't have an ASD


94% of individuals with Aspergers Syndrome have been a victim of bullying and have been subjected to victimization on average at least 1–2 times per week

Another survey of individuals with Aspergers Syndrome found that 75% of them had been hit or emotionally bullied by peers

# Bullying, ASD, and Statistics Continued

- ▶ Not recognizing when one is being bullied can make an individual with ASD a likely on-going victim
- ▶ Not recognizing when one is being bullied can make an individual with ASD a likely on-going victim
- ▶ Here is a link to a article about bullying and suicide that hits home the point that we need anti-bullying programs in our schools before we loose any more individuals who have a right be free of harassment and bullying.
- ▶ <http://www.suicide.org/bullied-teen-attempts-suicide-brain-damaged.html>
- ▶ One day Tom entered the washroom, and some cowardly bullies followed him and kicked and punched him.
- ▶ Tom was horrified and went to school administrators to tell them what happened, but Tom, unbelievably, was suspended along with the bullies.
- ▶ When Tom returned to school, he was assaulted again in the washroom.
- ▶ And Tom was suspended again, even though he was the victim of the assault.
- ▶ Tom was now suffering from depression and was constantly afraid. And on November 6, 1998, as he was walking down the hallway, he was pushed to the ground by a cowardly bully.
- ▶ Unbelievably, Tom was suspended yet again, even though he was the victim.
- ▶ The next day, Tom hanged himself.

# Final thoughts on Bullying and ASD

- ▶ Parents and school staff need to be aware of the issues that affect the individuals with ASD who may be struggling to interpret the social world and make connections with other people.
  - ▶ Another thing to remember is that individuals with disabilities should not be suspended, expelled, or have to change schools because of a manifestation of their disability, but it does happen
- 

# Additional Resources

- ▶ <http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html>
- ▶ <http://www.cyberbullying.us>
- ▶ <http://www.bullyfreeworkplace.org/id29.html>
- ▶ <http://AbilityPath.org/areas-of-development/learning--schools/bullying/articles/walk-a-mile-in-their-shoes.pdf>

# References (Continued)

- ▶ [http://www.cyberbullying.org/pdf/cyberbullying\\_Information.pdf](http://www.cyberbullying.org/pdf/cyberbullying_Information.pdf)
  - ▶ Book: Perfect Targets Asperger Syndrome and Bullying by: Rebekah Heinrichs
  - ▶ <http://www.statisticbrain.com/cyber-bullying-statistics/>
  - ▶ <http://cyberbullyingfacts.org/dealing-with-cyber-harassment/>
  - ▶ <http://cyberbullyingfacts.org>
- 