

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

A DEEPER LOOK INTO FEMALE BULLYING

How to Manage and Handle

SELF-ASSESSMENT: A Journey of Change

PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education | Department of Public Instruction

November 8-10, 2016

Disclaimer

Presentation materials are for registered participants of the 66th Conference on Exceptional Children. The information in this presentation is intended to provide general information and the content and information presented may not reflect the opinions and/or beliefs of the NC Department of Public Instruction, Exceptional Children Division. Copyright permissions do not extend beyond the scope of this conference.

SELF-ASSESSMENT: A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

A little about me...

- Licensed School Counselor, NC and VA
- Licensed EC Teacher, NC and VA
- 2 Master's degrees- MAT, Special Education-WCU (2015) and MA Urban Education/Counseling- NSU (2010)
- Currently enrolled at ECU, MSA School Administration, c/o 2018-Johnston County Cohort
- In process of collaboratively working to create a plan to begin an all girl's charter school upon graduation/single-gender classrooms
- Mom to a vivacious and loving 2.5 yr. old boy!!

SELF-ASSESSMENT: A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Why Am I Here?

- Why is this information important?
- Female bullying- specifically
- What will I gain out of this session?

What is “Female Bullying”?

- Helpful terms, sometimes used interchangeably
- Social aggression
- Relational aggression

MEET A SPECIAL AND COURAGEOUS PERSON...

- <https://www.youtube.com/watch?v=lyHX7wMJB0>

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Let's Process her story together.....

SELF-ASSESSMENT:

A Journey of Change

PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education | Department of Public Instruction

November 8-10, 2016

It is.....

- **Repeated** actions against a target, either verbally, physically or emotionally
- **Intentionally** harmful to target
- Power imbalance between aggressor and target

SELF-ASSESSMENT:

A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Gender and Aggression

- All children get upset and feel anger, jealousy, competition and aggression.
- All males and females engage in relational and social aggression throughout their life
- Not all aggression is negative.
- Not all aggression is bullying.

SELF-ASSESSMENT:

A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Unpacking our Emotional Baggage (Adapted from Wiseman, 2002)

- Where did you fit in middle school?
- Where did you fit in high school?
- What did you get from being part of this group?
- Did you ever want to leave the clique but felt like you could not?
- Were you ever tormented by someone in a clique?

SELF-ASSESSMENT:   
A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Continued.....

- Is there anyone you would intentionally avoid in school? Is there anyone you would run away from if you saw them now?
- Did you have a positive or negative reputation?
- Were you ever teased? About what? How did you handle it?
- Did you spread gossip? Were you gossiped about? How did you handle it?

SELF-ASSESSMENT:   
A Journey of Change

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Let's Share and Discuss



 PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education | Department of Public Instruction

November 8-10, 2016

What are some characteristics of female aggressors/bullies?

- Prefer RA/SA over direct/assertive social behaviors
- Good grooming and social skills
- Wants to please authority figures and appear “nice and sweet”
- Poorer internal emotional regulation/self-control
- Sometimes the most popular girls in the school
- Decreased levels of sensitivity and/or empathy towards others outside the ‘group”

SELF-ASSESSMENT:  *A Journey of Change*

64TH CONFERENCE ON EXCEPTIONAL CHILDREN

Forms of Relational Aggression

- Exclusion/Ostracizing others
- Ignoring
- Malicious gossip/spreading rumors
- Manipulative affection
- Cyberbullying
- Alliance building
- Taunts and Insults
- Intimidation

SELF-ASSESSMENT:  *A Journey of Change*

64TH CONFERENCE ON EXCEPTIONAL CHILDREN

Who are the Targets?

- Target vs. Victim
- Three “Ds”
 - Different
 - Dominant
 - Disruptive
- Most- and least-liked of peer cohort
- May be less likely to “go along to get along”

SELF-ASSESSMENT:  *A Journey of Change*

64TH CONFERENCE ON EXCEPTIONAL CHILDREN

They MAY....

- Have poorer social insight or social skills
- Tend to be more comfortable with critical or direct feedback... “unvarnished truth”
- Perceive target as a threat in some way
- Have poorer emotional regulation...ex. “don’t push my buttons”

BOTTOM LINE

Not all *bullies* are the same
and not all *targets* are the
same!

It is our job, as professionals,
to recognize, address and
intervene!

Common Techniques... Relational Aggression

- Gossiping
- Teasing/Public Humiliation
- Relational blackmail
- Ostracism/Exclusion
- Creating Paranoia
- Pranks and technology

Some tips for addressing Cyberbullying

- No unsupervised internet use
- Parents/supervisor know all passwords, have total access, and parent can actually *supervise* internet use
- Harassers/ Aggressors can be blocked, deleted, and/or avoided.

SELF-ASSESSMENT: A Journey of Change

64TH CONFERENCE ON EXCEPTIONAL CHILDREN

What are some of the Effects/Outcomes of Bullying and Cyberbullying???

- Peer rejection/isolation
- Maladaptive internalizing and/or externalizing of problems
- Depressive symptoms and suicidal ideation
- Loneliness
- Obesity
- Eating Disorders

SELF-ASSESSMENT: A Journey of Change

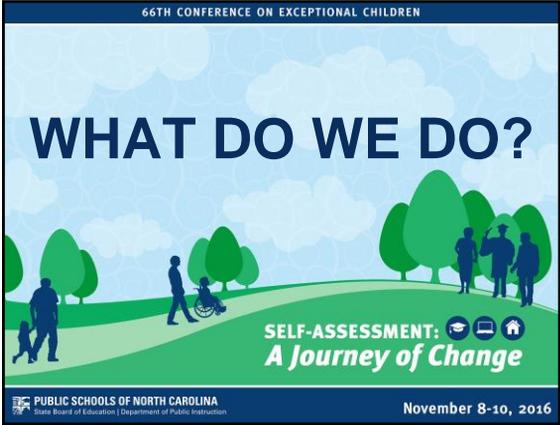
64TH CONFERENCE ON EXCEPTIONAL CHILDREN

What are some of the Effects/Outcomes of Bullying and Cyberbullying???

- Substance abuse and addiction
- Relationship problems (personal/interpersonal)
- Personality Disorders
- Dislike of opposite sex
- Poor self-esteem/self concept

SELF-ASSESSMENT: A Journey of Change

64TH CONFERENCE ON EXCEPTIONAL CHILDREN



School Interventions

- School-Wide Anti-Bullying Programs
- Curricular interventions: Anti-bullying curriculum
- Targeting individual aggressors and victims
- Training teachers and staff in RA/SA
- Structured downtime/playtime

SELF-ASSESSMENT: *A Journey of Change* 66TH CONFERENCE ON EXCEPTIONAL CHILDREN

- Don't use specific words to describe the girls' characteristics or personalities (ex. drama queen)
- Use words that concretely describe the behavior patterns
- Use active listening skills

SELF-ASSESSMENT: *A Journey of Change* 66TH CONFERENCE ON EXCEPTIONAL CHILDREN

Wrap Up/Conclusion

- Additional resource wiki
- Wiki address
- Questions, Comments and Feedback
