

Teaching and Parenting Today's Students



Saturday August 14, 2010



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Program:

- **9:30 Session 1: - Bullying**
 - Examining some of the ethical, moral and legal dilemmas in working with young people.
- **11:00 Morning Tea**
- **11:30 Session 2: - Screening for students at risk**
 - Practical strategies for identifying students needing intervention.
- **1:00pm Lunch.**
- **2:00 Session 3: - The 5 great challenges for parents and teachers**
 - Alcohol use, sleep deprivation, cybersafety and other key issues.
- **3:30 Afternoon Tea**
- **4:00 Close**

Overview of Bullying

How do we define bullying?

Definition of Bullying



Professor
Ken Rigby

- “Bullying is a systematic and repeated abuse of power. In general bullying is for the purpose of dominating or hurting someone involves unfair action by the perpetrator(s) and an imbalance of power occurs when the target cannot provide an adequate defence and feels oppressed and humiliated.”

NCAB Definition

National Centre
Against Bullying



www.ncab.org.au

- Bullying is when someone (or a group of people) with **more power** than you **repeatedly** and **intentionally** uses negative words and/or actions against you, which causes you distress and **risks your wellbeing**

NCAB lists 5 kinds of bullying



What is bullying?
 Bullying is when someone or a group of people use force or power to repeatedly or frequently harm another person or group of people. It is not just about physical force, but also about psychological force.

How is bullying defined?

- 1. Physical bullying**
 This includes hitting, kicking, pushing or shoving someone, or taking someone's property.
- 2. Verbal bullying**
 This includes name-calling, teasing, insulting or making fun of someone, or spreading rumours.
- 3. Social bullying**
 This includes excluding someone from a group, or deliberately excluding someone from a group.
- 4. Psychological bullying**
 This includes intimidating someone, or making someone feel afraid or nervous.
- 5. Cyber bullying**
 This includes using technology to bully someone, such as sending threatening or insulting messages, or posting embarrassing photos or videos of someone online.

Why is bullying a problem?

Bullying can have serious effects on the victim's physical and mental health. It can lead to anxiety, depression, and other mental health problems. It can also lead to physical health problems, such as headaches and stomach aches. In extreme cases, bullying can lead to self-harm or suicide.

- 1. Physical bullying** - e.g. hitting, poking, tripping, pushing or damaging someone's belongings.
- 2. Verbal bullying** - e.g. name calling, insults, homophobic or racist remarks and verbal abuse.
- 3. Social bullying** e.g. lying, spreading rumours, playing a nasty joke, mimicking, and deliberately excluding someone.
- 4. Psychological bullying** e.g. intimidation, manipulation and stalking.
- 5. Cyber bullying** e.g. using technology (such as email, mobile phones, chat rooms, social networking sites etc) to verbally, socially or psychologically bully.

NCAB also defines what bullying isn't



Bullying hurts...

The National Children's Advocacy Center
 www.nacac.org

- Arguments and disagreements
- Disliking someone
- Single-episode acts of nastiness or spite
- Random acts of aggression or intimidation

7 facts about bullying

7 key consensus points on the psychological study of Bullying (Rigby 2009)



UBIQUITOUS

- 1. Bullying has been reported as occurring in every school and kindergarten or day-care environment in which it has been investigated

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying (Rigby 2009)



2 MAIN TYPES

- 2. Bullying can be categorised as **direct** or **indirect** and also in as physical, verbal and gestural

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying (Rigby 2009)



CYBER BULLYING

- 3. Although there is **no consistent evidence** that bullying overall is increasing, one area of growing concern among children is **cyber bullying**, especially among older students

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying
(Rigby 2009)



- 4. Gender differences have been found indicating that **boys are bullied physically more often than girls**. Girls are generally more often involved in **indirect forms of aggression**, such as excluding others, rumour spreading and unpleasant manipulating of situations to hurt those they do not like

BOYS DO PHYSICAL

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying
(Rigby 2009)



- 5. There are differences in the nature and frequency of victimization reported by **children according to age**. Generally, bullying among **younger children is proportionately more physical**; with **older children, indirect and more subtle forms of bullying** tend to occur more often

YOUNGER DO PHYSICAL

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying
(Rigby 2009)



- 6. **Despite these differences in the kinds of bullying most experienced by different age groups, children typically report being bullied less often as they get older**, although being victimized tends to increase when children enter secondary school

FREQUENCY DIMINISHES WITH AGE

Source: <http://www.kenrigby.net/>

7 key consensus points on the psychological study of Bullying
(Rigby 2009)



- 7. Being bullied at school typically has negative effects on the physical and psychological well-being of those children who are frequently and severely targeted

IMPACT PROFOUND

Source: <http://www.kenrigby.net/>

Bystanders



Bullying is in the news

Man claims his life ruined by bullies

By MATTHEW HINDS

A YEAR at Stirling, the reputation of the school had started to change.



My staff are in the clear: principal

By GERARD NOONAN and VALERIE LAWSON

No teacher or staffer at Trinity Grammar — the Anglican school of the names of a stalker over bullying and sexual assault — will face disciplinary action, Trinity headmaster Milton Capin said yesterday.

Bullying hits most students, but few bother to speak out

By STEPHEN CAUGHY

Almost 80 per cent of students are bullied at some time, and nearly 60 per cent of girls were sexually harassed, compared with 40 per cent of boys.

Bullies rule at school

By HELEN CARTER, **Education reporter**

BE YOURSELF, YOUNGSTERS TOLD

SCHOOLS are tending to get more into victim blaming, says Helen Carter, education reporter. In a primary school program, bullied children were asked to write letters to their bullies. The program was described as a 'victim blaming exercise'.

Called 'Being Me', the program was set up after research found one in three children were bullied regularly.

The wider community which now has to cope with the 'bullying epidemic' is the focus of the program. The program was described as a 'victim blaming exercise'.

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The Net...

- Bullying hits most students, but few bother to speak out
- War on cyber creeps
- Video orgy of blood
- Victim for year
- Cyber cop starts internet beat as bullies run rampant
- Keep kids away from phones
- Net addiction puts teenagers at risk
- Fears for child net surfers
- Father's plea to monitor internet
- WEB OF EVIL
- Stalker swoon on man accused of stalking girls on internet as mum blasts her daughter's killer

Ethical, moral and legal dilemmas

The Australian, February 19th 2001

We know that it has become a major focus of both the courts and the media

The Nation

Schools face legal action as bullying claims spread

The Australian, February 19th 2001

The goal post have shifted - duty of care -

- Educational institutions undertakes to provide students with a safe environment to learn in

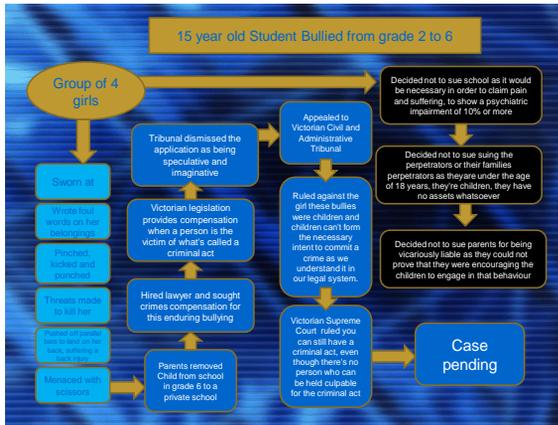
The provision of a safe and supportive learning environment

- core business of any primary or secondary school
- the effects of bullying can undermine a student's wellbeing and ability to learn
- well documented short, medium and long-term impacts on mental and physical health of victims

Bullying is in the news



More litigious....



Tarradale High School

Home About Us Students International Curriculum Sport & Culture Information

Enabling students to reach their potential

- In October 2001 a group of 7 Tarradale students were arrested after a student was assaulted.
- 7 boys were charged, tried and jailed for sexually violating their classmate with a broomstick after an unsupervised drinking session at the home of another student whose parents were overseas.

The judge ruled

- that **schools had a duty to work actively to detect incidents before they become full-blown** and to break down such cultures when they do.
- Programs need to be put in place that force the bystanders to step in and report the abuse
- environments need to be developed with victims of abuse will be supported so the choice is not either to be used or to be isolated

Pursued negligence claims against schools in the Civil court



Ben Cox

- in 2007, enduring a 2 year campaign of terror started at the hands of an older boy in the Hunter region
- he was awarded a million dollars
- the judge found the bullying was so bad that he was permanently impaired by this, psychologically and he had no chance of getting a job or sustaining a relationship.
- Justice Simpson found that the school and NSW education authority failed to protect the victim despite repeated complaints from his mother
- An Education Department officer had told Mrs Angela Cox that "bullying builds character".
- Benjamin, now 18, was diagnosed as suffering separation anxiety disorder, post-traumatic stress disorder and depression.

Woodberry Public School
The pursuit of excellence

Lambton Ave, Woodberry
Phone: 4966 2044



David Gregory

- **successfully sued the NSW Education Department** suffers OCD and agoraphobia and has blamed his condition on **bullying he was subject at school**
- Justice Elizabeth Fullerton has awarded him almost \$470,000 for losses **connected to his inability to work**
- The court heard Mr Gregory was subjected to six years of bullying at the school in the NSW's north-west.
- He was called a "pooft" and a "Nazi" and he was hit and publicly humiliated.

March 11th 2010

- THE Victorian state government has been forced to pay almost \$300,000 in compensation to a teenage girl who endured months of bullying at a country high school, culminating in one of her classmates threatening to bring a gun to school to shoot her.

In what is believed to be one of the largest payouts for a school bullying case in Victoria, the 17-year-old girl successfully sued the Education Department after she was repeatedly abused and harassed by a group of students at Kerang Technical High School, near Swan Hill.

Supreme Court of Victoria

- Melbourne's Renaissance Revival architecture. Built from Tasmanian freestone upon a bluestone base the building was completed in 1884.

Questions from the QC

- Do you have a bullying and harassment policy?
- When was the policy last reviewed?
- Who was responsible for its drafting?
- Were the students involved in it's drafting?
- Was the efficacy of the policy ever tested or reviewed?
- Was this an independent review by a university and did it involve a survey?
- Have you an acceptable use policy and is it signed by every single student, parent and staff member?
- How is the policy backed up by the curriculum
- What level of training have the staff undergone?
- What PD has there been for parents?

The inconsistency of the law when it comes to the cyber world

Three Cases

<p>Teens' sex act filmed</p> <p><small>Shannon McRae</small></p> <p>DETECTIVES are investigating two boys as a private school after a teenage girl was filmed having sex in a shower.</p> <p>The 15-year-old girl was distraught to discover her teenage boyfriend secretly arranged for a friend to film them having sex in the shower of a house in Melbourne's south-east.</p> <p>The believed mother boy used a small hand-held camera to film them through a bathroom window. The girl was unaware the act was being filmed.</p> <p>The footage was sent to other teens via the internet and mobile phones.</p> <p>It was also posted on the internet site, but had been removed yesterday.</p> <p>The boys, unidentified</p> <p>23/03/07</p>	<p>School's online gay jibe</p> <p><small>John Manganonakis</small></p> <p>A CATHOLIC regional school has been accused with a suggestive sex scene Facebook to Spang where a teacher of being a big problem.</p> <p>The school's Facebook page was the subject of a complaint to the Victorian Ombudsman on the degree of their language.</p> <p>There is growing concern about internet teacher's use of social networking sites and inappropriate material about their students and staff.</p> <p>Deer Park Catholic school, 17km from Melbourne, was first pointed out by a parent who had been suspended for posting inappropriate comments about a teacher on Facebook.</p> <p>The school's Facebook page was also used by other students but posted the site. Yet the teacher didn't seem to know their students were on site.</p> <p>7/3/10</p>	<p>Pupils face porn count</p> <p><small>ELLEN WINNETT</small></p> <p>FIVE Catholic school students will appear in court charged over a sex ring in the school zone that was filmed on a mobile phone.</p> <p>One girl and four boys will be served with summonses to police on charges of making child pornography.</p> <p>Those who will be charged - the girl and one boy - are alleged to have had sex in a gym area of the Kilde Secondary College while the three other boys are alleged to have filmed the encounter on a mobile phone. The girl was</p> <p>18/04/10</p>
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- Kids have a sense of entitlement - "they all want their 15 megabytes of fame".
- The thrill of anonymity and freedom- no adults to tell them what to do
- Absence of adults to set boundaries and monitor behaviours."

Growing signs of militancy



Leading school sues for \$20,000 in unpaid fees

Wesley College has taken legal action against a group of 10 students who failed to pay their school fees. The college has sued the students for a total of \$20,000 in unpaid fees. The students are from Wesley College, a private school in Queensland. The college has taken legal action against the students because they have failed to pay their school fees for several years. The college has also taken action against the students' parents. The college has said that it has tried to contact the parents but they have not responded. The college has said that it has no choice but to take legal action. The college has said that it has a strict policy on school fees and that it will not tolerate non-payment. The college has said that it has a long history of excellence and that it has a high reputation. The college has said that it has a strong commitment to its students and that it will continue to provide a high quality education. The college has said that it has a strong commitment to its staff and that it will continue to provide a high quality education. The college has said that it has a strong commitment to its community and that it will continue to provide a high quality education.

Age 20/4/04

So what do you really know about bullying - a spot quiz?



Question 1

According to research released by the Current Prime Minister on June 1, last year what is the prevalence of bullying in Australian schools in Years 4 to 9 ?



- a) 1 in 3
- b) 1 in 4
- c) 1 in 5
- d) 1 in 6

20 seconds

Answer 1

According to research released by the Deputy Prime Minister on June 1, last year what is the prevalence of bullying in Australian schools in Years 4 to 9 ?

Bullying rife in Australian schools

June 01, 2009

Article from: [AAP](#)

A NATIONAL study has revealed one in four schoolchildren from years four to nine say they are regularly attacked by bullies.

The study, commissioned by the federal government, surveyed 788 children from 124 schools across the country. It found bullying peaked in the final years of primary school, with 32 per cent of these students targeted, New United reports.

According to the study, which recommended changes to the way schools deal with the issue, almost half of students in year nine were either bullies or being bullied.

Many had also lost confidence in the ability of teachers to protect them, New United reports.

- a) 1 in 3
- b) 1 in 4
- c) 1 in 5
- d) 1 in 6

Question 2

What is the Kandersteg Declaration?

- a) An international agreement against child pornography
- b) An updated United Nations Declaration on the rights of a child
- c) An international agreement against bullying
- d) A Swiss initiative banning mobile phones in school

20 seconds

Answer 2

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www.kanderstegdeclaration.com

**KANDERSTEG DECLARATION
AGAINST BULLYING IN CHILDREN AND YOUTH**

NEWS
DECLARATION
TRANSLATIONS
FACT SHEETS
SUPPORTERS
LINKS
CONTACT
SEARCH
ABOUT KANDERSTEG

CONSIDERATIONS

We the participants at the Joint Efforts Against Victimization Conference in Kandersteg/Switzerland in June 8th to 10th, 2007 pledge our long term commitment and determination to promote healthy relationships and prevent bullying and victimization in children and youth.

- Today, an estimated 200 million children and youth around the world are being abused by their peers.
- Every child and youth has the right to be respected and safe. Bullying is a violation of this basic human right.
- It is the moral responsibility of adults to ensure these rights are honored and that healthy development and citizenship are promoted. Many adults want more understanding and strategies to address bullying problems effectively.
- Bullying is a form of aggression, involving the abuse of power in relationships. It is recognized globally as a complex and serious problem. It has many faces, including the use of emerging technologies, and varies by age, gender, and culture.
- Children and youth involved in bullying suffer. Bullying and victimization problems begin early in life and for some last a lifetime.
- Many risk and protective factors associated with bullying are known and prevention programs are being implemented in several countries with encouraging results.
- The mental and physical health, social, and academic consequences of bullying have enormous impact on human and social capital. The costs of bullying burden our education, health care, social services, and criminal justice systems, as well as work force productivity and innovation.
- Bullying concerns and affects us all.

Actions to be taken:

- Stop bullying now in all the places where children and youth live, work, and play.
- Start prevention efforts early and continue these through childhood and adolescence, targeting known risk and protective factors and promoting healthy relationships.
- Educate and empower all adults involved with children and youth to promote healthy relationships and prevent bullying.
- Use policy and prevention programs, based on scientific research, that are appropriate for age, gender, and culture, and that involve families, peers, schools, and communities.
- Provide ongoing assessment and monitoring necessary to evaluate the success of policy and programs and to guarantee the rights of children and youth.

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Question 3

According to Professor Donna Cross, from Edith Cowan University - the main reasons why many bullying policies in school are ineffective is because... (choose more than one answer)



- Policies are not backed up by the curriculum
- Students are not involved in the drafting of policies
- Policies are not regularly reviewed
- The consequences for the bullies are inadequate
- corporal punishment was abolished

20 seconds

Answer 3

According to Professor Donna Cross, the main reason why many bullying policies in school are ineffective is because...

- Policies are not backed up by the curriculum
- Students are not involved in the drafting of policies
- Policies are not regularly reviewed
- The consequences for the bullies are inadequate
- corporal punishment was abolished

Question 4

According to new research by the AIHW released 10th July 2010, children who are bullies are more likely to do which of the following by the time they are 20-24 years old? (more than one correct answer)

- 3 to 4 times more likely to be involved in physical violence
- More likely to carry weapons such as knives
- More likely to engage in antisocial behaviour
- More likely to be convicted of armed robbery
- None of the above

20 seconds

Answer 4

According to new research by the AIHW released 10th July 2010, children who are bullies are more likely to do which of the following by the time they are 20-24 years old? (more than one correct answer)



- ✓ a) 3 to 4 times more likely to be involved in physical violence
- ✓ b) More likely to carry weapons such as knives
- ✓ c) More likely to engage in antisocial behaviour
- d) More likely to be convicted of armed robbery
- e) None of the above

Question 5

According to Australian research presented on the 21st May 2010, what percentage of Grade 4 students have a Facebook profile ?

facebook.

- a) 10
- b) 30
- c) 60
- d) 90

20 seconds

Answer 5

According to Australian research presented on the 21st May 2010, what percentage of Grade 4 students have a Facebook profile ?



- a) 10
- b) 30
- c) 60
- ✓ d) 90

NINETY per cent of grade 4 students have a Facebook profile, but have no idea about the impact of sharing personal information online.

Cyberbullying

Cyberia



- Rules of social engagement have changed
- Act out their passions and make their mistakes in a relentlessly public place

Google
Australia

2 billion Google searches a day

Itunes already have 225,000 different Apps available



As of Feb 2010
5 billion Apps have been sold
10 billion Itunes sold



Skype 520 million users

Skype has 14% of the internet calling market worldwide



500 million profiles as of July 21st 2010




3,000 tweets per second during the world cup final (just relating to soccer)

