



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

The role of the school nurse 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



Image via
imgkid.com

VERBAL

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



Image via janabommersbach.com

CYBER

- Occurs 24/7/365
- Victims never feel safe



Image via
stopchildbullying.org

SOCIAL

- Predominately girls
- Purposeful exclusion
- Spreading rumors
- Intentional embarrassment



Image via
Albanycountyda.com

SEXUAL

- Crude comments or gestures
- Rumors
- Cyber abuse
- Physical or verbal



Image via
Albanycountyda.com

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



LETHAL EFFECTS

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



“I DON'T FEEL GOOD”

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



Image via
needtotakeastand.org

“I DON’T FEEL GOOD”

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



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

There are some people who could hear you speak a thousand words and still not understand you. And there are others who will understand—without you even speaking a word.

~ Yasmin Mogahed ~

OkkyDay.com

QUESTIONS?



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