Magellan FEDERAL

We inspire healthier, more productive communities by delivering innovative, total well-being solutions to the Federal Government, military personnel, government employees, and their families.

Meet Our Speakers

STACY DRONES

*Federal Program
Management*

Senior Director

ALLISON WELLIVER

*Adolescent Support &
Counseling Services*

Senior Manager

JAMES KOO

*Adolescent Support &
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Clinical Supervisor

SANDRA JEWELL

*New Parent
Support Program*

Deputy Program Manager

Agenda

✓ BULLYING FACTS

✓ BULLYING EFFECTS

✓ BULLYING PREVENTION

✓ Q&A

Bullying Facts

STACY DRONES

SR. DIRECTOR, FEDERAL PROGRAM MANAGEMENT

SANDRA JEWELL

DEPUTY PROGRAM MANAGER, NEW PARENT SUPPORT PROGRAM

Background on Bullying

- The Centers for Disease Control and Prevention defines bullying as:

"Any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social or educational harm."

- Children **as young as two years old** may begin using aggressive or early bullying behaviors to defend their friendships and toys.

1 in 5
students ages 12-18 experience bullying

The Military & Bullying

- Military-connected children and youth face unique challenges that may impact their risk for bullying.

  - Changes in family roles and responsibilities
  - Increased responsibility at home
  - Parental separation

  - Financial stress
  - Worry over a deployed parent's safety
 - Secondary post-traumatic war trauma.

In 2017 there were
1.6 million children
and youth with parents who serve in the active-duty military, National Guard, and Reserve forces

- A study showed that two or more parental deployments were a predictor for depressive symptoms and suicide ideation in youth in military families.

- In general, students who are anxious, depressed, and socially isolated are at greater risk of being bullied.

Military Family Connectedness

- **Frequent moves can impact a student's academics and connectedness to peers,** relationships with other adult role models like teachers and staff, and engagement in their community and activities.

- In addition to settling into a new home, **they must adjust to different school environments,** policies, peers, teachers, and unfamiliar community settings and cultures.

- It may be **difficult for them to adapt to another unfamiliar environment and form connections** while also feeling the loss of the home and community they left behind.

- Connectedness with caring, pro-social adults and activities can help prevent bullying and other forms of youth violence.
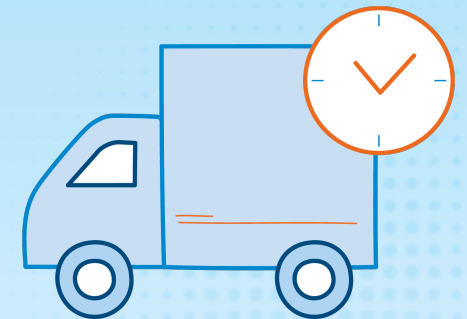
Cyber Bullying

- **Cyberbullying or cyberharassment is a form of bullying or harassment using electronic means.** It has become increasingly common, especially among teenagers and adolescents, due to communication technology advancements and young people's increased use of such technologies. Cyberbullying is when someone, typically a teenager, bullies or harasses others on the internet and other digital spaces, particularly on social media sites.

- **Bullying often revolves around a person's social status at school.** Some kids will cyberbully others based on the school's perceived social ladder.

- A "mean girl" might cyberbully a classmate who excels academically because she is jealous of her success. Other times, a teen might cyberbully a peer because they believe the victim stole their romantic partner. Consequently, they usually do not feel remorse or guilt for cyberbullying.

Source: Verywellfamily.com

Anti Bullying Laws

- State and local lawmakers have taken action to prevent bullying and protect children.

- Each jurisdiction, including all 50 states, the District of Columbia, and U.S. territories (state), addresses bullying differently. Some have **established laws, policies, and regulations.** Others have developed model policies that schools and local educational agencies (districts) can use as they develop their own local laws, policies, and regulations.

- Most state laws, policies, and regulations **require districts and schools** to implement a bullying policy and procedures to investigate and respond to bullying when it occurs.

- A handful of states also require bullying prevention programs, inclusion of bullying prevention in health education standards, and/or teacher professional development. These state laws generally do **not prescribe specific consequences** for kids who engage in bullying behavior.

- Furthermore, states may address bullying, cyberbullying, and related behaviors in a single law or across multiple laws. **In some cases, bullying appears in the criminal code of a state that may apply to juveniles.**

Bullying Effects

ALLISON WELLIVER

SR. MANAGER, FEDERAL PROGRAM MANAGEMENT

Kids who are bullied

- Typically, kids who have been identified as vulnerable or different in some way
  - Perception of being different (appearance, clothing, being new, unable to afford cool clothes)

- Girls are twice as likely to be bullies and perpetrators of online bullying
  - Relational aggression, such as saying mean things, damaging reputation, name-calling
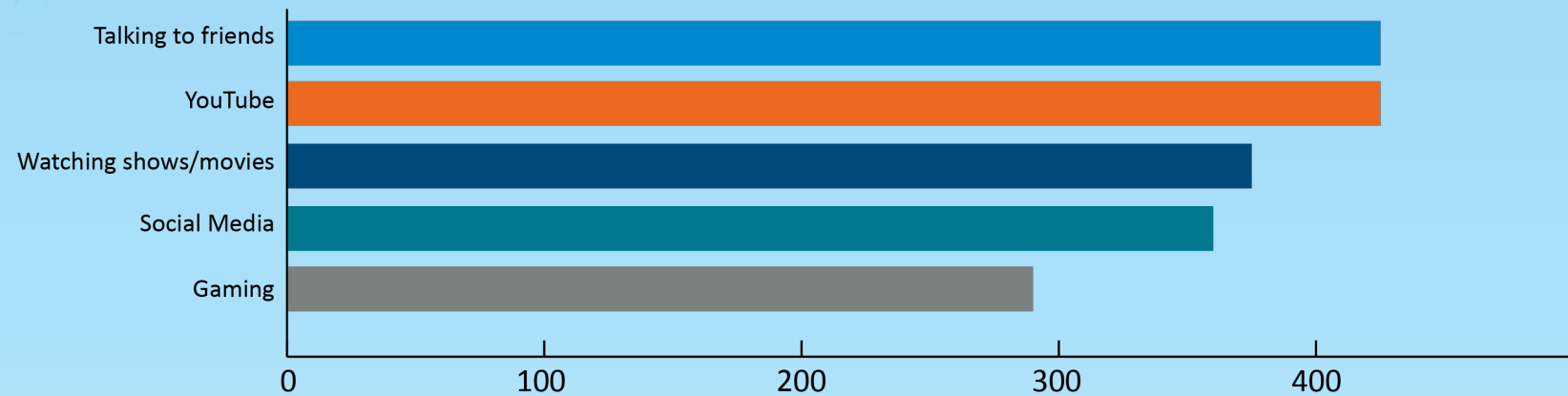 - Fake social media pages, anonymous pages directed at naming promiscuous girls

Kids who bully others

- Children who want attention

- Kids who are bullied themselves (at home or school)

- Kids who feel weak, vulnerable or feel a need for more power

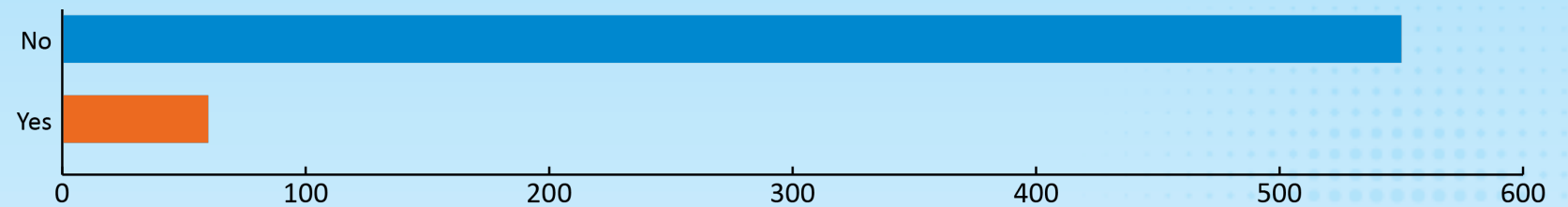- Females are more likely to bully others online

# ASACS survey results from the past 12 months

Top 5 Social Media Behaviors

Behavior	Value
Talking to friends	~425
YouTube	~430
Watching shows/movies	~375
Social Media	~360
Gaming	~290

(Horizontal axis: 0, 100, 200, 300, 400)

I Have Been a Victim of Bullying in the Past 3 Months

Response	Value
No	~550
Yes	~60

(Horizontal axis: 0, 100, 200, 300, 400, 500, 600)

Source: Adolescent Support & Counseling Services (ASACS)

ASACS survey results from the past 12 months

Student report of hours spent daily on internet/social media

8%

9%

45%

37%
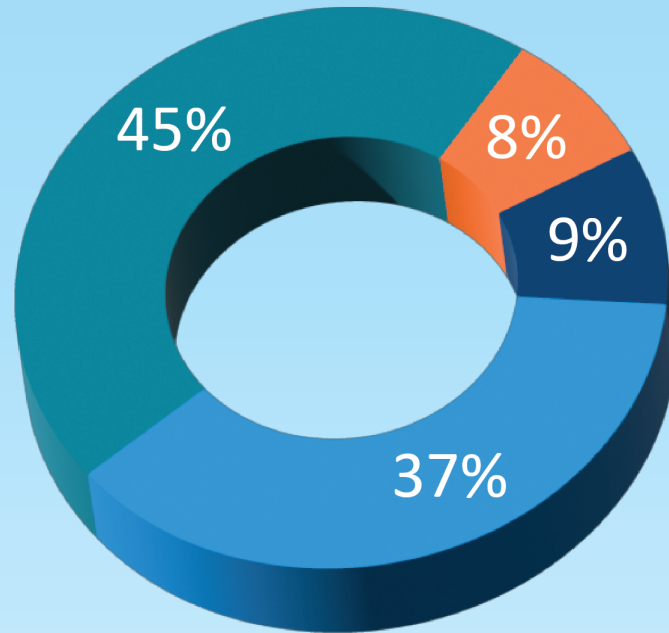
Per day, I spent the following hours doing online activities

- 1-2
- 3-4
- 5-10
- 11+

Source: Adolescent Support & Counseling Services (ASACS)

Bullying and suicide

Both bullies and those who are bullied are at a higher risk of suicide.

Children who are both victims and perpetrators are at the highest risk.

More mental health concerns with those who are bullied. (e.g. depression)

Bullying Prevention

JAMES KOO
CLINICAL SUPERVISOR, ASACS

Why it Matters

- Bullying affects every one of us

- Collusion

- 2 Classroom Activities

- Do-One-Thing (D.O.T.)

Knowing Our "isms"

- Ageism
- Ableism
- Classism
- Racism
- Heterosexism
- Sexism
- Collusion

The Three D's of D.O.T.

- **D**irect Intervention

- **D**istract in order to diffuse the situation

- **D**elegate responsibility to someone else who can directly intervene

Resource List

- **D.O.T. University of Texas At El Paso:** https://mfed.info/49wuVfv

- **National Alliance on Mental Illness - Bullying, Bullets and Trauma**: https://mfed.info/49CAKI8

- **Boys Town National Hotline:** 24/7 crisis hotline – (800) 448-3000

- **Stop Bullying Now Hotline:** U.S. Dept. Health & Human Services 24/7 hotline – (800) 273-8255

- **Center for Young Women's Health: Guide for Cyberbullying and Bullying:** https://mfed.info/3QIGLKP

- **Stopbullying.gov**: Government resources, data sheets, guides, etc.

- **Take it Down:** Program that helps remove explicit photos for teens – https://takeitdown.ncmec.org

- **Trevor Project:** Creating Safer Spaces in Schools for LGBTQ Youth - https://mfed.info/47r2uxK

Q&A