

Be careful, poisoned: what to do with bullying at school?

Of harassment often don't say out loud because it might hurt the reputation of the school, students or parents. But it exists and can bring great problems to all who participate in it — including the initiators of aggression. The engines of persecution are ignorance, extremism and social environment, which largely creates the prerequisites for pressure on individual members of the community.

The most intense in this respect, the age — group 11-14 years, when teenagers are looking for themselves and their place in the world. Building their identity, they are united in groups. During this period, children's groups are very separated, have a straightforward ideology without gradients: a world for teens is divided into black and white. Formed of a group of teenagers seek to maintain the integrity.

The easiest way to preserve the stability of the group — constructing ideas of an external enemy and finding a lesser opponent, the systematic harassment to which general members of the dominant group.

In sociology this is called negative mobilization. The group maintains an internal consensus, due to external violence. Such a system can exist long enough and consistently.

Usually there are a few people obsessed with the idea of baiting someone. They use brute force to maintain authority and direction of the actions of low-ranking classmates. Someone involved in the prosecution in order to climb up the hierarchy, someone is involved in bullying for fun, some do it out of fear, internally sympathizing with the object of bullying (from the English bullying).

(source: meandmychild.com)

A classic example of psychological harassment in the education sector is a film by Rolan Bykov "Scarecrow" with a young Christina Orbakaite in the lead role, which is very vividly revealed the theme of bullying in the teenage environment. Thematic teachers' forums, participants often offer distressed students to meet with the "Stuffed" so they see their actions from the.

Baiting is an established ways:

- moral violence,
- physical violence,
- damage of personal property,
- rumors, gossip, lies.

We should also mention the so-called "Internet bullying" — a product of the digital age. In some cases, online harassment manifests itself in the search of incriminating evidence on the victim with the subsequent blackmail. Apart from the blackmail there is a deliberate "leak" of compromising information on the Internet. One of the tools of cyberbullying can serve as purposeful trolling. "Trolls" are playing on the weaknesses of their victims: hit the self-esteem, make fun hobbies and faults of others.

We asked the psychologist which deals with the problem of school bullying, to answer a few questions about how harassment, and what to do if your kids came across it.

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The mechanism of bullying and risk groups

It might be interesting:

The anti-Semitism of the Soviet mathematical

Bullying is a deliberate, regular aggressive behavior against someone—in terms of inequality of power and authority. She works as a mechanism of building a system of social statuses. If the group a lot of tension and uncertainty, the polarisation of the "aggressor — victim" gives two (or more) people with the highest and lowest statuses, allowing other group members to be located at intermediate positions.

A child who is in the role of victim — usually someone who, for whatever reason, more vulnerable psychologically than others. This vulnerability may be related to the difference of the child from the majority based on appearance, ethnicity, health status and so on. However, the fact that the child was in the class [programming homework help](#) with the highest (black-eyed, well-read, physically weak, and so on) does not necessarily lead to the fact that it will haunt classmates.

More importantly, how the child reacts to aggression against themselves: if there's a problem with self-control, he easily falls into a rage or tears, no sense of irony and could not respond to the attack, then the probability that it will hurt increases.

In addition, difficult life situations (e.g., parents' divorce or moving to another city), which can injure the child and retard his emotional strength, make it more vulnerable to aggression at school. In this case he may not have enough resources for coping with the negative behavior of classmates and building constructive relations.

There is a myth that there are children who definitely are poison, no matter where they studied. It is not so: all depends not only on behavior of a specific child, and how he is willing to engage in friendly communication, but in large measure the type of relationship adopted in the group what

behaviors are supported and broadcast by adult.

(source: pining.com)

The effects of bullying for participants

In the persecution involves three parties: the child, trapped in the role of victim; the child who engages in stalking; children witnessing bullying. Studies show that the systematic bullying that is not stopped in time, leads to negative consequences for all participants in the situation, influencing their attitude, behavior and expectations from other people.

"Why me?": Survival kit for the "white Raven"

Children who are constantly bullied often exhibit psychosomatic symptoms of anxiety-depressive disorders, can become prone to samarasosexy behavior up to suicide attempts, more likely to get sick, lose academic motivation and tend not to go to school. They begin to perceive the world as dangerous and themselves as unprotected.

A child, for a long time engaged in harassment with impunity, often make sure that in whose hands the power is right, and transfer this experience to other relationships, ready to that someone more powerful is going to humiliate him as much as he does with another child now. Children involved in bullying, subsequently, are more likely to exhibit other forms of illegal behaviour.

Children, in front of which there is systematic harassment of some other peers, experiencing fear and shame. If the harassment does not stop thanks to their intervention or the inclusion of adults, they get used to the fact that their participation is passive and their numbers mean nothing.

Prolonged harassment in the classroom have a negative effect on all children, weaning them from a respectful partnerships and focusing on the helplessness of some and the authority (power, status), other. The inaction of adults strengthens this feeling. (source: wikimedia.org)

The influence of family and teachers

The family is the essential social environment for the child, which lay his way of interacting with the world and expectations from other people. When the family practiced the violence, humiliation, rudeness and disrespect, the child is likely to exhibit the same behaviors at school. If a family people show interest, respect and warmth towards each other, ready to help and support each other, this contributes to the fact that the child in the classroom has been focused on constructive relationship. And in the case of aggression from other children had enough resources and support in order to cope with it.

The position of the teachers as to how to build relationships in the classroom and between children and teachers is also very important.

More on this topic:

Comfort instead of freedom, morality is tolerance

The teacher, respectful of students, strengthening their samootsenka and celebrating their successes, ready to discuss the difficult situation in the classroom that match the treatment students and their parents, works to make the relations in the class was constructive and aggressive behavior becomes a constant.

The teacher that ignores the psychological climate in the classroom and relationships between children, degrading some of the students, or having "Pets", branding the whole class as "unteachable", or "worst in parallel", etc., are not ready to engage in challenging and conflict situations, their behavior soon escalates persecution. It encourages aggression aimed at someone from children, and the dropping voltage in the class in this way.

(source: iacpublishinglabs.com)

If the child is subjected to bullying

Parents, it is important to imagine a situation in the class — who their child is friends with and who not, what his relationships with the teachers how the class rallied. It is useful to be aware if there are any important changes. If a parent knew that his child was systematically bullied or persecuted, it can do the following few things.

- To support a child, showing him that no matter how relations in the classroom, the parent loves him and appreciates (not shame, not blame).
- To try to clarify what is happening, and come up with (alone, with child, with other children or adults, with a psychologist) new ways to respond to situations as they arise (respond to name calling and so on). It is important that these methods helped to protect the border and to move to a different style of relationship. This will help calm parry, humour, suspension and other ways to help keep the balance.
- To activate the alternative school environment where increased self-confidence (circles and sections, like the child, where it is successful).
- To change what can be changed, to reduce the frequency of meeting with child offenders. You can find a new route to school, not to take to school provoking the persecution of the items, lock the offender in a social network.
- To communicate with the class teacher about the relationship and behavior of children. Parent it is important to understand what the class teacher sees and how this relates, but also to contribute to the formulation of an action plan from the soft intervention of the teacher in a specific situation to discuss the episode bullying in homeroom or parent meeting. Here it is worth remembering that bullying in the class

hinders learning, and teachers usually are interested in that relationship in the class was good. But often they don't know how to behave in difficult situations and unable to ignore it. Also important is the support of the parent community: when collective complaints to the class teacher it is more difficult to ignore what is happening

- To bring a situation of harassment to the attention of the school psychologist, to assist the class teacher, work with the class and the situation of the category of the invisible into the category of those with whom you are working. If adults try to maintain respectful and constructive relations, there is every chance for a successful resolution of the situation. If the school as a whole accepted with contempt to treat each other (the Director yells at teachers, teachers are afraid of parents and humiliate children), the chances that the situation will change, much less.
- Find child psychological group (child or adolescent) or arrange individual sessions with a psychologist where you can in a safe environment to discuss the traumatic situation and to work out new tactics.

(source: nobullying.com)

If the child is involved in bullying or is it the leader

To admit that his child is wrong, the parent is always unpleasant, especially in front of other parents. However, from the point of view of further development of the child it is important that his aggressive behavior was noticed and not ignored by the adults. You need to understand that aggressive suppression aggressive action is not working. Beating, swearing, humiliation aggressive child as a direct ban on baiting ineffective. They only strengthen the confidence of a child that "might is right" — just to pair with the parent it is the role of the weak.

It might be interesting:

What is the school the characters of teen books

If the child systematically offend someone from other children, it suggests that he feels insecure and wants to improve their status. However, other tools to increase the self-confidence he is now no. Accordingly, the parent can think about why the child feels the way they do.

You should try to organize the environment in which he will be able to buy the missing skills and to feel more successful, competent and recognized without having to hurt someone weaker. First and foremost we are talking about the actual relations in the family. In addition, it can be various mugs and sections, there is a place where achievements and competition (sports, Hiking and so on).

A key idea that should be borne in mind in the context of persecution, is as follows: children in their relations among themselves repeat what they demonstrate adult, alternative baiting are respect and mutual assistance.

If you witness physical and mental abuse in school, where your children, do not stay indifferent. The same applies to teachers and employees of the school administration — do not need to pass, indirectly supporting this situation of violence. If each of us is concerned, the aggression around our children will be less.

Anakin Skyrocketed— Mom, you said that all problems in the universe from the fact that no one helps no one.