

# 3 STEPS TO END SCHOOL VIOLENCE

— Dr. Jean Alberti —

## 1 HELPING THE BULLIES

### Step 1 - Change your thinking to

- 1) Bullying is
  - a) Physical **abuse**
  - b) Emotional **abuse**
  - c) No longer tolerable
- 2) Bullying is **learned behavior that can be changed** with appropriate teaching methods
- 3) Bullies **have emotional problems** that they need help with as a possible result of
  - a) **Surviving abuse**
  - b) **Witnessing abuse** at home or in the neighborhood
  - c) **Viewing violence** on TV, movies and/or video games
  - d) Other
- 4) Bullies **lack social skills**
  - a) To maintain healthy relationships
  - b) To **resolve problems** in healthier ways
- 5) Bullies **incorrectly interpret others' behavior** as provocative when it is not

### Step 2 - Decide to DO something about this

#### Step 3 - DO something

- 1) Teach them the **social skills they need to decrease aggressiveness**
  - a) **Conflict resolution**
  - b) **Peer mediation**
  - c) **Engaging in positive social activities to develop healthy relationships**
- 2) Investigate the home/neighborhood environment regarding abuse
- 3) **Change school CLIMATE**
  - a) Make bullying so “**un-cool**” that **average kids** will
    - i) **confront bullies**
    - ii) **protect victims**
    - iii) **tell on bullies**
    - iv) be **rewarded** for “telling”
  - b) **Look beyond punishing bullies & shielding victims**
  - c) Enlist students into a **caring culture** where they see bullying as **CHILD ABUSE that needs to be STOPPED** -- not just for their friends but for the kids who aren't so popular
  - d) Get kids to look out for one another
    - i) “**Buddy**” systems
    - ii) **Mentoring** programs
  - e) **Character Counts** education programs that teach **respect for differences, responsibility, strong sense of community, courtesy**

- 4) Use “**teachable moments**” [e.g., media reports of bullying] to demonstrate what's wrong, what's right, what consequences result
- 5) **Switch** emphasis from **feeling good** about yourself to **DOING good**; feeling good will result.

## 2 HELPING THE BULLIED

### Step 1 - change your thinking to

- 1) Bullying is
  - a) Physical **abuse** &/or
  - b) Emotional **abuse**
  - c) No longer tolerable
- 2) Recognize the **ineffectiveness** of
  - a) Telling kids to “**ignore**” the bullies
  - b) Many **current programs** to solve the problem by **external means**

### Step 2 - Decide to DO something about this

#### Step 3 - DO something

- 1) In elementary or middle-school
  - a) Sociometric testing: have students **list the 3 students who**
    - i) They **most like** to do things with
    - ii) They **least like** to do things with
    - iii) **Most need a friend**
  - b) **Develop a “buddy” program** to help the less socially skilled kids learn from their more skilled peers
  - c) **Talk honestly** with a defensive parent about a child's social missteps
- 2) **Change school CLIMATE**
  - a) **Teach tolerance** and desirability of differences
  - b) Recognize and **honor “differences”**
  - c) **Decrease the competitive orientation**
- 3) Know the **warning signs**
  - a) Feeling
    - i) **Disrespected**
    - ii) **Rejected**
    - iii) **Lonely**
    - iv) **Angry**
    - v) **Inadequate**
  - b) **Withdrawing** from usual activities or interests
  - c) **Talking about** violence or revenge
  - d) Having a **plan**
- 4) **Take seriously any threats of violence**, not to punish but to **identify the cause & help the student** deal with it.

### 3 REDUCING SOCIETAL VIOLENCE

#### Step 1 - Change your thinking to

- 1) It is **unacceptable**
- 2) It is **programming our children's minds**
- 3) It is **creating future generations of**
  - a) Spouse abusers
  - b) Child abusers
  - c) Elder abusers

#### Step 2 - DECIDE to DO something about it

#### Step 3 - DO something

- 1) With your **own children**
  - a) Don't let them
    - i) Watch TV or movies
    - ii) Play computer gamesthat **depict violence**
- 2) **Get your children's friends' parents** to do the same
- 3) **Boycott sponsors of TV shows** that depict violence
- 4) **Write letters of protest** to the **sponsors** of TV shows that depict violence
- 5) **Talk to your friends & co-workers** to try to get them to do any or all of the above also
- 6) **Disregard media reports that deny or minimize the scientific evidence that exposure to media violence increases aggression in children and adults**

# CONSEQUENCES OF BULLYING

**NEXT GENERATION OF ABUSERS**  
 Addicts; Abusers [physical, sexual, emotional, verbal] of children, spouses, elders; Criminals; Workplace Bullies

**INDIVIDUAL CONSEQUENCES**  
 Anti-Social, Delinquent Behavior  
 Drug &/or Alcohol Abuse  
 Isolation, Rejection, Anger, Rage, Inadequacy Feelings

**SCHOOL VIOLENCE**  
 Latest theory: suicide BY homicide

**GUN AVAILABILITY**

**COPY-CAT BEHAVIOR**  
 Do what they've seen/learned

"GET EVEN"

[Latest Theory]

Feelings of Helplessness & Hopelessness →  
 → DEPRESSION [Rage] → SUICIDE → HOMICIDE

## BEING BULLIED

>2/3 of School Violence incidents are done by children who have been bullied

**BULLYING ↔ MEAN GIRLS ↔ CYBER-BULLYING**

VIOLENCE [societal & individual] is *LEARNED* behavior  
 Children *LEARN* what they *LIVE*.  
 When they live with VIOLENCE, they learn to BE VIOLENT.

DOMESTIC VIOLENCE

COMMUNITY VIOLENCE

TV Shows & Cartoons

Videos

Computer/Video Games

MEDIA VIOLENCE

MIDDLE-CLASS  
 COMPETITIVE ORIENTATION

GUN AVAILABILITY

EARLY PARENTAL ABUSE or  
 NEGLECT

EARLY EXPOSURE TO VIOLENCE

EARLY AGGRESSIVE BEHAVIOR

PEER REJECTION

COGNITIVE BIAS OF PARANOIA

FAILURE OF INTERNAL RESTRAINTS

LACK OF  
 CONFLICT RESOLUTION SKILLS

**SOCIETAL CAUSES**

**INDIVIDUAL CAUSES**

