

Why does bullying occur?

A person can engage in bullying behaviour because they:

- don't like the person being bullied
- find bullying fun
- like to feel tough and strong, in control
think it will make them popular.

Bullying behaviour can arise from distrust, fear, misunderstanding, lack of knowledge or jealousy - all factors that schools can address in positive and proactive ways.

Bullying can also happen because the student gets a reaction they like. This is where teaching students ways to effectively respond to bullying behaviour is helpful.

Students who are more likely to be bullied are also more likely to:

- feel disconnected from school and not like school
- lack quality friendships at school
- display high levels of emotionality that indicate vulnerability and low levels of resilience
- be less well accepted by peers, avoid conflict and be socially withdrawn
- have low self-esteem
- be relatively non-assertive
- be different in some way.

Students who are more likely to bully others are more likely to:

- feel disconnected from school and dislike school
- demonstrate good leadership skills
- demonstrate good verbal skills and ability to talk themselves out of trouble
- demonstrate low levels of moral reasoning and high levels of egocentric reasoning
- believe that the use of aggression is an acceptable way to achieve their own goals
- be preoccupied with their own goals and not concerned about the rights of others
- show more emotional instability, as do those students who support them
- be reasonably popular but more disliked than non-bullying peers
- be less anxious than peers
- have high self esteem and an inflated view of themselves, especially about their social behaviour and influence

- have lower levels of empathy than other students
- have poor impulse control and poor anger management skills
- be less likely to consider the negative consequences of their actions on others or on their own relationships over time.

Here is a link to some helpful websites and videos by Dr Michael Carr-Gregg about bullying...

<https://www.youtube.com/watch?v=iSZBLOBrehU&feature=youtu.be&list=PL64F42ACD4119FF54>

<https://www.ncab.org.au>

<http://www.bullyingnoway.gov.au/index.html>