



Parenting Within REACH: Achieving Emotional Wellness For the Children and the Youth

PPS-PSCAP Task Force on Mental
Health for Children and Youth



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ACADEMIC BACKGROUND

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ADDRESSING THE ISSUE OF BULLYING



OUTLINE

- What is Bullying?
- The Different Types of Bullying
- Warning Signs of Bullying
- Effects of Bullying
- Parent Roles in the Prevention of Bullying





WHAT IS BULLYING?



What is Bullying?

- The repeated aggressive behavior in order to intentionally hurt another person
 - Emotionally (mentally)
 - Verbally or
 - Physically



To gain power over another
(to get satisfaction)

What is Bullying?

- Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

<https://www.stopbullying.gov/>



What is Bullying?

- In order to be considered bullying, the behavior must be aggressive and include:
 - **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
 - **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.



BULLYING DEFINED



(REPUBLIC ACT NO. 10627/ANTI-BULLYING ACT OF 2013)

“any severe or repeated use by one or more students of a **written, verbal** or **electronic** *expression*, or a **physical act** or *gesture*, or any **combination** thereof, directed at another student that has the effect of actually causing or placing the latter in reasonable fear of physical or emotional harm or damage to his property; creating a hostile environment at school for the other student; infringing on the rights of the other student at school; or materially and substantially disrupting the education process or the orderly operation of a school.”



Prevalence of Bullying

School age (Countries)	Prevalence (%)
Primary (US)	25
Secondary (US)	30
Pre- to early primary (4-8 y/0) (Australia)	15
Among pupils (UK)	40
Middleschool (Mongolia)	30
Middleschool (Taiwan)	35
Middleschool (Philippines)	50

“Bullying in Middle Schools: An Asian Pacific Regional Study by the Asia Pacific Education Review (2008, Vol. 9, No. 4, p.503-515)



Bullying among children

- Approximately 14% among American schoolchildren
(National Assn. of School Psychologists)
- 15% of Swedish and Norwegian schoolchildren (Olweus, 1993)
- . . . were involved in bullying either as victims or bullies.

The same data in other countries as England, Japan, Australia, Netherlands and Ireland



US National Institute Of Child Health And Human Development

(US NICHD)

- 10% : reported having been bullied only
- 6% : reported having been bullied by other students and had bullied others
- 13% : reported having bullied other students but had not been bullied



(Nansel, Tonja et al. Journal of American Medical Association, April 2001)





Philippine Data

- At least 5 out of 10 children in Grades 1 to 3 (6 – 10 years old)
- 7 out of 10 in Grades 4 to 6 (9 – 13 years old)
- 6 out of 10 in high school (12-17 years old)

With 2,442 public grade school and high school students surveyed.

Towards a Child-Friendly Education Environment: A Baseline Study on Violence Against Children in Public Schools. (2009) Philippine Women's University School of Social Work.





TYPES OF BULLYING



Types of Bullying

- There are three types of bullying:
 1. **Verbal bullying** is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm



Types of Bullying

2. Social bullying or relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public



Types of Bullying

3. Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



What About Cyberbullying?

- Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.
- Can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.
- Includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.
- Some cyberbullying crosses the line into unlawful or criminal behavior.

<https://www.stopbullying.gov/>



Cyberbullying

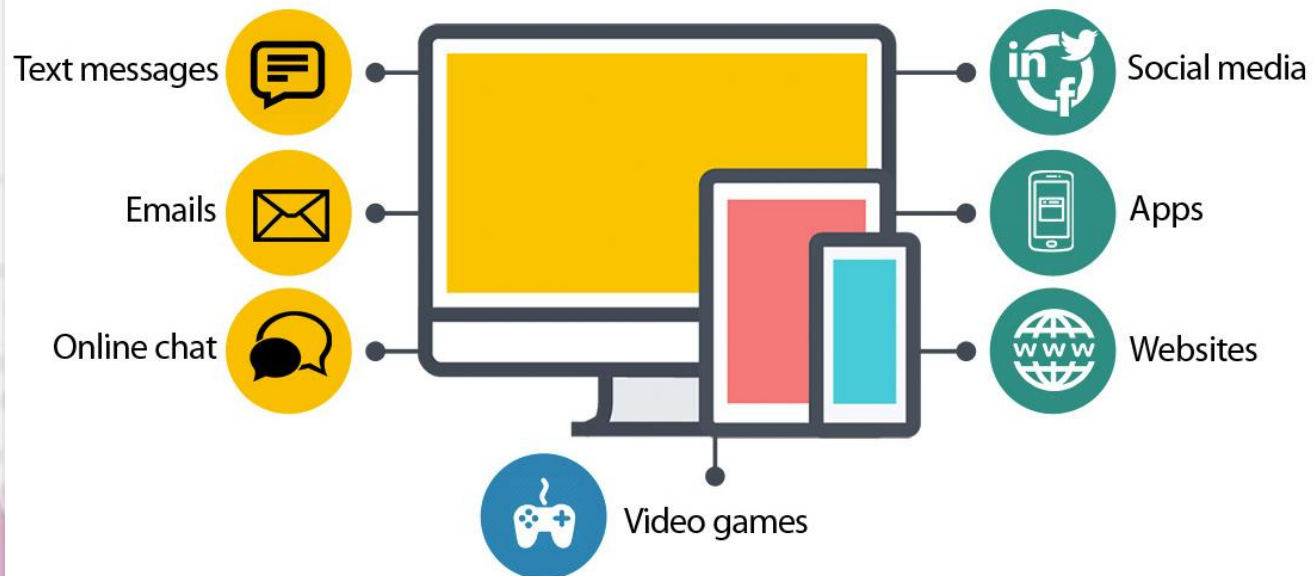
- The most common places where cyberbullying occurs are:
 - Social Media, such as Facebook, Instagram, Snapchat, and Twitter
 - SMS (Short Message Service) also known as Text Message sent through devices
 - Instant Message (via devices, email provider services, apps, and social media messaging features)
 - Email

<https://www.stopbullying.gov/>

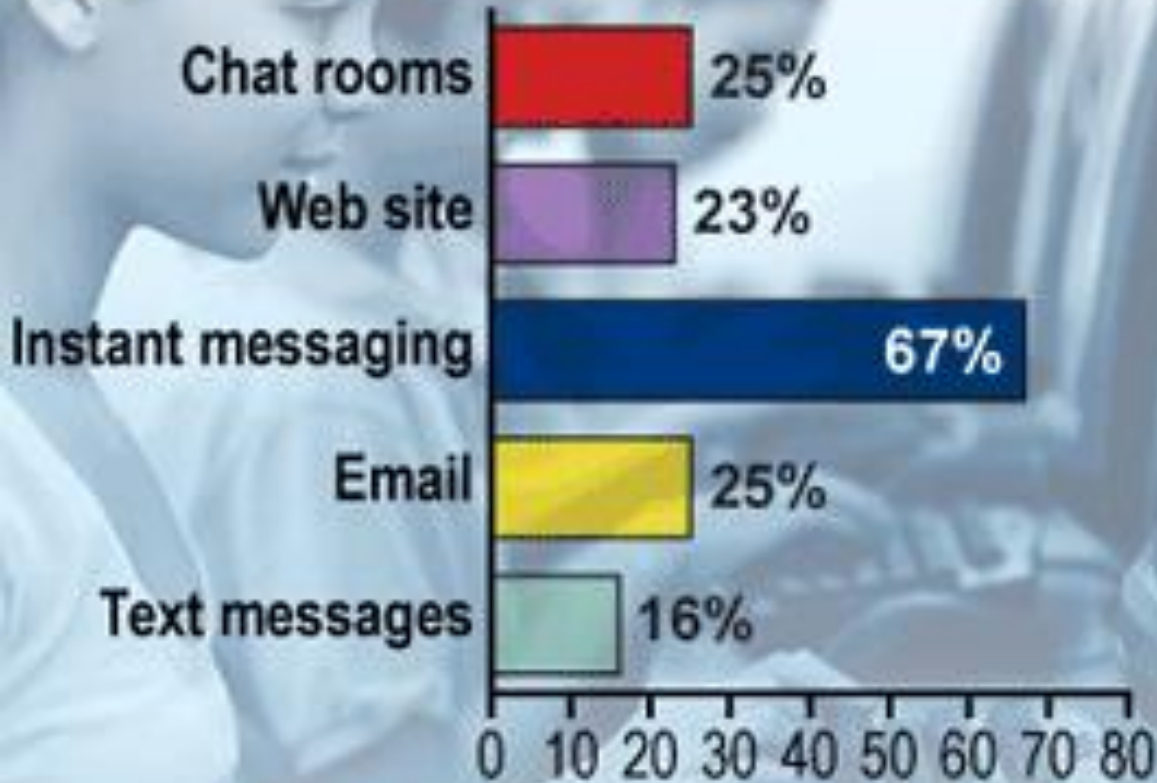


Cyberbullying

Rumors, embarrassing pictures, harassing messages and creating fake profiles sent through:



Where Electronic Aggression Happens:

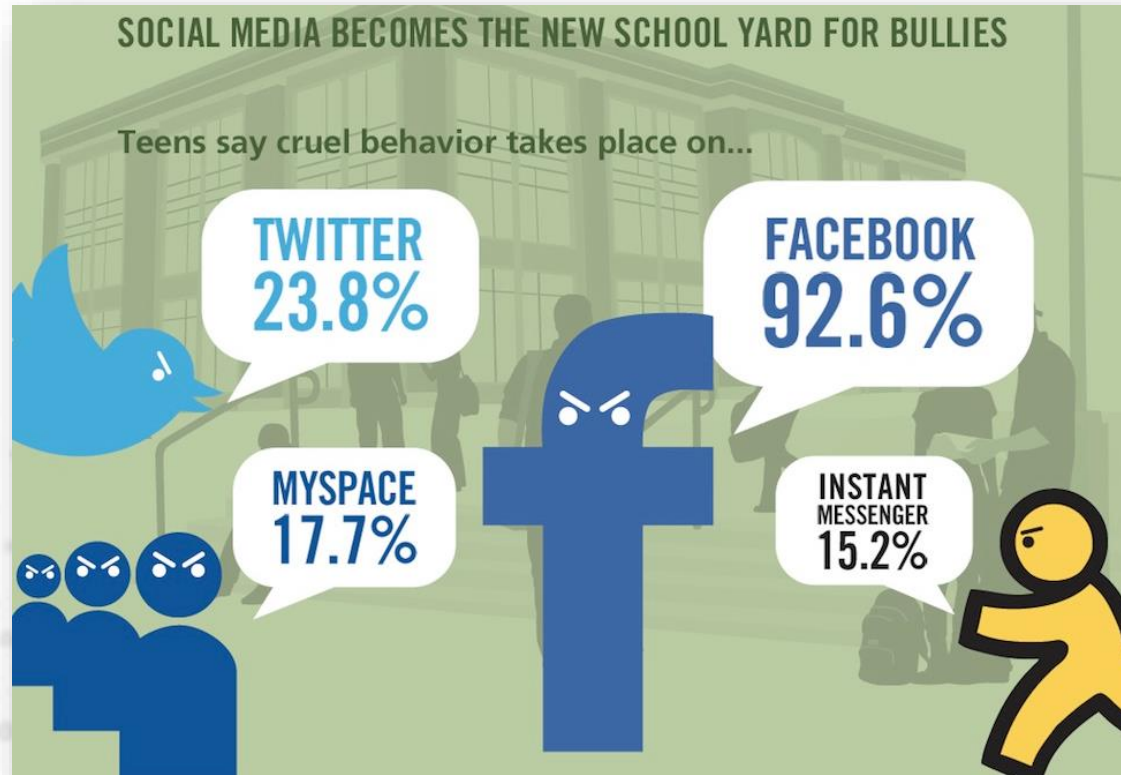


Note: Categories not mutually exclusive

Source: Center for Disease Control, 2011



Cyberbullying



TRU Insights & McAfee (May 2012)

One-million children were harassed in Facebook.

Consumer Reports (2011)





WARNING SIGNS OF BULLYING



Warning Signs of Bullying

- There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others.
- Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

<https://www.stopbullying.gov/>



Warning Signs of Bullying

- **Signs a Child Is Being Bullied**

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, [feeling sick or faking illness](#)
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares

<https://www.stopbullying.gov/>



Warning Signs of Bullying

- **Signs a Child Is Being Bullied**
 - Declining grades, loss of interest in schoolwork, or not wanting to go to school
 - Sudden loss of friends or avoidance of social situations
 - Feelings of helplessness or decreased self esteem
 - Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

<https://www.stopbullying.gov/>



Warning Signs of Bullying

- **Signs a Child is Bullying Others**
 - Kids may be bullying others if they:
 - Get into physical or verbal fights
 - Have friends who bully others
 - Are increasingly aggressive
 - Get sent to the principal's office or to detention frequently

<https://www.stopbullying.gov/>



Warning Signs of Bullying

- **Signs a Child is Bullying Others**
 - Kids may be bullying others if they:
 - Have unexplained extra money or new belongings
 - Blame others for their problems
 - Don't accept responsibility for their actions
 - Are competitive and worry about their reputation or popularity

<https://www.stopbullying.gov/>





EFFECTS OF BULLYING



Bully/ Bullies
Plan and/or start
the bullying and take
an active part

Resisters or Defenders
Actively resist, stands up to the bully
speaks out against the bullying.

Henchmen
Take an active part
but do not plan or
start the bullying

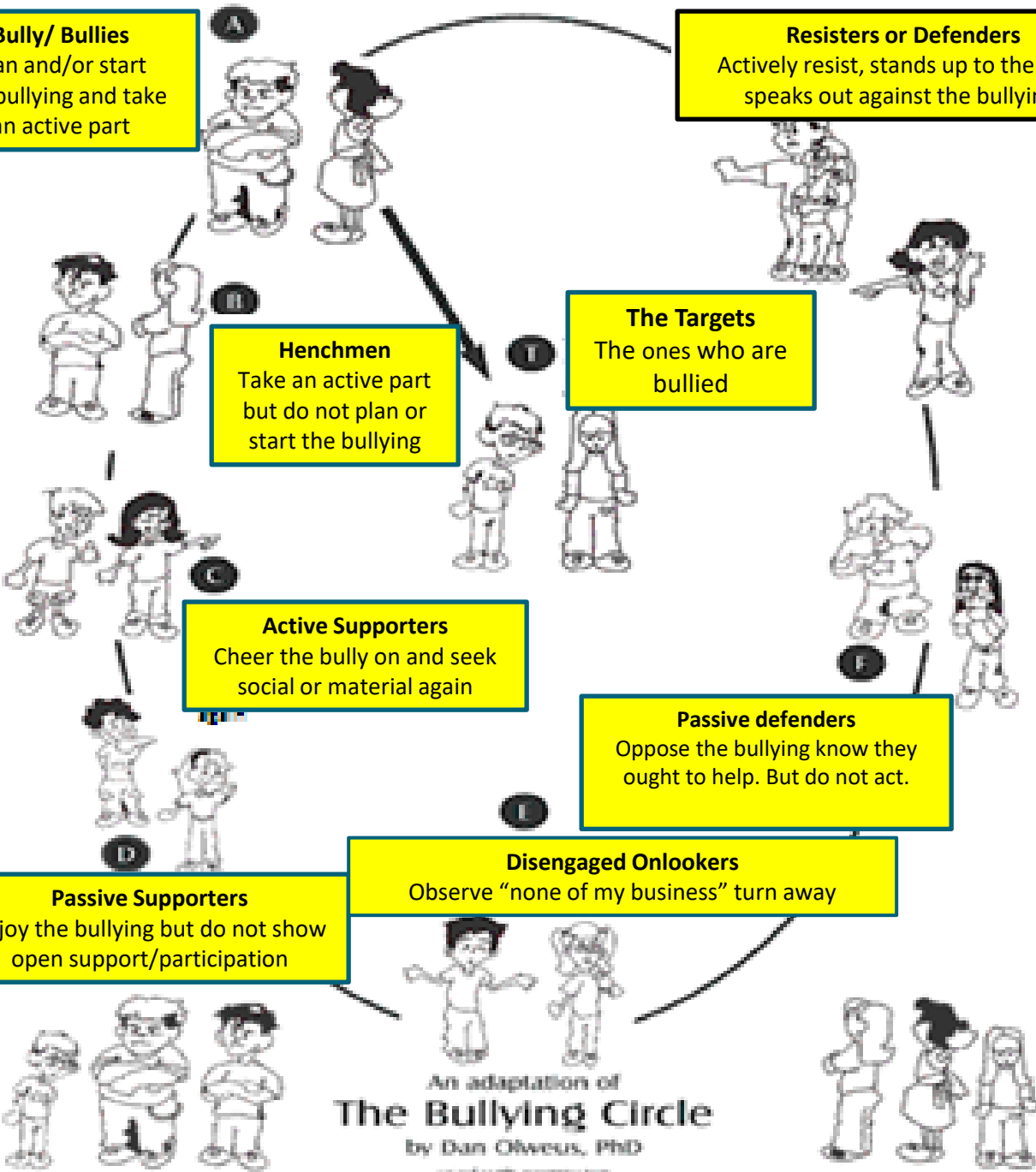
The Targets
The ones who are
bullied

Active Supporters
Cheer the bully on and seek
social or material again

Passive defenders
Oppose the bullying know they
ought to help. But do not act.

Passive Supporters
Enjoy the bullying but do not show
open support/participation

Disengaged Onlookers
Observe "none of my business" turn away



An adaptation of
The Bullying Circle
by Dan Olweus, PhD
used with permission

Effects of Bullying

- Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying.
- Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.

<https://www.stopbullying.gov/>



Effects of Bullying

Kids Who Are Bullied

- Kids who are bullied can experience negative physical, school, and mental health issues. Kids who are bullied are more likely to experience:
 - Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.

<https://www.stopbullying.gov/>



Effects of Bullying

Kids Who Are Bullied

- Health complaints
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.



<https://www.stopbullying.gov/>



Effects of Bullying

Kids Who Are Bullied

- A very small number of bullied children might retaliate through extremely violent measures

<https://www.stopbullying.gov/>



Effects of Bullying

Kids Who Bully

- Kids who bully others can also engage in violent and other risky behaviors into adulthood. Kids who bully are more likely to:
 - Abuse alcohol and other drugs in adolescence and as adults
 - Get into fights, vandalize property, and drop out of school



<https://www.stopbullying.gov/>



Effects of Bullying Kids Who Bully

- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults



<https://www.stopbullying.gov/>



Effects of Bullying Bystander

- Kids who witness bullying are more likely to:
 - Have increased use of tobacco, alcohol, or other drugs
 - Have increased mental health problems, including depression and anxiety
 - Miss or skip school



<https://www.stopbullying.gov/>



Effects of Bullying

Risk For Suicide

- Although kids who are bullied are at risk of suicide, bullying alone is not the cause.
- Many issues contribute to suicide risk, including depression, problems at home, and trauma history.



<https://www.stopbullying.gov/>



Long Term Effects

Bully

Aggression
Antisocial Behaviour
Criminal Acts
Increased Substance Use
Relationship Problems
Low level performance

Victim

Depression and anxiety
High levels of stress
low self esteem
poor academic achievement
poor psychosocial adjustment
PTSD

Bully/Victim

Depression
Suicidal ideations
increased substance abuse
moderate to severe impairment in reins
PTSD
Psychiatric illness





PARENT ROLES IN THE PREVENTION OF BULLYING



Prevention of Bullying

- Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:
 - [Help kids understand bullying.](#) Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
 - [Keep the lines of communication open.](#) Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.

<https://www.stopbullying.gov/>



Prevention of Bullying

- Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:
 - Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
 - Model how to treat others with kindness and respect.



Prevention of Bullying

Help Kids Understand Bullying

- [Kids who know](#) what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.
 - Encourage kids to [speak to a trusted adult](#) if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to [report bullying](#) if it happens.

<https://www.stopbullying.gov/>



Prevention of Bullying

Help Kids Understand Bullying

- Talk about [how to stand up to kids who bully](#). Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don’t work, like walking away
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to [help kids who are bullied](#) by showing kindness or getting help.



Prevention of Bullying

Keep the Communication Lines Open

- Research tells us that children really do look to parents and caregivers for advice and help on tough decisions.
- Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem



Prevention of Bullying

Keep the Communication Lines Open

- Talking about bullying directly is an important step in understanding how the issue might be affecting kids.
- Assure kids that they are not alone in addressing any problems that arise.



Prevention of Bullying

Keep the Communication Lines Open

- Some sample questions parents can ask:
 - What does “bullying” mean to you?
 - Describe what kids who bully are like. Why do you think people bully?
 - Who are the adults you trust most when it comes to things like bullying?
 - Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
 - What do you think parents can do to help stop bullying?



Prevention of Bullying

Keep the Communication Lines Open

- There are simple ways that parents and caregivers can keep up-to-date with kids' lives:
 - Read class newsletters and school flyers. Talk about them at home.
 - Check the school website
 - Go to school events



Prevention of Bullying

Keep the Communication Lines Open

- Greet the bus driver
- Meet teachers and counselors at “Back to School” night or reach out by email
- Share phone numbers with other kids’ parents
- Be their “friends” in their social media accounts



Prevention of Bullying

Encourage Kids to Do What They Love

- Help kids take part in activities, interests, and hobbies they like.
- Kids can volunteer, play sports, sing in a chorus, or join a youth group or school club.



Prevention of Bullying

Encourage Kids to Do What They Love

- These activities give kids a chance to have fun and meet others with the same interests.
- They can build confidence and friendships that help protect kids from bullying.



Prevention of Bullying

Model How to Treat Others with Kindness and Respect

- Kids learn from adults' actions.
- By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying.
- Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.



Anti-Bullying Act of 2012

- Requires all elementary and secondary schools to adopt anti-bullying policies
- Seeks to promote greater awareness of the impact of bullying and how it can be prevented
- Requires that anti-bullying policies be included in the school's student and employee handbook
- DepEd is mandated to submit a report on bullying incidents to the appropriate congressional committee and impose sanctions on school administrators who do not implement anti-bullying policies



Important Points

- Bullying is an issue our children may face
- Bullying can take many forms and it affects everyone
- Recognize the warning signs so actions can be taken
- Parents, School staff and the health care provider should all take part in the prevention of bullying



**STOP
BULLYING
NOW**

STAND UP & SPEAK OUT

