

GETTING TO GRIPS WITH BULLYING

Bullying refers to a pattern of behaviour whereby one person with a lot of internal anger, resentment and aggression chooses to displace their aggression onto another person chosen for their vulnerability. The bully uses the tactics of criticism, nit-picking, exclusion, isolation, teasing etc with verbal, psychological, emotional and potentially physical violence.

If a child is exhibiting bullying behaviour, the questions to ask are:

- Why do they have a lot of internal aggression?
- Why do they need to displace their internal aggression onto other children?
- Why have they not learnt how to interact with other children in a non-violent manner?

Children/Young People bully for a variety of reasons:

- Biological problems such as: deafness, dyslexia, autism, allergies or some other unidentified learning difficulty.
- They are being bullied at home or else where.
- They have no positive role model, or a poor role model at home for expressing anger and frustration, and have not been given positive coping and behavioural skills.
- Abuse or neglect at home.
- Conduct disorder - the precursor to antisocial, psychopathic or other personality disorders.
- Undue influence - they have fallen in with the wrong crowd.

If a child/young person is exhibiting bullying behaviours, and appropriate, positive interventions are made, these children - with the exception of those with a conduct disorder - can be helped to learn better ways of communication.

There are very few programmes that will actively help an aggressive child/young person learn to deal with their aggression. Many schools under pressure of budget constraints, lack of time, increasing class sizes etc. may be at a loss of managing the problem of bullying effectively, or may have tried to eradicate the problem by punishing or expelling the bully, which passes the problem onto another educational or corrective institution. If the problem is not resolved effectively, the child/young person is not having the core issues dealt with and in true fact is miserable themselves. In all cases the child/young person is in need of increased Emotional Quotient (EQ). In some cases young people who bully are adept at manipulating the perceptions of others, especially those who also have a low EQ.



UNDERSTANDING ANGER

FOR TEACHERS, MENTORS AND PARENTS

The facts are as follows:

- Up to 50% of children have been bullied at school.
- Being bullied can interrupt academic performance and poor results follow.
- If bullying behaviour is learned early in life and no positive interventions are made, evidence suggests that this behaviour will carry on in adult life and relationships.

So what can be done?

Mind Your Anger has designed a course specifically aimed at developing emotional intelligence and focusing on the sources of anger in children/young people.

Taming the Volcano focuses on:

- The root causes of anger which underlie bullying
- Teaches healthy ways of interacting with peer groups and adults when angry
- Raises self-esteem
- Describes the Angry Brain and Body
- Looks at stress in the home
- Describes Anger Styles
- Teaches the 6 Rules of Anger Management

Mind Your Anger has also developed the Understanding Anger for Parents, Teachers and Mentors workshop which can accompany this programme or we can devise a Bespoke programme to address any bullying/anger issues in a modular format.