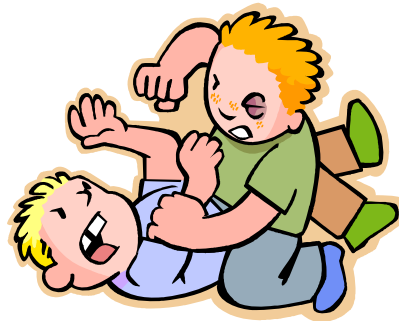


# Scouter's Guide To Bullying:

An aide to stopping bullying in Scouting



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In partial fulfillment of requirements for Wood Badge Class C-01-10

# Dedication

In Memory of Alex Harrison  
December 15, 1992 – February 7, 2009  
Star Scout  
Troop 125  
Cadillac, Michigan  
See It. Hear It. STOP IT.



Alex, With the Tooth of Time in The  
Background- Philmont Scout Ranch 2008

# Introduction

- Bullying behaviors are plaguing youth in Schools and therefore the problem is being carried into our scouting units throughout Michigan and throughout the country. As Scout Leaders and volunteers dedicated to the well-being of the youth entrusted to our care the duty falls upon us to set the example of living the Scout Oath and Law that can make the difference to our Scouts.

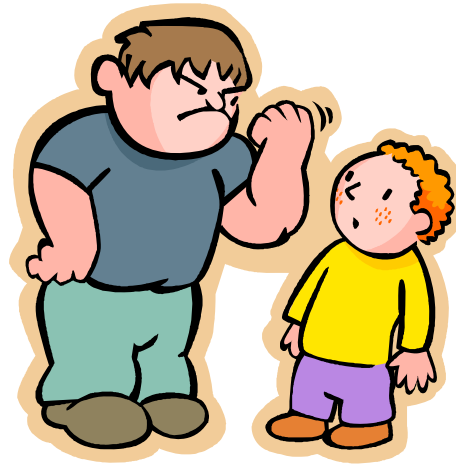
# Definition of Bullying

- Bullying is defined as any sort of intentional aggressive behavior that involves an imbalance of power or strength. The behavior is typically repeated over a long period of time and in a variety of ways.

# Types of Bullying

- . Bullying behaviors can take many forms such as:
  - Physical Bullying: hitting, punching or kicking
  - Verbal Bullying: can include such behaviors as teasing, taunting or name calling
  - Non-verbal Bullying: Also known as emotional bullying, which is characterized by intimidating behaviors such as body language and social exclusion.
  - Cyber bullying, which is gaining popularity in today's digital atmosphere is characterized by sending insulting and or threatening messages by e-mail or social media websites such as MySpace or Facebook. Bullies often employ several of these tactics simultaneously.

# The Bully



# Character Traits

- Shows little emotion
- Successfully hides aggressive behavior
- seems to possess social skills and have high self esteem but paradoxically feels weak and attempts to overpower others to gain a feeling of power
- Socializes with a network of friends (other bullies)
- Blames the victim
- Gets excited if the victim fights back
- Enjoys feelings of power and control over others
- Shows a tendency toward impulsive and hot-headed behavior
- Easily Frustrated
- Tends to view violence in a positive way.

# Spotting a Bully

- Fights (verbally or physically) with others
- Gets easily frustrated if he does not get his way.
- Displays defiant or oppositional personality
- Speaks about others in negative terms
- Has been accused of being a bully at school
- Be Injured in a fight
- Steal property
- Vandalize property
- Drink Alcohol
- Smoke
- Carry a weapon for purposes of gaining respect or threatening others

# Behavior and Environment

Consider the following family risk factors for bullying

- Lack of warmth and involvement on the part of the parents
- Overly permissive parenting (lack of limits for children's behavior)
- A Lack of supervision by parents
- Harsh physical discipline
- Model for bullying behavior

# Bullying and Gender



# Venture Crew Issues

- Bullying affects both genders equally
- Girls use different techniques
- Cyberbullying is more prevalent among girls.
- Girls are more likely to spread rumors (verbal bullying)
- Girls are more likely to employ emotional bullying (body language and social exclusion)

# Myths and Facts

- Myth: Bullies suffer from low self- esteem.
- Fact: Studies suggest bullies generally have inflated perceptions of themselves and often experience less social anxiety than those not involved in bullying
- Myth: Bullies are social outcasts
- Fact: Actually they're often popular with their friends (ones who reinforce the behaviors) and may be considered "cool" by the classmates, a situation that requires "changing the peer group norms that reinforce bullying"
- Myth: Bullying builds character
- Fact: Bullying increased a targets sense of vulnerability. If they are already socially withdrawn bullying can increase their fear of social contact and further deplete their already low self esteem.
- Myth: Victims of bullying become violent in their teens.
- Fact: Most often they suffer in silence unable to stand up to the bully because of their depression or anxiety, caused by the misconception that the abuse is their fault. This generally makes them withdrawn and not aggressive.
- Myth: Bullying represents a problem only for the bullies and their victims.
- Fact: Anyone who witnesses a bullying incident (teachers, parents, other kids or adults) can become adversely affected. As one study points out witnesses are not necessarily innocent bystanders, they to can play a role

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# The Victim



# Traits of a Passive Victim

- Shows a lot of emotion (cries easily)
- Hides the truth about being bullied (thinks adults won't or can't help)
- Lacks social skills and self esteem
- Has few or no friends
- Blames himself for the bullying
- Rarely fights back but may carry a weapon for protection
- Feels helpless and out of control.

# Spotting the Victim

- Frequently absent from activities and meetings
- Distances himself from his peers
- Exhibits nervousness when with a group
- Shows unexplained anger or resentment
- Feigns sickness to avoid participation in activities
- Avoids group restrooms
- Avoids riding the school bus

# Stresses on Victim

- Stresses of being bullies can interfere with learning and engagement in school and other activities (*NEA Today 1999*)
- Children and youth who are bullied are more likely to feel depressed, lonely anxious, have low self esteem, feel unwell or think about suicide. (*Limber, 2002; Olweus, 1993*)

# Action



# Stop Bullying Within Your Troop

- **STOP THE ACTIONS AND PROTECT THE TARGET FROM DANGER:** Stop put downs an harmful teasing before either shortly after or even before they occur if possible. Call a meeting to remind scouts that such behavior is unacceptable. Separating the bully from other Scouts may help, especially in instances of physical bullying. Ask questions- did any other scout see what happened
- **IDENTIFY THE BEHAVIOR IN A CALM TONE AND MAKE IT CLEAR THAT IT IS NOT ACCEPTABLE:** Remember that losing your cool no matter how upset you are is not going to help the situation. Remain calm and present a unified front with co-leaders in dealing with bullying situations. “That is what former Scoutmaster Dallas Stout, now a professor of child and adolescent studies at Cal State Fullerton, did when he heard some older boys discuss hazing younger ones. “That’s not only not cool but it’s not happening” he told them. Then let everyone know you’ll deal with the incident in private. This lets the bully save face while increasing his openness to your redirecting him.
- **TALK TO THE TARGET:** “Explain that bullies appear big and strong but emotionally they are troubled” suggest Barb Sabbeth . “Often bullies act strong to compensate for feeling weak inside.” Make sure that he knows there is nothing wrong with him and that he is capable of changing his behavior and protect himself and not attract bullying.
- **ENCOURAGE THE TARGET TO TELL HIS PARENTS:** Stress that this act emphasizes his strength as opposed to his weakness. Parents should be understanding and discuss strategies for dealing with the issue.

# Stop Bullying the Scouting Way (2)

- **TALK TO THE PARENTS OF THE BULLY:** Consult the parents of the Bully. Recognize that the youth may become defensive, blame the target or refuse to cooperate. Seek help from an experienced source within your community if necessary.
- **CONVENE A PATROL LEADERS COUNCIL OR GREENBAR TO REVIEW THE INCIDENT,** and any other bullying they have noticed. This gives your key junior leaders a chance to brainstorm ways to prevent future bullying. Ask them “What are we doing about this?” This helps to bring all key players onto the same page.
- **DISCUSS THE INCIDENT DURING A COMMITTEE MEETING.** Adult committee members can formally tell the bully Scout that he has an obligation to do his best to live up to the Scout Oath and Law if he is to remain in Scouting. Make sure that you consult your unit or district commissioner before dismissing a boy from your troop. It is fully within the committee’s realm of responsibility to outline and make recommendations for expectations and consequences.

# Creating an Anti Bullying Culture

- If we are to make our scouting units bully-proof we must create a culture that does not condone bullying and or aggressive behaviors. This means modeling, mutual respect, kindness, and inclusion, and never solving a problem through aggression. As adult leaders we need to think before we act or speak. “Is this the way I would want our scouts to solve a problem.”
- “If kids see adults acting a certain, then that’s what they’ll do” says Ginger McClure a Loudoun County, Va., school psychologist, former scout leader and member at large of the National Capital Area Council of the BSA.