

The New Bullying 101
By
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Extraordinarily high numbers of students report being targeted for bullying both in school, and outside of school, via cyber-bullying. Bullying is a form of youth violence that can result in physical harm, social and emotional distress, and even death. Targeted youth are at increased risk for mental health problems, psychosomatic illnesses, and poor academic performance. Youth who engage in bullying are at increased risk for substance abuse, poor academic performance, and violence later in adolescence and adulthood. Significant research has illustrated that bullying has become a public health issue for our youth, impacting all areas of their lives. Studies examining the impact of chronic bullying on youth found that children and adolescents who were frequent targets of bullying often experienced high levels of trauma. In a new 28-country study the health symptoms of students who were being bullied were universal and recognizable. This workshop is of interest to guidance counselors, teachers, school nurses, and health professionals serving youth. This workshop examines:

- The latest research and information on bullying, trauma and illness;
- Cyber-bullying, and how youth use technology to harass, humiliate, and intimidate each other;
- Characteristics, health symptoms & warning signs of students targeted for bullying;
- Characteristics & warning signs of aggressors;
- The populations of students that are at a particularly high-risk for bullying;
- How to provide direct care to students being targeted for bullying;
- How to serve as an advocate for targeted students.