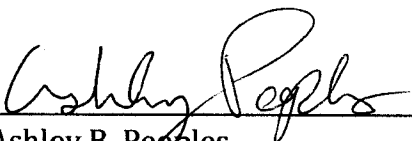


Senior Project Coversheet

The Effects of Bullying

**Honors Project
In fulfillment of the Requirements for
The Esther G. Maynor Honors College
University of North Carolina at Pembroke**

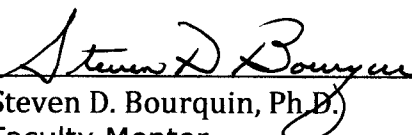
**By
Ashley B. Peoples
Political Science
Friday, November 16th, 2012**



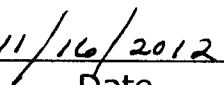
Ashley B. Peoples
Honors College Scholar



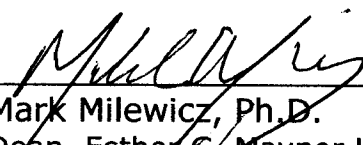
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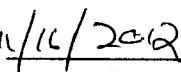
Steven D. Bourquin, Ph.D.
Faculty Mentor



Date



Mark Milewicz, Ph.D.
Dean, Esther G. Maynor Honors College



Date

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I would like to thank all of those who have helped in getting this project completed. Thank you to Brandon Hudson and Joshua Long for helping me get the documentary filmed and edited. I would like to thank Glenda Lowry, Logan Lowry and Sam Langley for being so brave for allowing me to share their stories with the world. I would also like to thank Dr. Steven Bourquin for being an amazing mentor and for believing in this issue. Thank you to Dr. Mark Milewicz and Ms. Lisa Smith for helping get the projects set up and being a big help in making sure I was on the right track.

ABSTRACT

The Effects of Bullying

By Ashley B. Peoples

Political Science

University of North Carolina at Pembroke

December 8th, 2012

Bullying is becoming a more prominent problem in U.S. schools every day. This Honors Project talks about not only the prominence of the problem, but the lasting effects that follow the act. This project involved two campus dialogue events. The first was the showing of a student-made documentary of the effects of bullying after the fact. The documentary included facts on bullying in U.S. schools and interviews involving UNCP students and family. The second event was a presentation or forum on bullying, how to find help, and prevention followed by a meaningful discussion on what was presented. The events overall were successful by means of getting the point across and the act of spreading awareness on the issue.

INTRODUCTION

Many people wonder why I decide to do my Campus Dialogue Project on the effects of bullying. Not many people realize that bullying has impacted my life in many ways. In middle school, I was teased and verbally bullied due to my weight and dorky personality. In high school, when I moved from small-town Alabama to big-town Raleigh, North Carolina, I began to be picked on because of, not just my weight, but my accent, state of birth, and my political views. This led to my being cyber bullied my senior year which led to being socially bullied by those who I had once called my best friends.

I had never really thought of how these events affected me until my sophomore year of college here at UNCP. During spring break of the 2010-2011 academic year, my friend Anthony committed suicide. Though we never really knew the cause of his decision, I was told by a close friend of ours that he was being relentlessly bullied by members of the intramural sports team he was a member of. After this event there was only one thing on my mind: How could I have prevented this? Was there something I could have done?

I took it as my mission to bring awareness on how devastating the effects of bullying could be and decided to focus my senior project on that very subject. In the rest of this paper you will see my steps towards planning two campus events and the outcomes these events produced.

EVENT NUMBER ONE: The Documentary

For a last minute idea, I believe the most beneficial and successful event was the documentary that a friend and I created. A few weeks before my first event, my friend Joshua Long approached me with an idea to create a short documentary on the effects of bullying starring UNCP students. I agreed that this was an excellent idea and we set forth on making it so.

The first thing to do was to get the subjects. I put out the word through Facebook and through word of mouth that I was looking for people who had been bullied and would like to share their story. Within a few days, three people had approached me about being a part of the project. Two of the persons were Glenda and Logan Lowry. This mother and son duo gave a spectacular interview on how bullying affected his actions during the time of bullying, but how the event still affected him today. The third person was an Honors College Sophomore student named Sam Langley. She also gave an amazing interview on how her experience with bullying helped her decide her future in a positive way.

The video is a little over 8 minutes long. The event surrounding the documentary received 11 people in attendance. Considering it was a Friday night in Pembroke, this is a great turnout. The following discussion included some of the attendees sharing their own experiences with bullying and how the video affected their outlook on bullying in secondary schools.

I have created a Youtube page for the documentary called "HCAntiBully". The documentary can be watched there, but I will also be including a hard copy of the video with this paper.

EVENT TWO: Discussion on Bullying, How to Find Help, and Prevention

Event Two included a PowerPoint presentation and a follow up discussion on bullying, how to find help after the fact, and prevention. This event was successful in that I was able to get the point across on how serious bullying is and how important it is to find help, but it was not successful because of the poor attendance.

I researched many different anti-bully movements and found two popular ones to focus on. The first was The Bully Project. This movement included a nation-wide released movie featuring the effects of bullying on middle school students and also provides helpful tips on how to prevent bullying and how to spot it. The second movement was Make Beats Not Beat Downs. This movement focused on the different types of bullying and on how to find help.

Four people showed up to this event but the feedback on the presentation was phenomenal. The discussion afterwards was also successful in that the main topic discussed was the number of ways one can help prevent the act of bullying and how to help a victim find guidance and/or counseling.

The slides of this presentation can be found directly following this paper. There are 16 slides in total.

ADVERTISING

The success of these events has to be credited to advertising. When asked the majority of people who attended both events decided to come by viewing the Facebook event pages or from word of mouth. The two Facebook pages were created a week before each event. Upon creating these pages, over 90 people from UNCP and the Robeson County area were invited and encouraged to invite their friends and family. This is where the majority of my publicity came from.

During both events, attendees would pull their friends in from the hallway or from their rooms to come and participate. This was very beneficial in getting the word about Bully Awareness out beyond the Honors College community. Some former UNCP students were also in attendance due to being persuaded to come by an attendee.

The least effective form of advertisement was the flyers. Not only was there a mix up with the first set, the second set did not receive much attention. I had set up strategic areas to hang the flyers (including dorm halls and my own apartment building), but some were torn down or ignored. None of the attendees said they attended from seeing a flyer.

Bully Awareness

Nov. 9th and 13th

Oak Hall 1st floor lounge

6:30 pm



**Nov. 9th: Student Made
Documentary on Bully
Victims and effects**

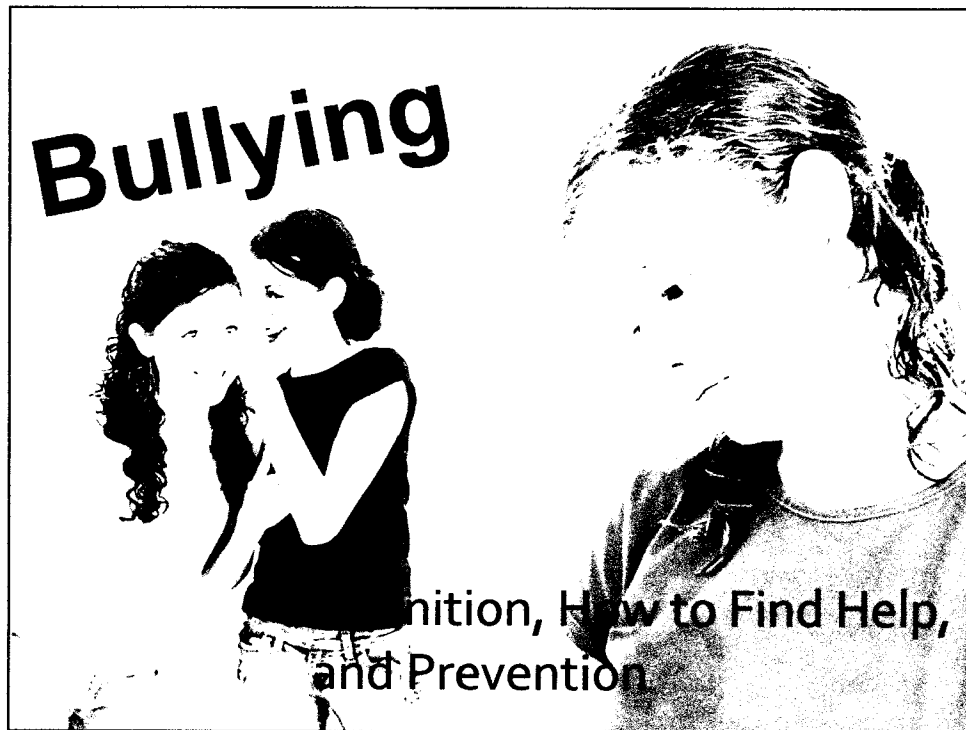
**Nov. 13th: Forum Discussion on
Bullying, Finding Help,
and Prevention**

An example of the flyers advertising the two events

CONCLUSION

The events were over all successful. Through tireless efforts from myself and my support team of friends, colleagues, and faculty, I was able to put out two fantastic events that showed how adverse the effects of bullying can be on a victim. Many students received previously unknown facts on bullying and how to find proper counseling and help. There was also an over abundance of students who believed they would now stand up for victims and help their fellow students who had previously been bullied.

I would like to believe Anthony and all of the bully victims who choose to commit suicide are smiling down at these efforts. I hope it makes them proud. I know that I am proud of the success of these events.



What is Bullying?

- From The Bully Project:
 - Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around" and it is not something we just grow out of. Bullying can cause serious and lasting harm.
 - Although definitions of bullying vary, most agree that bullying involves:
 - **IMBALANCE OF POWER:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves.
 - **INTENT TO CAUSE HARM:** actions done by accident are not bullying; the person bullying has a goal to cause harm.
 - **REPETITION:** incidents of bullying happen to the same the person over and over by the same person or group.

Definition – Physical Bullying

- Hitting
- Kicking
- Pinching
- Punching
- Scratching
- spitting or any other form of physical attack
- Damage to or taking someone else's belongings may also constitute as physical bullying.



Definition from: Make Beats Not Beat Downs

Definition – Verbal Bullying



- name calling
- Insulting
- making racist, sexist or homophobic jokes
- remarks or teasing
- using sexually suggestive or abusive language
- offensive remarks

Definition from: Make Beats Not Beat Downs

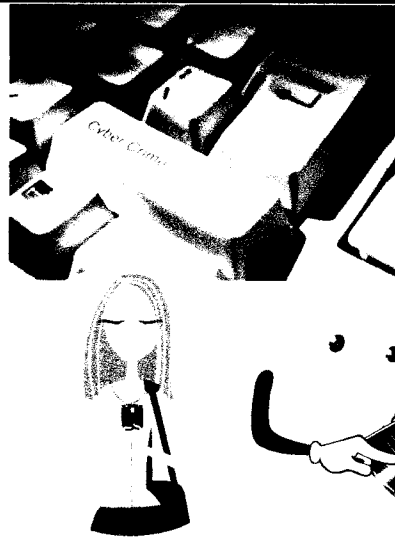
Definition – Indirect/Social Bullying

- spreading nasty stories about someone
- exclusion from social groups
- being made the subject of malicious rumors
- sending abusive mail
- email and text messages



Definition from: Make Beats Not Beat Downs

Definition – Cyber Bullying



- any type of bullying that is carried out by electronic medium. There are 7 types including:
 1. Text message bullying
 2. Picture/video clip bullying via mobile phone cameras
 3. Phone call bullying via mobile phones
 4. E-mail bullying
 5. Chat-room bullying
 6. Bullying through instant messaging (IM)
 7. Bullying via websites

Definition from: Make Beats Not Beat Downs

Some Facts

- It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students.
 - Source: National Education Association.
- 1 in 7 Students in Grades K-12 is either a bully or a victim of bullying.
- 56% of students have personally witnessed some type of bullying at school.
- 15% of all school absenteeism is directly related to fears of being bullied at school.
- 71% of students report incidents of bullying as a problem at their school.
- 1 out of 20 students has seen a student with a gun at school.
- 282,000 students are physically attacked in secondary schools each month.
- Over 13 million children will be bullied this year

Definition from: Make Beats Not Beat Downs and The Bully Project

Some Facts (cont.)

- 90% of 4th through 8th graders report being victims of bullying
- Among students, homicide perpetrators were more than twice as likely as homicide victims to have been bullied by peers.
- Bullying statistics say revenge is the strongest motivation for school shootings.
- 87% of students said shootings are motivated by a desire to "get back at those who have hurt them."
- 86% of students said, "other kids picking on them, making fun of them or bullying them" causes teenagers to turn to lethal violence in the schools.
- 61% of students said students shoot others because they have been victims of physical abuse at home.
- 54% of students said witnessing physical abuse at home can lead to violence in school.
- 1 out of every 10 students who drops out of school does so because of repeated bullying.
- Harassment and bullying have been linked to 75% of school-shooting incidents.

Definition from: Make Beats Not Beat Downs

How to Find Help



General Resources

- If you/someone you know is at risk for suicide, please call your local authorities (911), contact a mental health professional, or call and talk to someone at 1-800-SUICIDE.
- To report child abuse or exploitation please go to NCMEC CyberTipline
 - <http://www.missingkids.com/>

MAKE A CYBERTIPLINE REPORT 



Please contact us if you have information to help in the fight against child sexual exploitation. Your information will be forwarded to law enforcement for investigation and review and, when possible, to the appropriate Electronic Service Provider(s).

The Trevor Project

- **The Trevor Project**
 - only nationwide, around-the-clock crisis/suicide prevention helpline for LGBT teens and questioning youth.
 - Website: thetrevorproject.org
Hotline: 1-866-4-U-Trevor

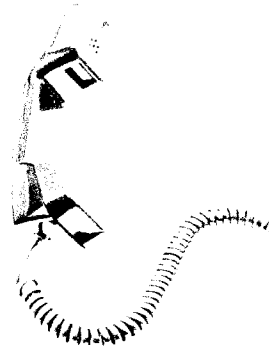


The Boys Town National Hotline

- **The Boys Town National Hotline:**
 - Trained counselors respond to your questions 24/7/365. The Counselors can help with:
 - Suicide prevention
 - Depression
 - School issues
 - Website: Boystown.org
Hotline: 1-800-448-3000 to speak with a counselor.

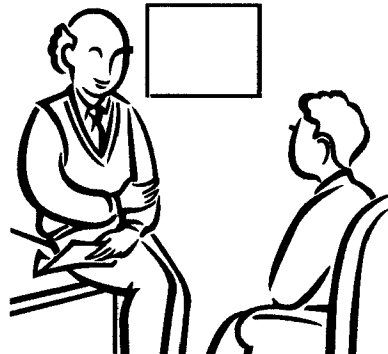
HopeLine

- **Hopeline**
 - 24 Hour Suicide Hotline
 - provide a life-saving service that is private and confidential for people in need.
- Website: www.hopeline.com
Hotline: 1-800-Suicide



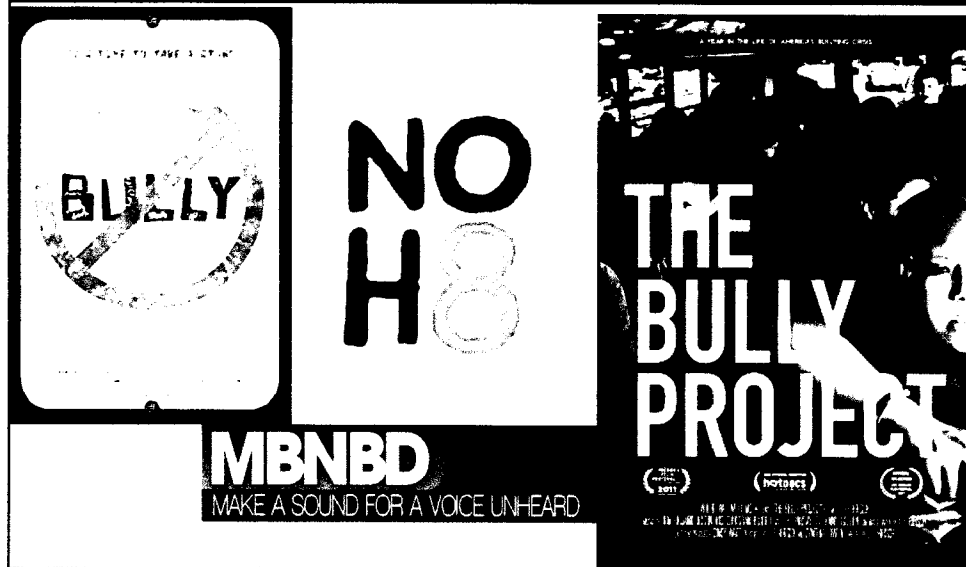
Finding Treatment and Counseling

- **American Psychological Association**
 - locator.apa.org
 - counseling services locator
- **AAMFT**
 - American Association for Marriage and Family Therapy
 - www.aamft.org
 - counseling services locator
- **Befrienders Worldwide**
 - www.befrienders.org
 - treatment and counseling services locator
- **SAMHSA**
 - Substance Abuse and Mental Health Services Admin.
 - mentalhealth.samhsa.gov
 - mental health services locator
- **AACC**
 - American Association of Christian Counselors
 - www.aacc.net
 - Christian counseling services locator
- **Kids In Crisis**
 - www.kidsincrisis.org
 - Free, Round the clock help for Teens & Parents



Information from: Make Beats Not Beat Downs

PREVENTION



Things we can do:

- Start a club/movement
- Join a movement
 - The Bully Project
 - <http://thebullyproject.com/>
 - Make Beats Not Beat Downs
 - <http://www.makebeatsnotbeatdowns.org/>
 - NOH8
 - <http://www.noh8campaign.com/>
- Be proactive
- If you see it, report it!
 - Tell a teacher, a parent, a counselor, an administrator, etc. TELL SOMEONE!