Breaking the Cycle of Bullying to Partner Violence Pipeline

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"These Are Not Your Bullies"

How Did You Define Bullying When You Were in School?

- Isolation
- Put Downs
- Name Calling
- Taunting
- Isolated Physical Contact
How Would You Define Bullying Today?

- Threats
- Profanity
- Cyber Attacks
- Hazing
- Assualts

Should the Following Activities be Classified as Bullying?

- Threats (verbal and cyber)
- Abusive and Profane Language
- Online Exploitation
- Assault and Battery
- Hazing

"Over the Line" Bullying At Some Point May Actually Be a Criminal Offense

Why Has Bullying Behavior Drastically Changed in Our Society?

- Is it our Schools?
- Is it our Communities?
- Is it our Culture?
The Way We **WERE** Is NOT
The Way We **ARE**

The Activities That We label as "Bullying" May Be Culturally Relevant But Inappropriate

Bullying is Setting Climate and Creating Victimization
Arne Duncan, Former U.S. Secretary of Education calls BULLYING "A Gateway to Hate"

Bullying is quickly turning into a major civil rights issue for people in America. In today's culture bullying has graduated from "child's play" to extreme cases of tormenting and abuse. This is not about someone simply being left out. This is about real victimization.

Culture

BULLIES
- Recognition
- Power
- Dominance
- Control
- Verbal abuse
- Emotional trauma
- Lack of reporting
- Social indifference

ABUSERS
- Recognition
- Power
- Dominance
- Control
- Verbal abuse
- Emotional trauma
- Lack of reporting
- Social indifference

Civil Rights

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Levels of Bullying

Level I - Narcissist
- Self-Centered
- Lack of Empathy
- Little Concern for Consequences

Level II - Impulsive Adult Bully
- No Forethought of Actions
- Lack of Restraint
- Lack of Remorse

Level III - Verbal Adult Bully
- Sarcastic Comments
- Demeaning Language
- Verbal Domination

Level IV - Secondary Bully
- Driven by Outside Sources
- Bullying to Prevent
- A Result of Self-Protection
Are There Links Between Childhood Bullying Perpetration and IPV Perpetration?

In a 2006 study, found “bullying peers in school as a child, especially frequent bullying perpetration, is associated with increased risk for men’s perpetration of IPV as an adult.” (Falb et al)

Two-fifths of men reported perpetrating bullying as a child.

Cross-sectional 2-year survey of men ages 18-35 Past year physical or sexual violence perpetration against a female partner (IPV)

Findings:

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Relative Risk</th>
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<tbody>
<tr>
<td>Rarely Perpetrated Bullying as a Child</td>
<td>1.53 x more likely to perpetrate IPV</td>
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<tr>
<td>Frequently Perpetrated Bullying as a Child</td>
<td>3.82 x more likely to perpetrate IPV</td>
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How does this compare to other contributing characteristics?

<table>
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<tr>
<th>Characteristic</th>
<th>Relative Risk</th>
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<tbody>
<tr>
<td>Exposure to Parental IPV</td>
<td>1.86 x more likely to perpetrate IPV</td>
</tr>
<tr>
<td>Physical Child Abuse</td>
<td>1.84 x more likely to perpetrate IPV</td>
</tr>
<tr>
<td>Sexual Child Abuse</td>
<td>1.99 x more likely to perpetrate IPV</td>
</tr>
<tr>
<td>Victim of Rare Bullying</td>
<td>.75 x more likely to perpetrate IPV</td>
</tr>
<tr>
<td>Victim of Frequent Bullying</td>
<td>1.84 x more likely to perpetrate IPV</td>
</tr>
<tr>
<td>Violent Delinquency</td>
<td>2.08 x more likely to perpetrate IPV</td>
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Some of the Study Limitations

- Participants self reported & self defined bullying
- Childhood exposures were assessed retrospectively which could be subject to errors or biases in recalling the events.
- Due to the cross-sectional design, unable to discern whether other childhood factors preceded the bullying.

Does Witnessing IPV Have An Impact on Children Who Witness It?

- Nearly 10 Million Children Witness Intimate Partner Violence in Their Homes
  - The National Institute of Health

"Child maltreatment and intimate partner violence are linked to numerous risk factors and negative outcomes." (Wolfe et al)
Some Behaviors Children May Learn When Witnessing IPV:

What Children Learn When They Witness Violence at Home:

- **Dominance** – Feeling in Charge
- **Humiliation** – Making Others Feel Defective
- **Threats** – A Source of Instilling Fear
- **Intimidation** – Fear That Leads to Submission
- **Denial & Blame** – Making Excuses for Negative Behavior

Cyber Bullying and Impact on Our Culture

What is Cyber Bullying:

- Bullying that Takes Place Using Electronic Technology
  - Such as: Computers, Cell Phones, Tablets, Etc.

How Cyber Bullying is Carried Out:

- Email
- Text Message
- Social Media
- Chat
- Websites
What Do Teens Say:
- 80% of Teens Say They Have Witnessed or Been Involved in Cyber Bullying
- 39% Do Not Enable Privacy Settings on Social Media

What Do Teens Say:
- 1 Out of 3 Feel More Accepted on Social Media Than in Real Life

Types of Cyber Bullying:
- 72% of Teens Say They are Bullied Online Because of Their Appearance
- 26% Are Picked on Because of Race or Religion
The National Autistic Society reports that 40% of children with Autism and 60% with Asperger's are bullied online and offline.

"When cyberbullying occurs in the context of an intimate partner relationship...the ease of access, the lack of bystander intervention and the potential for a wider audience might actually be the most harmful." (Alvarez 2012)

Cyber bullying is popular for the following reasons:
- Online capability is trendy and appealing
- Easier to access
- Does not require feedback
Why is it effective?

- Socially interactive technology permits a motivated offender.
  - Perpetrating agent who lacks attention to another’s feelings and/or seeks control of that individual.
- Suitable target
  - The victim or individual on the receiving end of the aggression.
- Lack of capable guardian
  - No Internet police or legal ramifications.

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Structural Opportunity

Technology + Motivated Offender + Suitable Target + Victim = Cyber Aggression

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Cyber Bullying: Dating and Intimate Partner Violence

Cyber aggression is a part of a much larger, more complex violence nexus. (Marganski et al)
What are some opportunities for offenders?
- Allows for a Faceless Form of Communicating
- Allows for More Opportunity to Conceal Identity
- Instills a Feeling of Hopelessness & Lack of Power in the victim

What are some forms of intimate partner cyber bullying:
- Online False Identity (Dating Sites)
- Online Slander and Accusations
- Publishing Compromising Photographs or Information
- Tracking Your Partners Online Post and Presence
- Using Web Cams and GPS to Follow Partner

What are the challenges we face working with victims and holding offenders accountable?
- Shared accounts
- Sharing of passwords & account access
- Gathering evidence/proof of crime
- Other...
“Potential programs that may seek to reduce bullying peers during school may also be effective avenues to reduce future violence perpetration within intimate partner relationships by focusing on the reduction of abusive behaviors and the promotion of equitable attitudes across settings, life stages, and relationships.” (Falb et al)

“Effective community-based interventions with children and families who have experienced abuse/witnessed abuse are important for curbing the negative effects of violence and for reducing the future incidence of violence in relationships.” (Wolfe et al)

Ten Ways to Reduce Bullying in Your School and Community

1. Treat bullying as a total community issue from education to reporting to solutions
2. Learn current youth culture
3. Develop model policies
4. Do not treat the term, treat the behavior
5. Engage in on-going cyber education
6. Ensure due process for those affected
7. Increase peer helper support programs
8. Campaign for civility in your school and community
9. If it is a crime say it is a crime
10. Understand “Dad! These Are Not Your Bullies!”
**Relationships:**

- Normal rate, tone & volume of speech
- Complimentary
- Supportive & a good listener
- Empowering and respectful of the other person's dreams, hopes and desires for the future.
- Normal social interaction, phone calls, texts
- Non-threatening, sometimes "funny" put downs, or critical of the other person
- Non-threatening actions
- General respect for one another
Yellow Zone Behavior
- Mood swings: getting angry and yelling one minute, but sweet and apologetic the next.
- Constantly checking up on the other person, or making them check in.
- Checking their cell phone or email without permission.
- Controlling of where a person is, what they're doing, or who they are with.
- Critical of what the other person is wearing or how they look.
- Extreme jealousy, possessiveness, or accusations of flirting or cheating.
- Making the other person feel guilty for not wanting to engage in physical or sexual behavior, or coercing the other person to do what they want.
- Making the other person feel like they are "damaged," and no one else would want to date them.
- Yelling, screaming or humiliating the other person in front of other people.
- Breaking, throwing, or threatening to damage things, in order to intimidate the other person.
- Threatening to hurt the other person, their friends, or their family.
Red Zone Behavior

- Threatening to hurt themselves because of something the other person did.
- Destruction or damage of property.
- Physical violence, or hurting the other person in some way by grabbing, pushing, shoving, choking, punching, or throwing things.
- Pressuring or forcing the other person into having sex or going "further" than the other person is comfortable.

References:
