

**EXPERT CONSULTATION ON BULLYING AND  
CYBERBULLYING  
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# Roadmap

- ▶ Define and be consistent about what we mean when we say “bullying” so that policy makers are clear what topic they are being asked to bring focus to.
- ▶ Let’s use the word “bullying” to refer to all types, whether online or in-person.
- ▶ We need to help policy makers to support early intervention so that we may stop the potential trajectory to worse forms of violence
- ▶ We need to look to evidence-based solutions that have been evaluated rigorously
- ▶ Policy makers need to increase the funding for the development and evaluation of prevention and intervention programs.

# Bullying: It starts with a definition

- ▶ We need to \*define\* what we are talking about because otherwise, we will be using the same word to mean lots of about different things (e.g., “sexting”, dating abuse, exposure to deleterious content such as pro-ana sites, online)

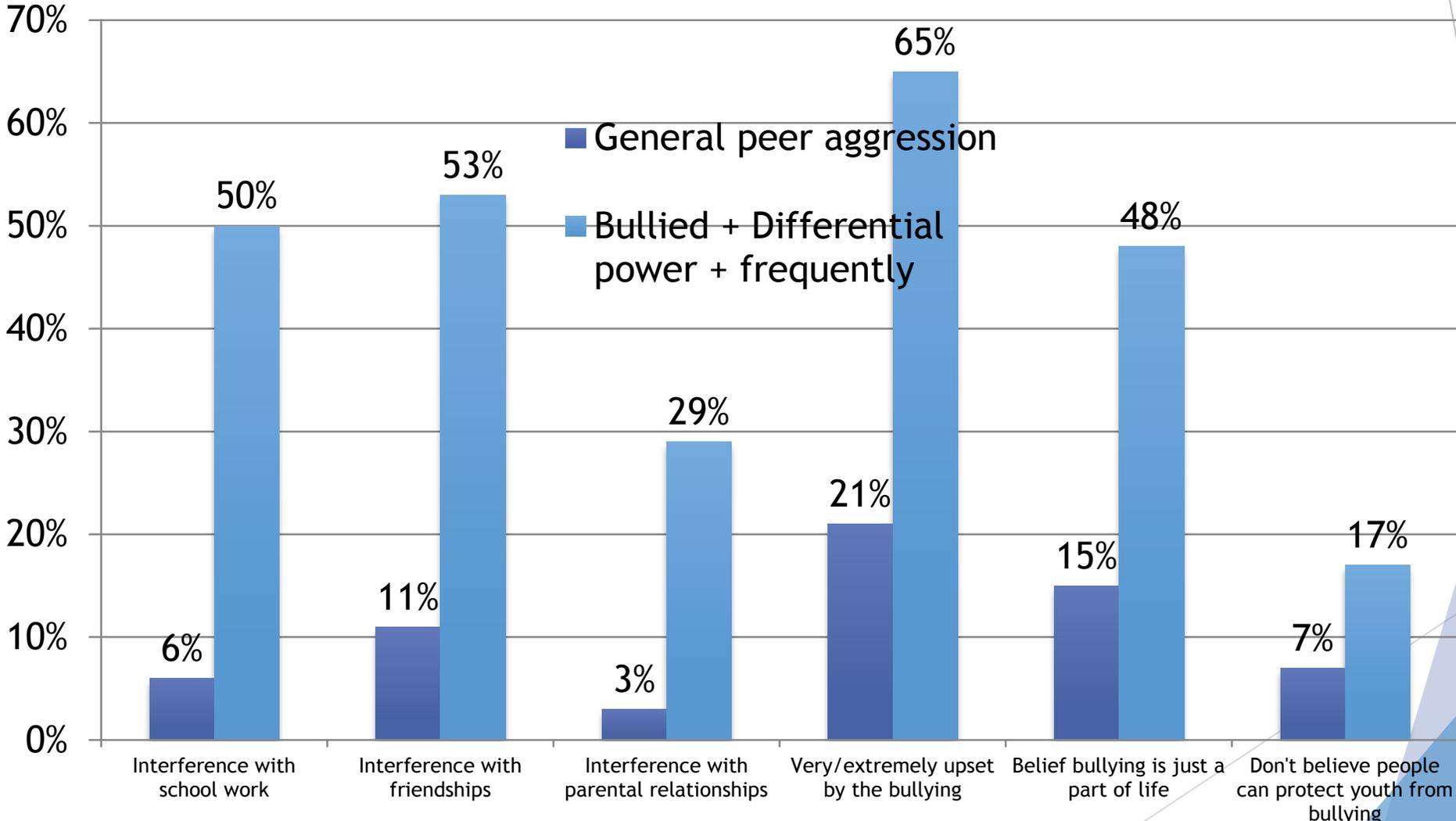
# Bullying: It starts with a definition

- ▶ In the USA, the definition most commonly used is the one first articulated by Olweus and recently refined by the Centers for Disease Control and Prevention:
  - ▶ Intentional and unwanted
  - ▶ Differential power
  - ▶ Repetition or the threat of repetition

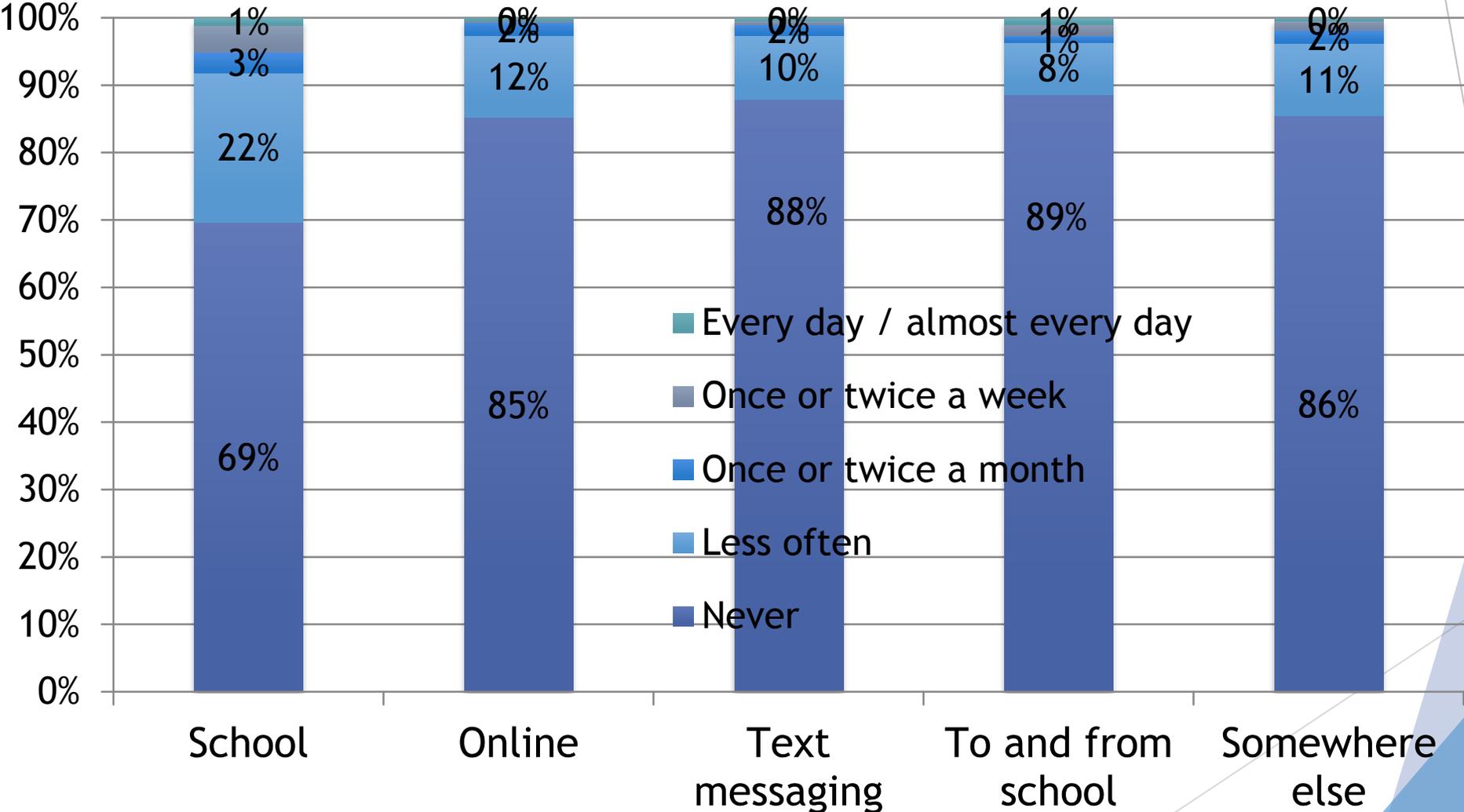
Olweus D. *Bullying at school*. Oxford, UK: Blackwell Publishing, 1993.

Gladden RM, Vivolo-Kantor AM, Hamburger ME, et al. *Bullying surveillance among youths: Uniform definitions for public health and recommended data elements, version 1.0*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention and U.S. Department of Education, 2013.

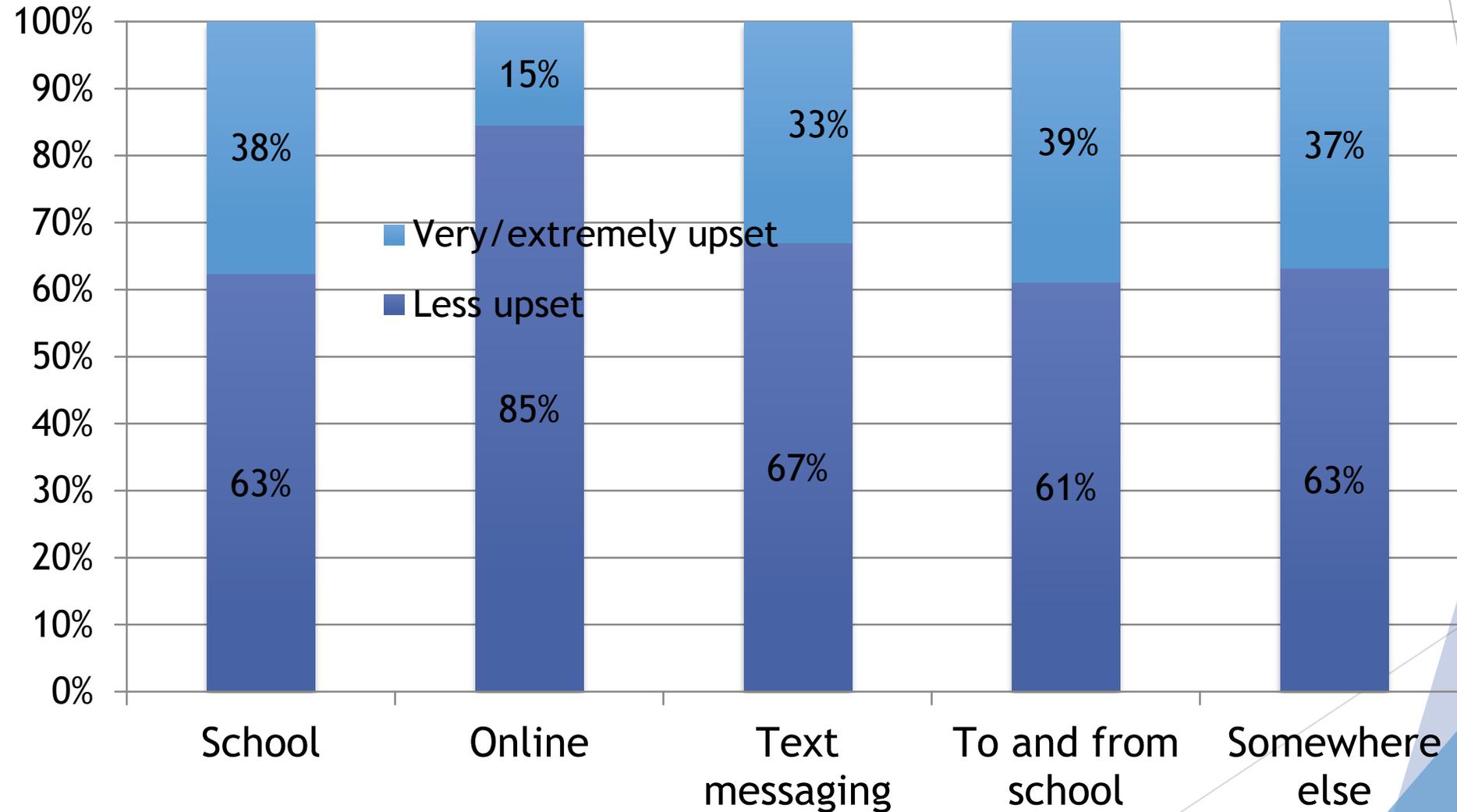
# Differential power and repetition matters



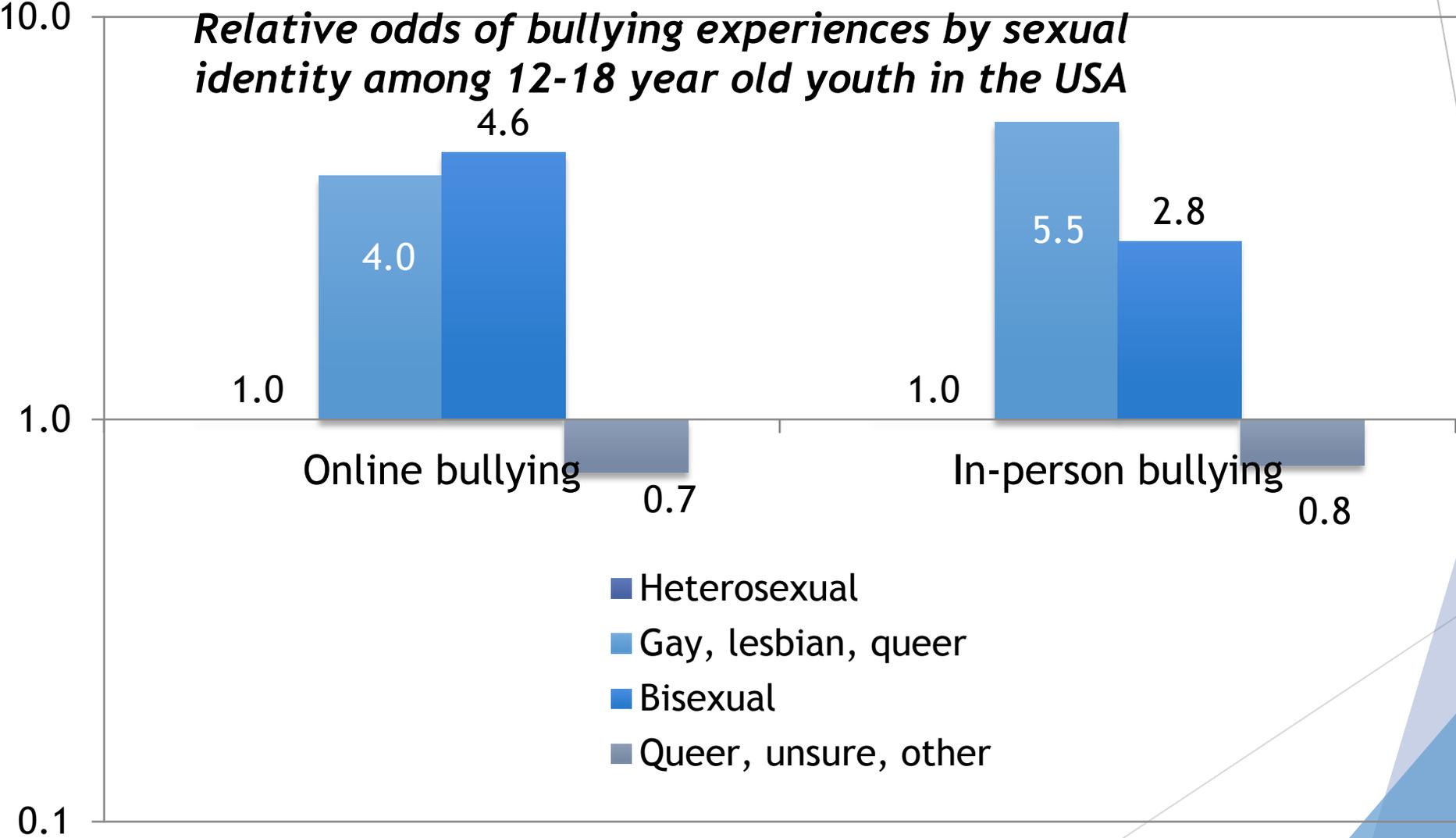
# Online is but one space and place where youth are bullied



## And it is not the most distressing place youth are bullied



# Bullying is not equally distributed across all groups



# Bullying is related to, and may be a precursor, to other types of violence - particularly sexual violence

- ▶ Espelage, Basile & Hamburger (2012) found that bullying perpetration predicts the subsequent emergence of sexual harassment among middle school students
- ▶ Ybarra and Thompson (under review) found that sexual harassment perpetration predicts the subsequent emergence of sexual assault as well as attempted rape perpetration; sexual harassment victimization predicts sexual harassment and attempted rape perpetration

Espelage, D. L., Basile, K. C., & Hamburger, M. E. (2012). Bullying perpetration and subsequent sexual violence perpetration among middle school students. *Journal of Adolescent Health, 50*(1), 60-65. doi:10.1016/j.jadohealth.2011.07.015

Ybarra & Thompson (under review). Predicting the emergence of sexual violence in adolescence

# Much work needs to be done in terms of prevention science

- ▶ KiVa is the only bullying prevention program that has student-reported reductions in bullying (Salmivalli et al)
  - ▶ Positive Behavioral Interventions and Supports is associated with teacher-reported reductions in behavior problems, particularly office discipline referrals (Bradshaw et al)
  - ▶ Second Step (Espelage et al) does not affect student-reported bullying behavior (but it may impact sexual harassment and homophobic name-calling)
  - ▶ The results of a rigorous evaluation of the Olweus Bullying Prevention Program have not been published in a peer reviewed journal
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- ▶ Salmivalli, Kärnä & Poskiparta (2011), “Counteracting bullying in Finland: The KiVa program and its effects on different forms of being bullied”. *International Journal of Behavioral Development*. 35(5):405-411
  - ▶ Bradshaw, Waasdorp, Leaf (2012). Effects of School-Wide Positive Behavioral Interventions and Supports on Child Behavior Problems. *Pediatrics*. 130(5)
  - ▶ Espelage, Low, Polanin, Brown (2015). *Journal of Applied Developmental Psychology*. Volume 37, March-April 2015, Pages 52-63

# Take-aways and policy implications

- ▶ Define and be consistent about what we mean when we say “bullying”
- ▶ Cyberbullying is but one place bullying occurs. We should talk about bullying holistically rather than online vs. all other types of bullying
- ▶ Bullying is but one type of youth violence. Given emerging evidence that there may be a progression of violence perpetration, we might well consider violence prevention programs more generally rather than bullying prevention programs specifically
- ▶ Evidence-based solutions that have been evaluated rigorously need to be prioritized for dissemination
- ▶ More funding is needed to support the development and evaluation of bullying/violence prevention programs, both in schools and in non-school environments.