

Chapter 20

Bullying in Schools: Behaviors and Principles of Prevention

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ABSTRACT

Schools are indispensable institutions of society. Necessary measures should be taken to ensure that children can continue their education in safety in schools that concern almost all society. For this reason, the importance given to school health and safety is increasing day by day. Bullying is an important problem that threatens school health and safety and negatively affects the physical, emotional, and spiritual development of the individual. Schools constitute the most important environment where children with different cultural, social, economic, physical, and emotional characteristics come together. Bullying negatively affects the development of children. For this reason, bullying at school should be handled in every aspect, and school policies should be established to prevent it.

INTRODUCTION

Human beings continue their lives together with other people in a structure called society from the moment of birth, which has its own rules in order to continue its existence (Myers & Twenge, 2021). While society helps people to meet their needs and survive, people also contribute to society by assuming different roles and responsibilities. These roles are transferred to individuals by social structures such as school as well as the family (Deb, 2018; Jakes & Debord, 2010).

Schools are one of the most important institutions of the social structure in which individuals gain the culture of socialization and coexistence with others, as well as knowledge and talents. Every individual in the school system has the right to obtain education in a safe school atmosphere (Leach, 2003). The existence of all kinds of bad behavior, bullying and violence at school is against this most basic human right. On the other hand, the reason why schools are seen as risky in terms of bullying is related to the structure of the schools. Schools are places where individuals with different characteristics (physical, social, economic etc.). It is known that individuals who are bullied in schools are also exposed to bul-

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lying due to their different characteristics (Sullivan et al., 2021). No parent wants their child to face bullying. In this context, it would be appropriate to provide preventive services that prepare children for life in schools so that children with different characteristics can continue their education life safely (Sullivan et al., 2021).

BULLYING IN SCHOOL

School bullying has been emphasized for nearly half a century. It is already known that bullying is a very damaging form of violence, in which some students intentionally attack and harm those who are unable to protect themselves. The definition of bullying has been defined in many ways. Bullying is a pattern of behavior that repeatedly and intentionally harms and humiliates others, particularly those that are younger, weaker, younger, or in any way more vulnerable than a bully. Bullying is a form of aggression, but the deliberate targeting of those with less power is what separates bullying from aggression (Dodge & Coie, 1987; D. Olweus, Limber, & Mihalic, 1999; Smith et al., 1999; Olafsen & Viemerö, 2000; Espelage, Bosworth, & Simon, 2000; Pellegrini, 2002; Pellegrini & Long, 2002;).

Following the pioneering work of Olweus (D. Olweus et al., 1999; Dan Olweus, 2001), bullying has been described as a subcategory of interpersonal aggression illustrated by intentionality, repetition, and an imbalance of power, with abuse of power being a primary distinction between bullying and other forms of aggression (Smith et al., 1999; Vaillancourt, Hymel, & McDougall, 2003; Hymel & Swearer, 2015).

According to American Psychological Association, bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions. (<https://www.apa.org/topics/bullying>)

To be considered bullying, the behavior must include aggression, and also include:

- **The Power Imbalance:** The perpetrator of bullying is stronger and use their power to control or harm others in many ways (physically stronger, more popular, high socioeconomic status etc).
- **Repetition:** Bullying behaviors are repeated or have the possibility to occur more than once. Also bullying could be perpetrated via computer as a cyberbullying and cannot be observed easily by others.

Types of Bullying Behavior

School bullying is the activity of repetitive, aggressive behavior aimed at harming another individual physically, mentally, or emotionally. It turns out to be a very complex phenomenon. It can take many different forms. It can occur among different student groups.

Bullying can be classified direct or indirect. Direct bullying includes hitting, taunting, name calling etc. Indirect bullying includes rumors, exclusion, cyberbullying etc.

There are types of bullying that can be experienced at school; (NCAB, n.d.)

1. **Physical bullying:** Physical bullying includes pushing, kicking, hitting, biting, tripping, pinching or damaging property. Short- and long-term effects may be encountered after physical bullying.

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