Case Study #3: Buddhism & Bullying

Read the attached articles from Bullying Statistics and the APA and visit the referenced websites from the Bully Project, the Federal Government and from Education.com, then answer the following questions. Answers should be 1 paragraph long (approximately one third to one half page) and each supporting quote should be no longer than one or two short sentences and unique – you may not use the same quote twice. In citing the quote, all you need do is indicate the page from the text and whether it is from our text (Koller) or the Sourcebook. All quotes should come from original source material (Buddhists texts quoted by Koller in Asian Philosophies or from any reading in Part II, Chapters 9-15 the Sourcebook), and should not include secondary commentary. You do not need to re-type the question. Please number each response corresponding to the assigned questions. Place the corresponding quote below each response labeled appropriately. The completed assignment should be two pages long, using 12 pt. fonts, one inch margins and single spacing. This exercise is worth a total of 60 points. This is due on May 14th. Please refer to the further instructions and rubrics provided with the first Case Study assignment.

1. Briefly explain the Buddhist concept of \textit{duhkha}/universal suffering. For Buddhists, what is the true cause of suffering? (5 pts.)
   1b. Cite a supporting quote from the text to support your answer above. (2 pts.)

2. Briefly explain the Buddhist concept of causality in terms of \textit{pratitya samutpada}/interdependent arising. (5 pts.)
   2b. Cite a supporting quote from the text to support your answer above. (2 pts.)

3. Thinking about both the second Noble Truth and \textit{pratitya samutpada}, and referencing the attached article regarding the psychological, sociological and other contributing factors of bullying, provide a Buddhist analysis for what causes the victim’s suffering. For a Buddhist who would be responsible for the suffering of a bullied child? (15 pts.)
   3b. Cite a supporting quote from the text to support your answer above. (2 pts.)

4. Would a Buddhist argue that this complex web of causality reduces or eliminates the responsibility of the bully as a contributor to the suffering of their victims? Keep in mind that both the bully and the victim are often very young. (10 pts.)
   4b. Cite a supporting quote from the text to support your answer above. (2 pts.)

5. Thinking about \textit{pratitya samutpada}, the importance of \textit{karuna}/compassion and the concept of \textit{sangha}/community, what might a Buddhist advise in terms of combating bullying? Be as specific as possible. (15 pts.)
   5b. Cite a supporting quote from the text to support your answer above. (2 pts.)
Resources:


Bullying Statistics

Bullying Statistics 2010

The bullying statistics 2010 reveal that bullying is a crime that is not going away anytime soon. There are about 160,000 children that miss school every day out of fear of being bullied. Bullying statistics 2010 also report an increase in cyberbullying activities.

New bullying statistics released in 2010 are showing that bullying is still a problem among children and teens, but is taking on a different approach with cyberbullying becoming more and more rampant in school and after school among teens and children. Social networking has provided an entirely new environment for bullying to take place. According to bullying statistics 2010, there are about 2.7 million students being bullied each year by about 2.1 students taking on the role of the bully.

New bullying statistics for 2010 revealed about one in seven students in grades kindergarten through 12th grade is either a bully or has been a victim of bullying. Sometimes a teen or child who has been bullied eventually becomes the bully as a way to retaliate. In fact, revenge for bullying is one of the strongest motivations for school shootings, according to recent bullying statistics. A reported 61 percent of students said they believe students shoot others at school because they have been victims of physical violence at home or at school. This is a true indicator that bullying can occur in all forms by other students, children, teens as well as adults. According to various bullying studies, many teens and children act out violently on their peers through acts of bullying because they are abused at home.

Other bullying statistics:
• Over half, about 56 percent, of all students have witnesses a bullying crime take place while at school.
• A reported 15 percent of all students who don't show up for school report it to being out of fear of being bullied while at school.
• There are about 71 percent of students that report bullying as an on-going problem.
• Along that same vein, about one out of every 10 students drops out or changes schools because of repeated bullying.
• One out of every 20 students has seen a student with a gun at school.
• Some of the top years for bullying include 4th through 8th graders in which 90 percent were reported as victims of some kind of bullying.
• Other recent bullying statistics reveal that 54 percent of students reported that witnessing physical abuse at home can lead to violence in school.
• Among students of all ages, homicide perpetrators were found to be twice as likely as homicide victims to have been bullied previously by their peers.
• There are about 282,000 students that are reportedly attacked in high schools throughout the nation each month.

Bullycide statistics:

Suicide continues to be one of the leading causes of death among children under the age of 14. Bullycide is a term used to describe suicide as the result of bullying. New bullying statistics 2010 are reporting that there is a strong connection between bullying, being bullied and suicide, according to a new study from the Yale School of Medicine. Suicide rates are continuing to grow among adolescents, and have grown more than 50 percent in the past 30 years.

Bullying can include various types of behavior from physical attacks, to destroying one’s personal property or clothing, verbal abuse, starting rumors, name calling, verbal attacks online as well as other forms of cyberbullying. For teens and children who feel they are being bullied, it is important to address the matter with a parent or teacher right away. It may feel like you are telling on someone for doing something wrong, and that admission might get you in trouble with the bully later. However, this is not the case. In the majority of cases when a bully is reported, the bullying stops because the bully is faced with dire repercussions or they are sent away to a juvenile detention center. If you see bullying occur, it is just as important to tell a trusted adult about the situation. There are many ways to try and prevent bullying from getting worse and by reporting incidents, you can help cut down on future cases of bullying involving other victims. Maintaining a strong sense of self and good overall self-esteem is another way to ensure you won’t be a victim of bullying attacks since bullies generally only prey on those they feel are weaker than them. This is also why it is important to have a solid group of friends that will have your back if a bully does try to attack in some way. Parents, be sure to talk to your children and teens about bullying and how to prevent it from happening to them or their peers. Make sure they know the importance of reporting such incidents and ways to handle a bully.

Sources: makebeatsnotbeatdowns.org, olweus.org
5. Same resource on the causes of bullying:
http://www.bullyingstatistics.org/content/why-do-people-bully.html

Why Do People Bully?

Why do people bully? Adults bully young people. Young people bully adults and each other. Why do people bully? There are many types of bullying, this article helps define what bullying is, the causes of bullying, reports and statistics on bullying.

What Is Bullying?

Before we can discuss why people bully, need to have a clear understanding of what bullying is. Some consider bullying to be purposeful attempts to control another person through verbal abuse - which can be in tone of voice or in content such as teasing or threats - exclusion, or physical bullying or violence, which the victim does not want. While some ties the feature of "peer abuse" and "repeated activity" into the definition of bullying, others acknowledge single instances and age difference in their definitions of bullying. Bullying occurs in schools, workplaces, in homes, on playgrounds, in the military, and in nursing homes, for example. In the article "Uncovering the hidden causes of bullying and school violence" published in Counseling and Human Development in February, 2000, Barry K. Weinhold states that bullying is the most common type of violence in contemporary US society. Although a form of harassment, bullying is considered to be a separate category from sexual harassment.

Why Do People Bully?

There are a variety of reasons why people bully.

â€¢ Cultural Causes of Bullying In a culture that is fascinated with winning, power, and violence, some experts suggest that it is unrealistic to expect that people will not be influenced to seek power through violence in their own lives. Researchers point to the World Wrestling Federation (WWF) as glorification of bullies in the name of entertainment and point out that the high rate of domestic violence means that many young people grow up expecting that violence is an acceptable way to get what one wants.

â€¢ Institutional Causes If the institution at which the bullying takes place - whether the home, the school, or the workplace - does not have high standards for the way
people treat each other, then bullying may be more likely and/or prevalent and have an influence on why people bully.

â€¢ Social Issues The fact that one gets more social recognition for negative behaviors than for positive ones can also contribute to reasons why people bully. Situation comedies and reality television, as well as real life situations in schools, for example, show that acting out is more likely to get noticed than behaving oneself civilly and courteously. Jealousy or envy and a lack of personal and social skills to deal with such feelings can also be reasons why people bully.

â€¢ Family Issues Families that are not warm and loving and in which feelings are not shared are more likely to have children who bully, either within the family home or in other locations in which the children meet others. Another home environment that is prone to producing bullies is one in which discipline and monitoring are inconsistent and/or a punitive atmosphere exists.

â€¢ The Bully’s Personal History Children who experience social rejection themselves are more likely to "pass it on" to others. Children who experience academic failure are also more likely to bully others.

â€¢ Having Power Some research indicates that the very fact of having power may make some people wish to wield it in a noticeable way, but it is also true that people may be given power without being trained in the leadership skills that will help them wield it wisely. Either situation can contribute to why people bully others.

â€¢ Provocative Victims People who are annoying and condescending to others and/or aggressive verbally, or in other ways that are not picked up by those in authority, may contribute to the dynamic that can be characterized as bullying by one individual but actually grows out of provocation by another individual.

Unreliable Reports

According to StÅ¥le Einarsen of the University of Bergen in Norway in "The nature and causes of bullying at work," because most reports of bullying come from a victim, in cases in which there is a provocative victim or the so-called bullying stems from a dispute between the parties or other pre-existing interpersonal conflict, outside evidence should be gathered before it is concluded that bullying has taken place.

So, why do people bully? There are many reasons. But, one thing is clear regardless of why people bully, any type of bullying needs to come to an end.

Sources
findarticles.com
ag.ndsu.edu
worktrauma.org
Episode 1: Bullying

There has been a lot of media attention recently on the problem of bullying. Bullying can lead to lasting psychological problems, and psychologists have spent many years studying the issue.

Video Transcript

**Dr. Anderson:** Hello, and welcome to “This Is Psychology.”

I’m Dr. Norman Anderson, CEO of the American Psychological Association.

The problem of bullying has received a great deal of media attention recently, and for good reason. Bullying can lead to lasting psychological problems, including lowered self-esteem, depression, anxiety and even thoughts of suicide.

So how do we define bullying? 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, such as cyberbullying—or using the Internet, mobile phones or other digital technologies to harass.

Someone who is bullied typically has trouble defending him- or herself and does nothing to “cause” the bullying. Bullying is not a phase children have to go through. It is not “just messing around.” And it is not something to grow out of. Bullying can cause serious and lasting harm.

Recently, I participated in The White House Conference on Bullying Prevention. That event—led by President and Mrs. Obama—brought together approximately 150 students, parents, teachers, nonprofit leaders, experts, advocates,
and policymakers to discuss how we can work together to make our schools and communities safe for all students. It was a great opportunity to brainstorm and share resources and solutions.

APA and psychologists have worked on the problem of bullying for many years. Psychologists have conducted cutting-edge research into the causes of bullying, as well as the most effective strategies to prevent it in the first place. Thanks to this research, we know that there is no single cause of bullying. Rather, individual, family, peer, school and community factors can influence the occurrence of bullying behavior. Knowing these characteristics is important to developing prevention strategies. Research in psychology and other fields has shown that effective bullying prevention programs involve long-lasting school-wide programs that incorporate firm, positive discipline practices and provide intensive training for parents, teachers and children.

APA and our members have developed a wealth of materials and information for parents, teachers, psychologists and even kids who are being bullied. These include books, articles and guides for parents and teachers. Many of these resources are on our website at apa.org. There is also a website developed by the federal government at stopbullying.gov. So if you or someone you know needs help or wants to join in the effort to end bullying, please visit these informative websites.

Thanks for watching "This is Psychology."