**Bullying Interview**

**In your own terms, how do you define bullying? There is a conventional definition thrown around, but I want to hear yours.**

Bullying in my mind is when someone in a position of power, whether physical or emotional, exerts that power over someone in a lesser position and in a constant and consistent manner over a period of time.

**Why do you think bullying happens?**

I think there is a range of reasons that can cause someone to bully but most commonly, I have seen it happen when someone feels insecure about themselves and therefore wants to feel in control and may lash out for that reason

**How can bullying affect ones mental health, in the short term and long term?**

Bullying can affect both the person doing the bullying and the person being bullied in a negative way. In the short term, it can make people feel sad, upset, angry, and can affect them negatively and in the long term, many people who were bullies can recognize the effect they had on others and feel upset at the way they treated others. Overall, bullying causes negative effects on many different people including the bullier, the bullied, and the bystanders

**How do the effects of bullying differ based on different ages of students?**

* **What are they like for elementary school students?**

I would say often times, in primary school, bullying can look like one child consistently targeting another child on the playground or making small comments to put other students down or make fun of them

* **What are they like for middle school students?**

Middle school students typically you see many comments made by individuals trying to put each other down, including verbal and online comments. They often try to get others to put the person down. This tends to be where physical bullying can become more serious and actually hurt people

* **What are they like for high school students?**

High school tends to be similar to middle school, but I would say that in high school, students tend not to reach out for help as much, they often will try and hide the fact that someone is targeting them.

**What is unique about the impact of bullying on mental health?**

I would say many students who experience bullying struggle with mental health due to the persistent and cruel nature bullying can have. Students tend to have other areas of their life impacted including extra curricular activities, friendships, and academics.

**What is the impact of bullying on the mental health of the person doing the bullying?**

I would say that the person doing the bullying often is experiencing something themselves that is causing them to be a bully to others and can often have a lower self esteem.

**After a bullying incident, how long would someone feel impacts on their mental health?**

I think that this can affect someone for many years after the bullying stops because there are moments that may remind them of how they felt when they were being bullied and that can cause some of the symptoms to come back. Taking a stand against bullying is so important to gain that sense of control back and feel empowered

**If someone is in a terrible mental state after being bullied, how should they treat themselves?**

I would say they should seek support from parents, teachers or a therapist if needed. I also think that positive self talk can be an important part of healing after experiencing bullying and helping them know that they are worth it and they are important.

**How does COVID-19 impact bullying overall?**

I think the use of screens has caused some students to have more access to feeling empowered to message mean things to each other meaning there are more concrete things that show students bullying, but overall I don’t know if Covid has impacted or made it more or less prevalent than other year

**How does living in a pandemic world change the way people are impacted by bullying?**

I would say for students in other schools, if they are not in school, it can happen more behind closed doors without teachers knowing especially with the use of technology.

**How prevalent has bullying historically been at BISB?**

Typically we have not had a large problem with bullying and students will often come to our school from other schools after being bullied. Most students here tend to be great advocates for positivity, however, as with any school, there are always going to be instances of bullying and we try to teach curriculum for younger students through middle school about how to prevent bullying. I think with high school students, it tends to go more under the radar than with younger years because high schoolers tend to not want to seek help from adults.

**Describe how the school has dealt with this bullying overall?**

We have an anti-bullying policy and we teach students from younger years up through middle school about anti bullying and have in the past had anti bullying days. We could always do more for this and would love to have student advocates share their thoughts on how we can help with bullying

**Is the school changing their approach to deal with bullying as a result of covid?**

I don’t think we have changed our approach as we always say we have a zero tolerance bullying policy.

**What is your advice to students to deal with bullying?**

Seek help from a trusted adult-we try our best to keep students from feeling targeted but it makes it difficult to help with what we don't know. Also teachers are always willing to listen to student feedback about this so please reach out!