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## C4P News

Focus on Bullying

### Center for Parenting Update

**Staffing Update:** C4P staff now consists of nine team members.

- **Dr. Heidi Stolz and Dr. Denise Brandon:** Co-Directors
- **Eliza Smiddy**  
School Counseling M.S. Student
- **Kamella Carmino**  
CFS Ph.D. Student
- **Bonnie Pluta**  
CFS M.S. Student
- **LeAnn Backs**  
CFS B.S. Student
- **Lauren Esworthy**  
Psychology B.A. Student
- **Brook Beasley**  
CFS B.S. Student
- **Rachel Davis**  
CFS B.S. Student

### Meetings, Trainings and Events

- **The Promoting Healthy Weight Colloquium Middle Childhood: Nutrition, Physical Activity and Parenting** will be held on September 23rd from 12:30 PM to 5:30 PM, EDT. Visit <http://nutrition.utk.edu/seminars/HealthyWeightColloquium.html> for more information.
- **The 2011 Connecting for Children's Justice Conference** will be held November 20-22 at the Sheraton Music City Hotel in Nashville, TN. For more information visit <http://www.tncac.org/ccj>
- **A Fair Chance To Parent: An Interactive Training on Supporting Parents with Intellectual Disabilities.** Free four hour training designed for child abuse prevention providers, parent educators and social service workers. For more information: (901) 448-6669 or [btate@uthsc.edu](mailto:btate@uthsc.edu)
  - 9/27/11 Caryville, TN
  - 9/28/11 Johnson City, TN
  - 9/30/11 Chattanooga, TN

### C4P Trivia Question

According to a recent study conducted by the National Center for Education Statistics, what percentage of students experienced bullying but did not report the incident?

- A. 22%      B. 35%  
C. 64%      D. 47%

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift card.

### Featured Professional

Dr. David Dupper is Associate Professor of Social Work at the University of Tennessee, Knoxville. A former school social worker, Dr. Dupper has an interest in the topic of bullying and has done research in this area for over twenty years. When C4P staff members interviewed Dr. Dupper, he said parents and parent educators should know:

- It is important to recognize the difference between teasing and bullying. Teasing occurs more among equals, while bullying is an intentional act against someone who cannot defend themselves.
- Often, adults want to wait for the victim to defend themselves. Instead, they need to step in and protect the victim. The bully needs to be confronted by someone who is older and who has more control.
- Bullying is a group effort. More attention needs to be directed towards witnesses and bystanders to change the dynamic so they are not helping the bully.
- It is important for adults not to believe that "kids will be kids" and that bullying is normal. Bullying is a different form of abuse and should not be tolerated.
- In order for bullying to stop, everyone in the community must work together to be proactive against bullies. Everyone needs to recognize their role in this process and take the appropriate actions when needed.

### Research Update

Previous research on traditional bullying has shown that high life satisfaction and strong social support can protect adolescents from some of the negative outcomes that are associated with bullying victimization, such as lowered self esteem. With the new dawn of the technological era, bullying has moved into a new arena, now called cyber bullying. A recent dissertation by Melissa Ubertini examined the emotional and psychological impact of cyber bullying in adolescents and the effects of life satisfaction and social support on these outcomes.

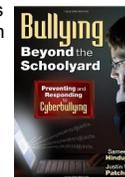
- According to the study, being a victim of cyber bullying predicted higher levels of depression and lower levels of self esteem. However, being a victim of cyber bullying did not predict higher levels of loneliness or social anxiety.
- Life satisfaction and strong social support did not appear to moderate any of the findings. These have been protective factors against more traditional forms of bullying in the past, but were not buffers against cyber bullying.
- The new research on cyber bullying, including Ubertini's results, reinforces the notion that cyber bullying can be harmful to the psychological well being of adolescents.

Ubertini, M. (2011). Cyber bullying may reduce adolescents well-being: Can life satisfaction and social support protect them? *Dissertation Abstracts: Section B: The Sciences and Engineering*, 71, 7743.

### Featured Books

**Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying** by Sameer Hinduja and Justin W. Patchin gives a thorough introduction to this misunderstood educational problem of cyber bullying. They also offer practical advice for teachers and administrators on how to identify bullies and victims, prevent online harassment, handle legal concerns, and respond when cyber bullying occurs.

**Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying** is also the featured book for the [Education Week Teacher Book Club](#). A discussion about the book will take place October 25-28. If you would like to become a member of the book club, [click here](#).



**The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle (Updated Edition)** by Barbara Coloroso gives parents, caregivers, educators, and even kids the tools to help break the cycle of violence. Taking into account the role of the bully, the bullied, and the bystander, Coloroso breaks down the behavior that defines each role and examines the specific ways people in each role can change their behavior in order to improve the outcome when bullying occurs.

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Questions or comments? E-mail us at [center4parenting@utk.edu](mailto:center4parenting@utk.edu) or call 865-974-3922