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Bullying transcript

Dealing with bullying :30

"The most effective strategy for dealing with bullying is really changing that environment, and making it more respectful. So, for parents who are concerned, either their child being a bully or their child being victimized by other children, it's really important to team up with the community, support what is already happening in the school or support getting programs started within a school environment that promote inclusion and respect."

Effects of bullying :26

"If the bullying that is experienced is creating stress, so whether that's worrying about the next time that's going to happen, worrying about what other people think of them, or depressed mood, things just aren't fun anymore, feeling depressed, having a lot tearful episodes, those would be signs to seek psychological help for someone who is being victimized."

Top dog bully :14

"We see this peak especially in the junior high years because everyone is trying to be top dog. There are two ways you can be top dog. You can be really nice to people or you can be really mean to people. And, some people are both."

What is bullying :13

"Bullying is any form of aggression that is repeated and usually involves a power differential so from one kid has more power than another kid or an adult who has more power over another adult."

Suicidal thinking :33

"Even asking questions about suicidal thinking, you know, have you ever had thoughts about hurting yourself in anyway, have you ever had thoughts of wanting to die. Asking those questions is a good thing to do. Some parents worry that asking those questions is going to put ideas in their child's head and research doesn't support that. Often times if those thoughts are in a child's head, it's a relief that someone is asking them about it and it can break down a wall that can help a conversation to get out of that."