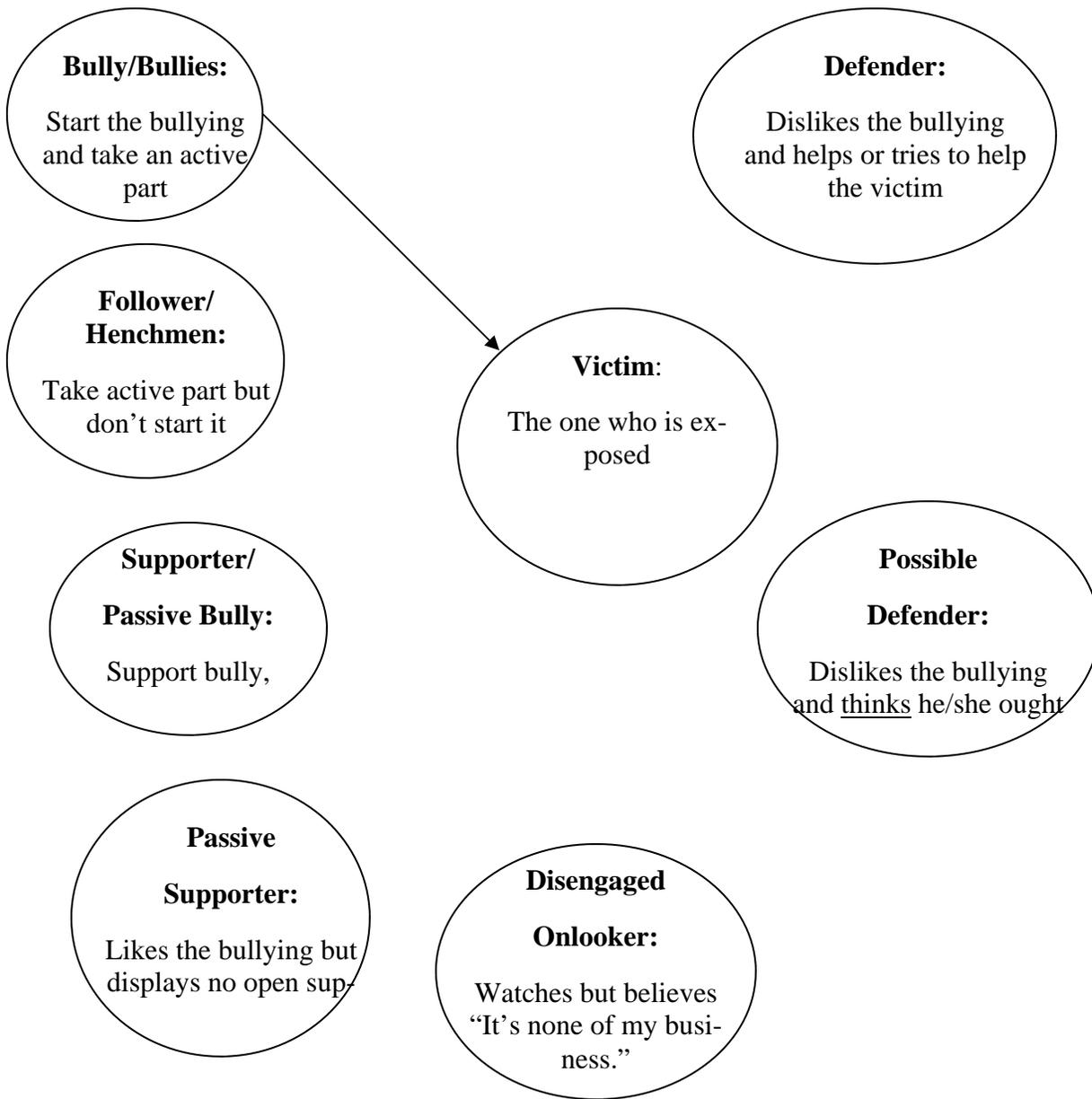




The Bullying Circle

Based on Dan Olweus' Bullying Circle





Main Roles in the Aggression Cycle

While Dan Olweus's Bully Circle describes many distinctive roles within the cycle of peer aggression, each role revolves around the three main roles below:

Aggressor (bully)

Bystander

Target

When working with students, especially younger students, it is wise to focus on these three main roles as long as all the variations in between are also discussed.

Some bystanders, for instance, may be tacitly or actively supporting the aggressor or aggressors. Some bystanders may feel great empathy for the target or targets, but may say nothing at all or even laugh, seemingly in support of the aggressor. Some bystanders may be physically present, but may not actually be tuned in at all to the situation unfolding around them. Some bystanders, then, may actively support the target in a variety of ways.

Pointing out that the roles are fluid, that we may find ourselves playing different roles from day to day, is an important insight to share with students. The goal is to empower all kids to understand their actions and how those actions affect their social climate.

By giving the entire student body and staff a common language and background for discussing relational aggression, a school can more effectively deal with students' behavior and concerns.

Through recognizing and being held accountable for the roles they play in aggressive situations, students are empowered to learn and grow.

Through such self-reflection and examination of behaviors and consequences, students can learn to exhibit more positive social behaviors, and thus, develop healthier social relationships with their peers.



Team LEAD Bystander Leadership Program

The Language of Aggression

Relational Aggression	Behavior that is intended to harm someone by damaging or manipulating his or her relationships with others (<i>Crick and Grotpeter, 1995</i>)
Physical Aggression	Harm through damage or threat of damage to another's physical well-being (<i>Crick and Grotpeter, 1995</i>)
Verbal Aggression	Obvious and/or hidden verbal acts of aggression toward a child such as threats, putdowns, and name-calling
Bullying	Negative actions <u>intended</u> to hurt another person, carried out by physical contact, words, nonverbal communication, rumors, and intentional exclusion. <i>We no longer believe that the acts must be carried out repeatedly or be characterized by an imbalance of power in order to be considered bullying as former definitions of bullying used to state.</i>
Aggressor	The person who chooses to hurt someone or damage a relationship.
Target	The person who is on the receiving end of the aggression.
Bystander (Kid in the Middle)	A person who is not the main aggressor or the target but is caught somewhere in between; this person's action or NON-action plays an integral role in each aggressive incident.
Overt Aggression	Obvious, blatant acts of aggression
Covert Aggression	Hidden, under-the-radar acts of aggression that are more difficult to catch



Key Types of Aggression

Physical Aggression: *Taking physical action (such as hitting, kicking, tripping, and so on) to hurt someone*

- Overt physical aggression - Easy to see, blatant acts of aggression
- Covert physical aggression – Sneaky, under-the-radar acts of aggression that may be masked as “accidental”

Verbal Aggression: *Using words to hurt others either face to face or behind the back*

Some examples:

- Name-calling
- Gossip
- Spreading rumors
- Insults in the guise of “just joking!”

Nonverbal Aggression: *Using body language, facial expressions, and so on to display disrespect, disgust, dislike, or contempt for another person*

Some examples:

- Eyeball rolling
- Turning one’s back on someone
- Blank stares or dirty looks
- Lack of eye contact

Relational Aggression: *behaviors that harm others by damaging or manipulating their social relationships (Crick & Grotpeter, 1995)*

All of the previous types of aggression can be used within a relational aggression context.

Some examples of R.A. behavior:

- Exclusion
- Three-way calling set-ups
- Making fun of others in order to embarrass them socially
- Copying and pasting instant messages to cause drama among friends
- Creating and spreading rumors to discredit someone
- Creating hurtful nicknames for others