



Let's talk about feelings

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Learner Objectives

- Learner will be able to identify types of bullying
- Learner will be able to identify signs of bullying
- Learner will be able to describe the Children's Peer Relationship Scale tool and how it can be used as a clinical tool

Bullying

- CDC (2019) defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.



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Types of bullying

Common types of bullying:

Physical

hitting, kicking,
punching, spitting,
tripping, pushing



Emotional

teasing, name calling,
inappropriate sexual
comments, or verbal
or written threats



Social

excluding someone,
spreading rumors,
making embarrassing
comments



Signs of bullying

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

<https://www.stopbullying.gov/bullying/warning-signs>

Children's Peer Relationship Scale

Children's Peer Relationship Scale

Elementary School Survey

Name: _____ Date: _____

1. How do you feel about school?

- I like school.
- School is okay.
- I don't like school.

Comments:

2. Do you have good friends in school?

- I have some good friends in school.
- I have one good friend in school.
- I don't have good friends in school.

Comments:

3. Do you have a best friend?

- I have a best friend.
- I sort of have a best friend.
- No one is really my best friend.

Comments:

4. How do other kids feel about you?

- Mostly, other kids like me.
- Sometimes, other kids don't like me.
- Other kids don't really like me.

Comments:



5. What do you do after school?

- I usually see friends after school.
- Sometimes I see friends after school.
- I never see friends after school.

Comments:

6. Do the other kids tease you about your hearing loss?

- No one teases me about my hearing loss.
- Sometimes kids tease me about my hearing loss.
- Other kids tease me a lot about my hearing loss.

Comments:

7. Do you know other kids who have a hearing loss?

- I know other kids who have a hearing loss.
- I know one other kid who has a hearing loss.
- I don't know other kids with hearing loss.

Comments:

8. What do you think about your hearing aids/cochlear implants?

- I really like wearing my hearing aids/cochlear implants.
- My hearing aids/cochlear implants are okay.
- I hate wearing my hearing aids/cochlear implants.

Comments:

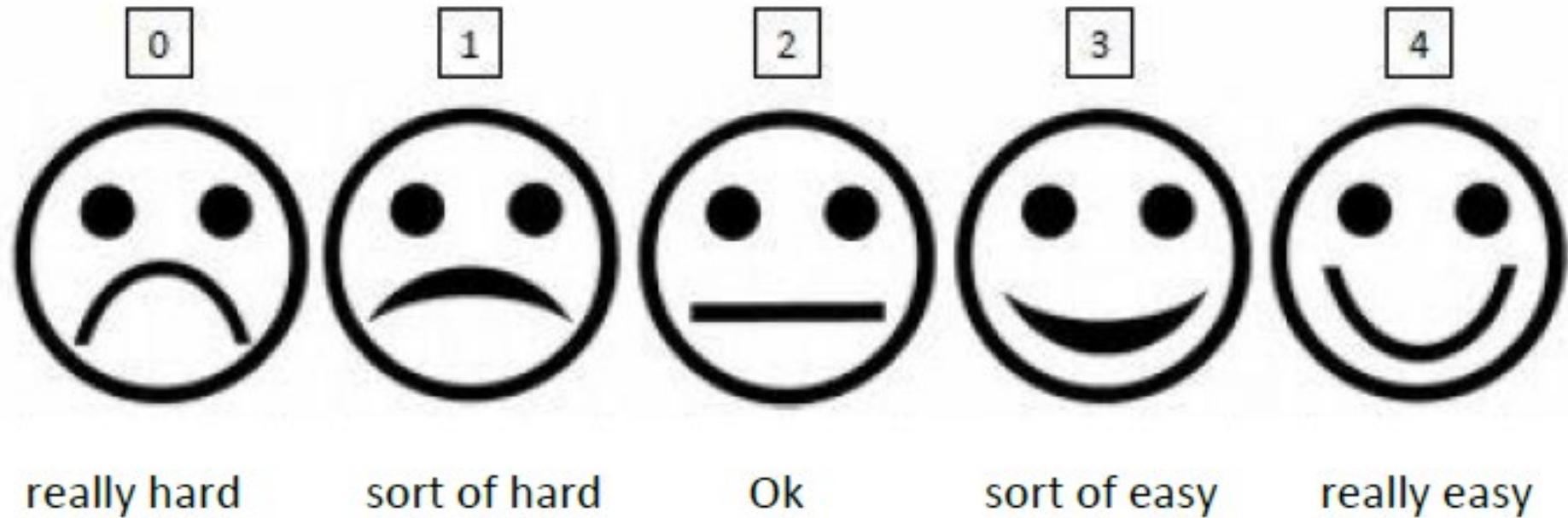


English, K. (2002). In *Counseling children with hearing impairment and their families*. Boston: Allyn & Bacon. Reprinted and reformatted with permission of the author.

Age Range: Grades K-6

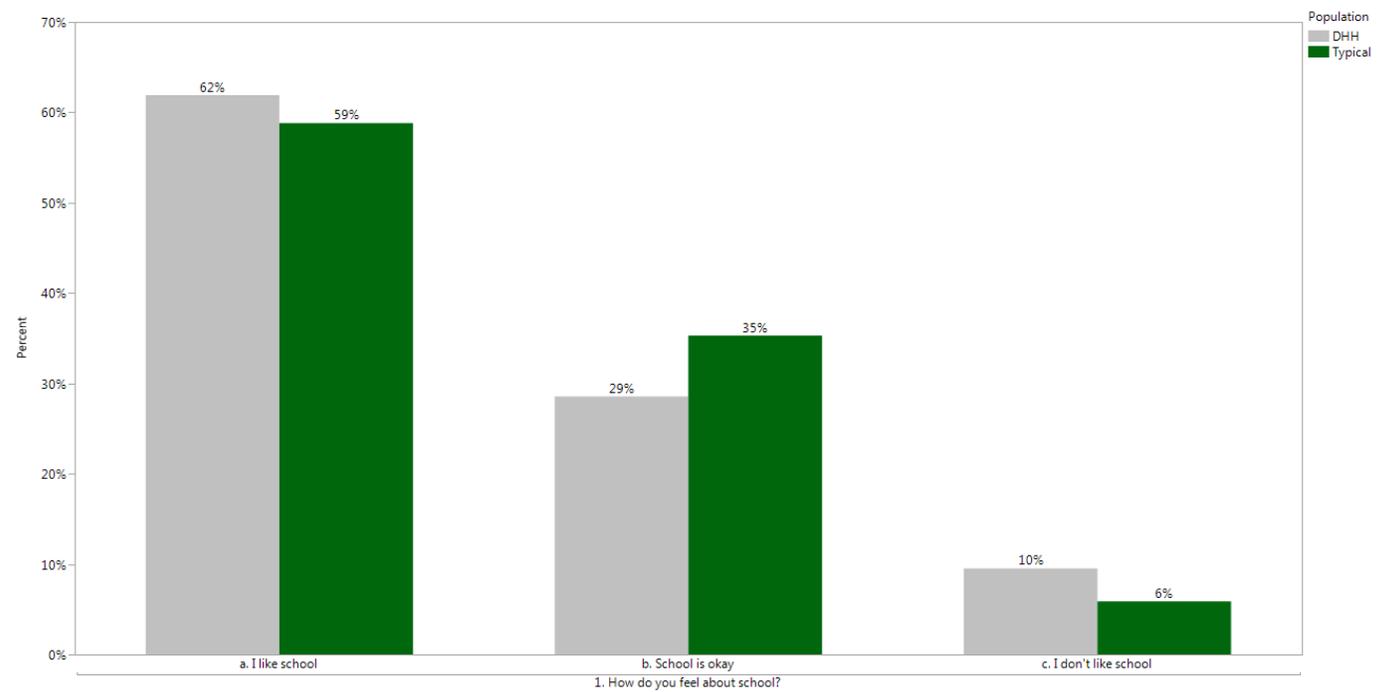
Follow-up questions

1. How easy were those questions to answer?

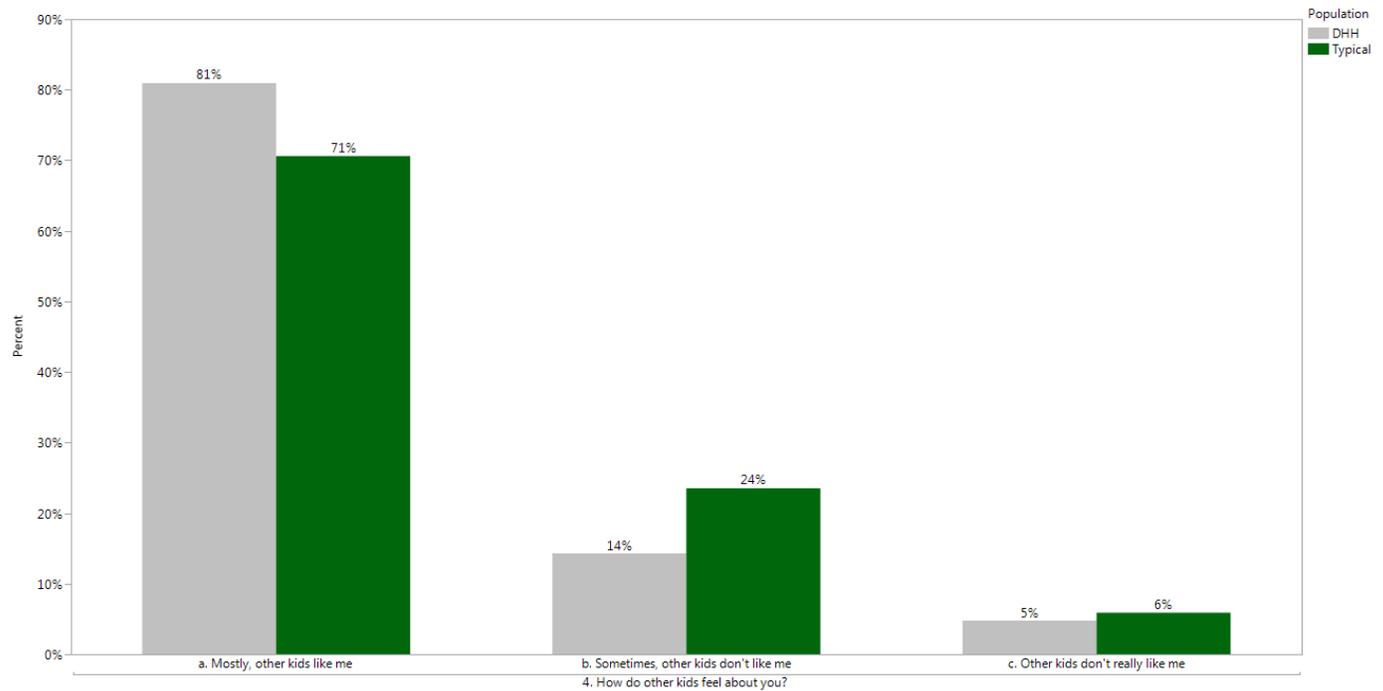


Our findings...

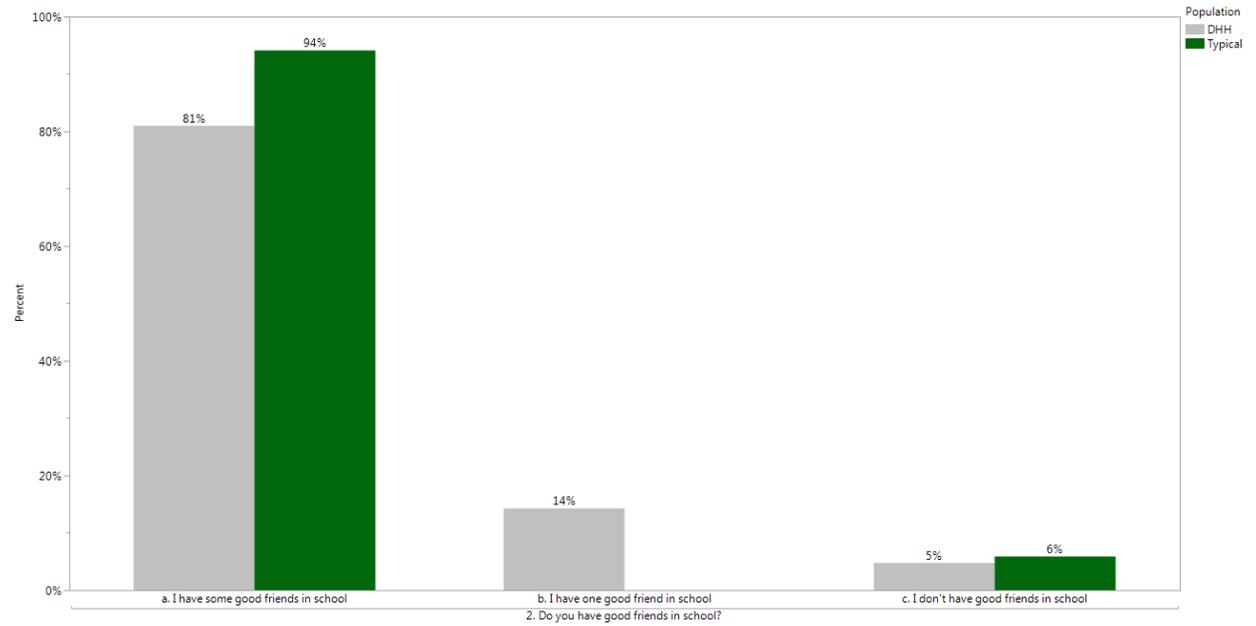
How do you feel about school?



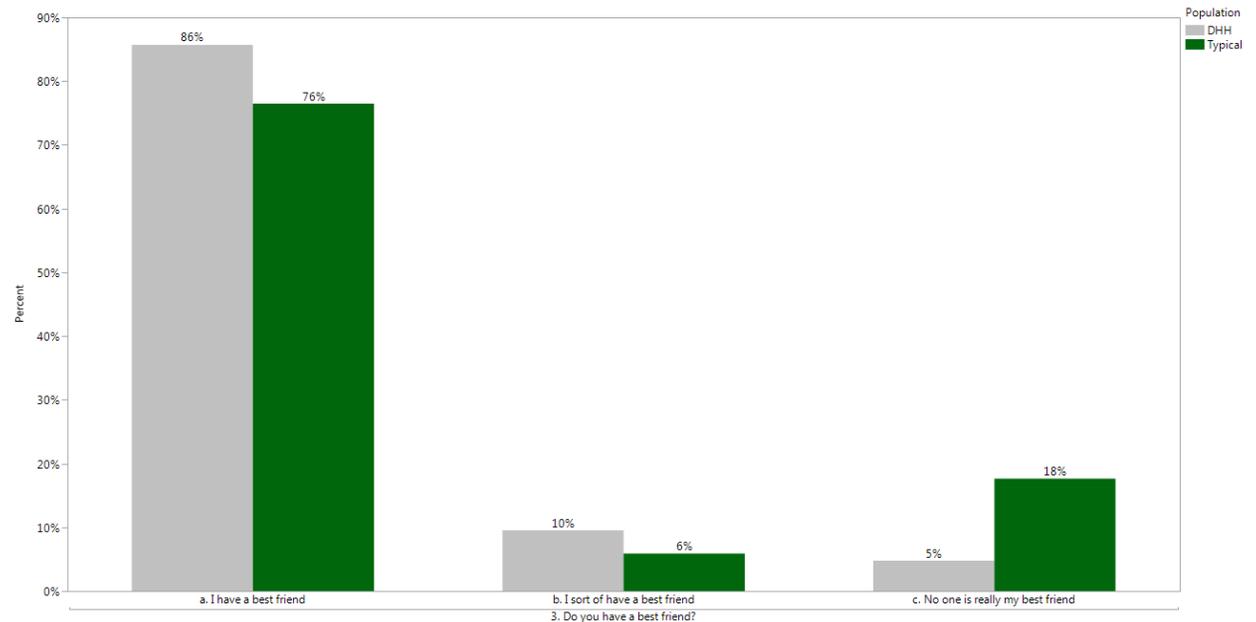
How do other kids feel about you?



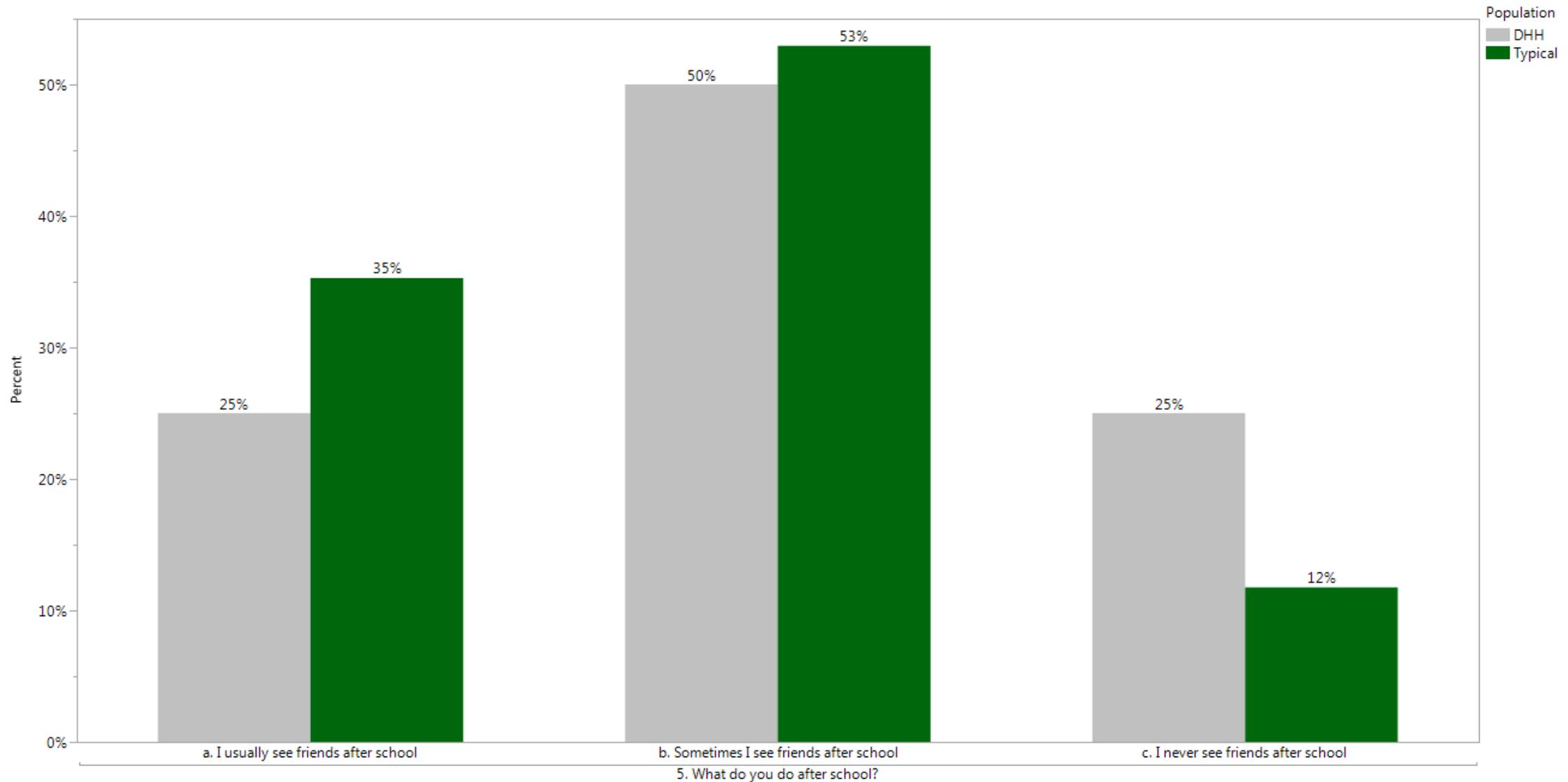
Do you have good friends at school?



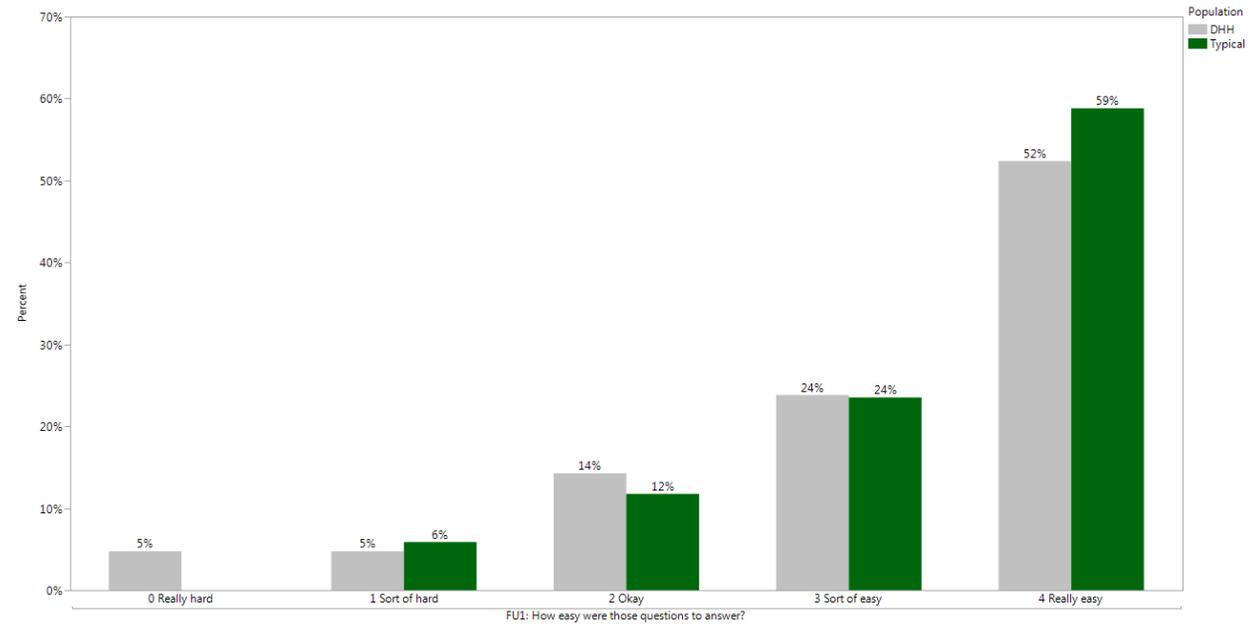
Do you have a best friend?



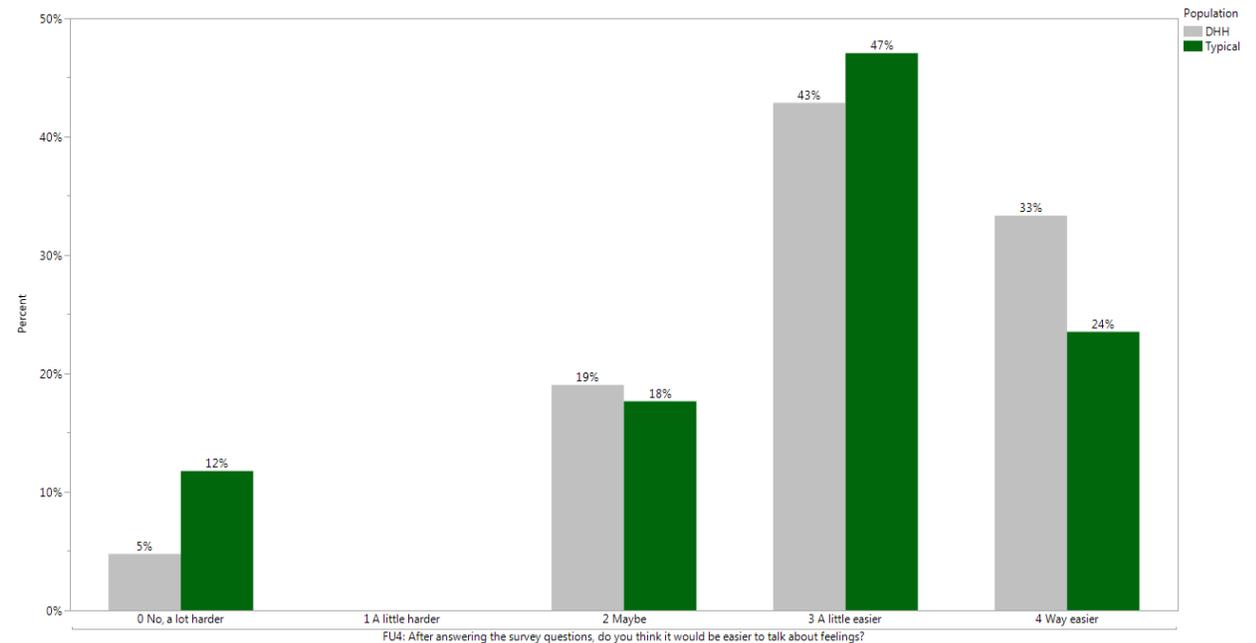
What do you do after school?



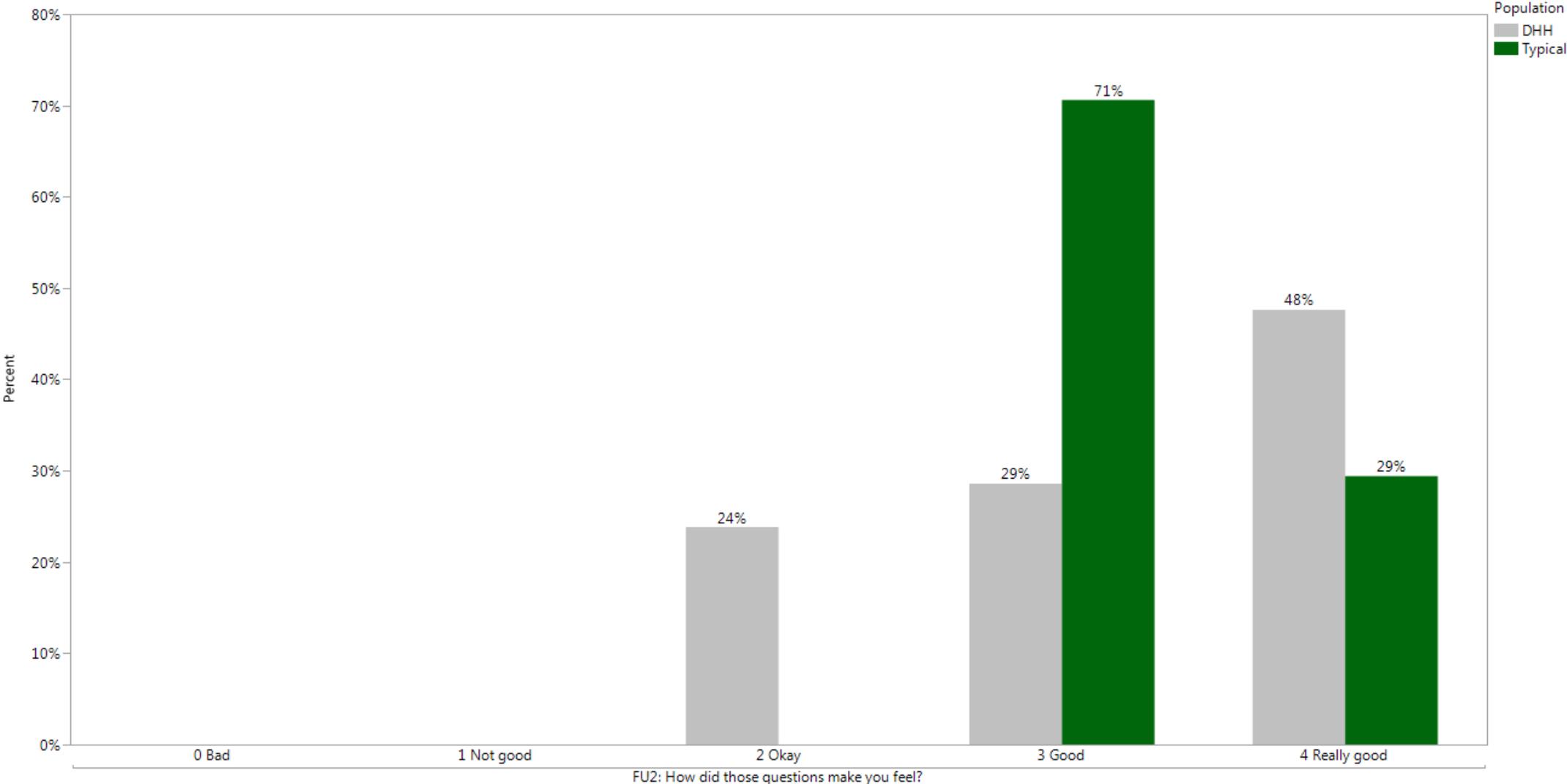
How easy were these questions to answer?



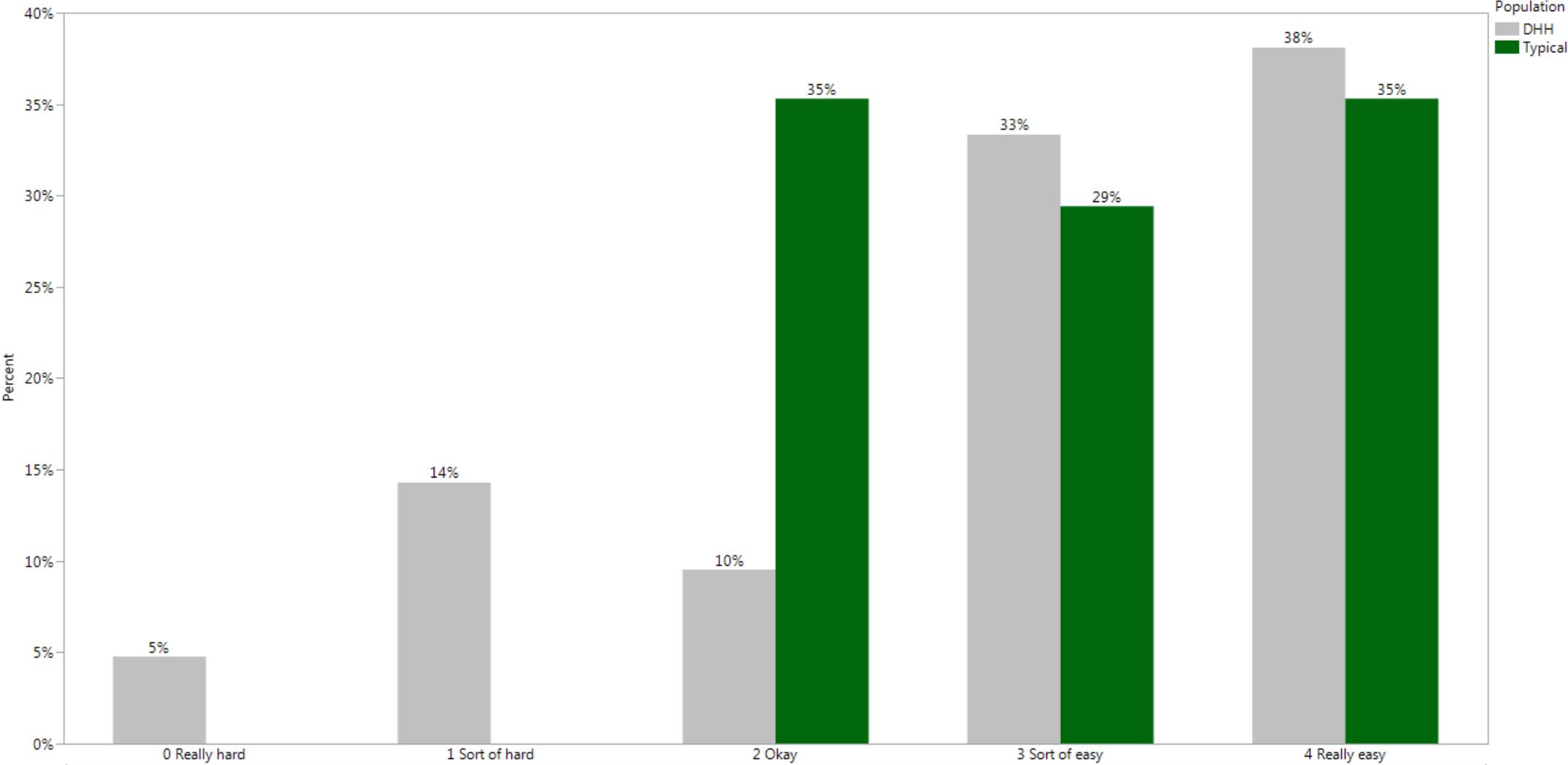
After answering the survey questions, do you think it would be easier to talk about your feelings?



How did those questions make you feel?



How easy is it to talk about your feelings?



FU3: How easy is it to talk about your feelings?



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Case studies

Katie, 2nd grade girl

1. How do you feel about school?

- I like school.
- School is okay.
- I don't like school.

Comments:

2. Do you have good friends in school?

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Comments:

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- I have a best friend.
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- No one is really my best friend.

Comments:

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- Mostly, other kids like me.
- Sometimes, other kids don't like me.
- Other kids don't really like me.

Plan- Practice with mom (1) answering questions about hearing aids, (2) explaining her hearing loss. Katie was given a goal of talking to one person at school (teacher or friend) about her hearing loss/aids.

Katie returned to clinic and told me that she and mom presented on hearing loss and hearing aid to Katie's 2nd grade classroom.

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Comments:

4. How do other kids feel about you?

- Mostly, other kids like me.
- Sometimes, other kids don't like me.
- Other kids don't really like me.

Comments:

Jack, 5th grade boy

1. How do you feel about school?

- I like school.
 School is okay.
 I don't like school.

Comments:

2. Do you have good friends in school?

- I have some good friends in school.
 I have one good friend in school.
 I don't have good friends in school.

Comments:

3. Do you have a best friend?

- I have a best friend.
 I sort of have a best friend.
 No one is really my best friend.

Comments:

4. How do other kids feel about you?

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 Other kids don't really like me.

5. What do you do after school?

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 Sometimes I see friends after school.
 I never see friends after school.

Comments:

6. Do the other kids tease you about your hearing loss?

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- I really like wearing my hearing aids/cochlear implants.
 My hearing aids/cochlear implants are okay.
 I hate wearing my hearing aids/cochlear implants.

Dear Brandy-

I don't know if Jack told you or not, but he had a breakthrough yesterday during my Civil Rights Lesson on Individuals with Disabilities.

We covered all kinds of disabilities and how they affect kids and adults, and the laws passed for disability rights. During the recess break, Jack asked me if I would show his hearing aids to the class. With a little prompting, he shared with his classmates the challenges of having to wear aids and what noises bother him, and how things sound to him.

It was awesome! He said it didn't bother him any more that he wears them, and the kids were very impressed. It also gave them something to think about when we discuss the noise level in the classroom.

So proud of him! Have a good weekend!

Mrs. Carter

Take home message

- Watch for signs of bullying
- Consider using scale as a tool for kids to talk with parents/providers
- See something, say something
- Always investigate if concerns are brought forward by anyone

Questions