



ÁLLATORVOSTUDOMÁNYI

EGYETEM · BUDAPEST

# *Bullying & mobbing in the university setting*

*by Human-Service*  
Student Support & Counseling Services

[www.mentalhub.hu](http://www.mentalhub.hu)

# Programs in the fall semester

- **September:** Adjusting to a fast-paced academic environment
- **October:** Learning techniques & challenges of learning
- **November:** Bullying & mobbing concerns on-campus
- **December:** Dealing with stress and failing
- **January:** workshop on value-based decision-making – to *sign up* – write to: [mhc@human-service.hu](mailto:mhc@human-service.hu)

If having difficulties - available on-campus  
*Student Support & Counseling Services*

**Office hours:** Mondays and Thursdays between  
10 am – 2 pm in building „H” Room # 308.

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# Bullying and its variations

- What sets bullying apart from mean behavior is that bullies intend to harm their targets. The following 3 items are observed:
  - Power imbalance
  - Repetitive actions
  - Intentional actions
- **Mobbing** – how does that differ from bullying? – ***bullying of individual by a group.***
  - Horizontal and vertical orientation
  - Obvious or hidden variation can occur in academia
  - CHECKLIST OF MOBBING INDICATORS:  
<http://www.kwesthues.com/checklist.htm>



# Types & forms of bullying

- Physical
- Verbal
- Relational Aggression
- Sexual
- Prejudicial
- Cyber bullying
- Parental bullying of children
- Disability bullying



# Difference between peer conflict vs. bullying

- Equal power
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power or attention
- Not trying to get something
- Remorse – will take responsibility
- Effort to solve the problem
- **Imbalance of power**
- **Repeated negative action**
- **Purposeful**
- Serious with threats of physical or emotional harm
- Strong emotional reaction from victim and little or no emotional reaction from bully
- Seeking power, control or material thing
- No remorse – blame victims
- No effort to solve problems

# Myths about bullying

- Bullying situation is getting better over time
- Bullying only happens face to face
- Everyone responds to bullying in a similar fashion
- Reporting bullying to the school will solve the problem
- Bullying always includes physical aggression
- There's one clear way to solve the problem
- Bullying is the same thing as conflict.
- Bullied persons need to learn how to deal with bullying on their own.
- Most people who observe bullying don't want to get involved.



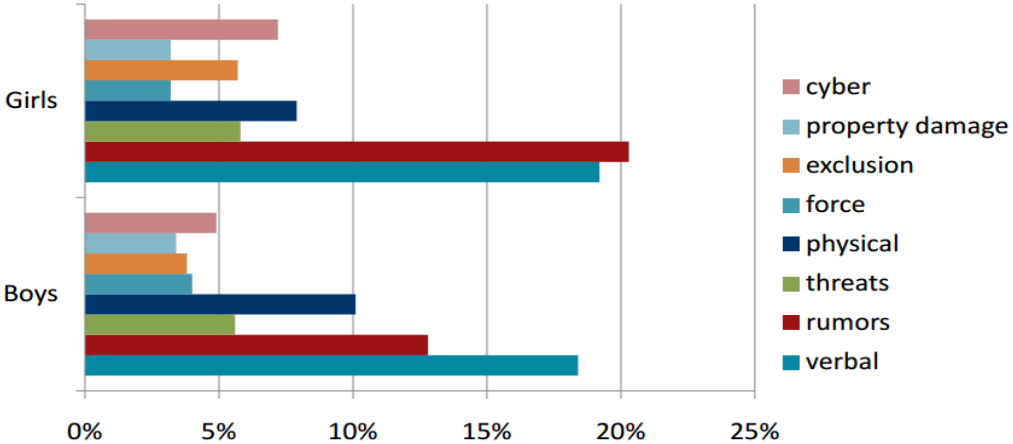
# Stats.:

According to a  
**2011**  
Harvard School of Health  
Study

Male bullies are nearly four times as likely as non-bullies to grow up to physically or sexually abuse their female partners.

By age **24**, **60** percent of former school bullies had been convicted of a criminal charge at least once.

## Differences in the Types of Bullying Experienced by Boys and Girls (NCES, 2011)



(Bully victims in general are between 2 to 9 times more likely to consider suicide than non-victims. According to a study by the JAMA Pediatrics Network (USA) in 2013, 80 percent of the youth who commit suicide do it due to peer victimization and bullying.)

# Bullying in medical schools

- 10-12% of UNIVET students have experienced bullying on-campus (2016 survey of HU. and international students)
- Conservative traditional hierarchical structures and teaching methods could be among the reasons why bullying cycle occur in medical schools according to a AMA study. (<http://journalofethics.amaassn.org/2014/03/fred1-1403.html>)

Closed communities (study groups, student associations) are at greater risks.

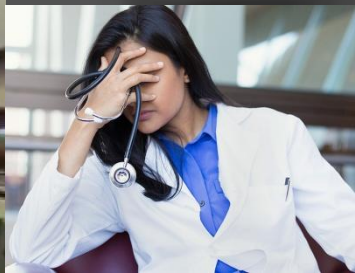




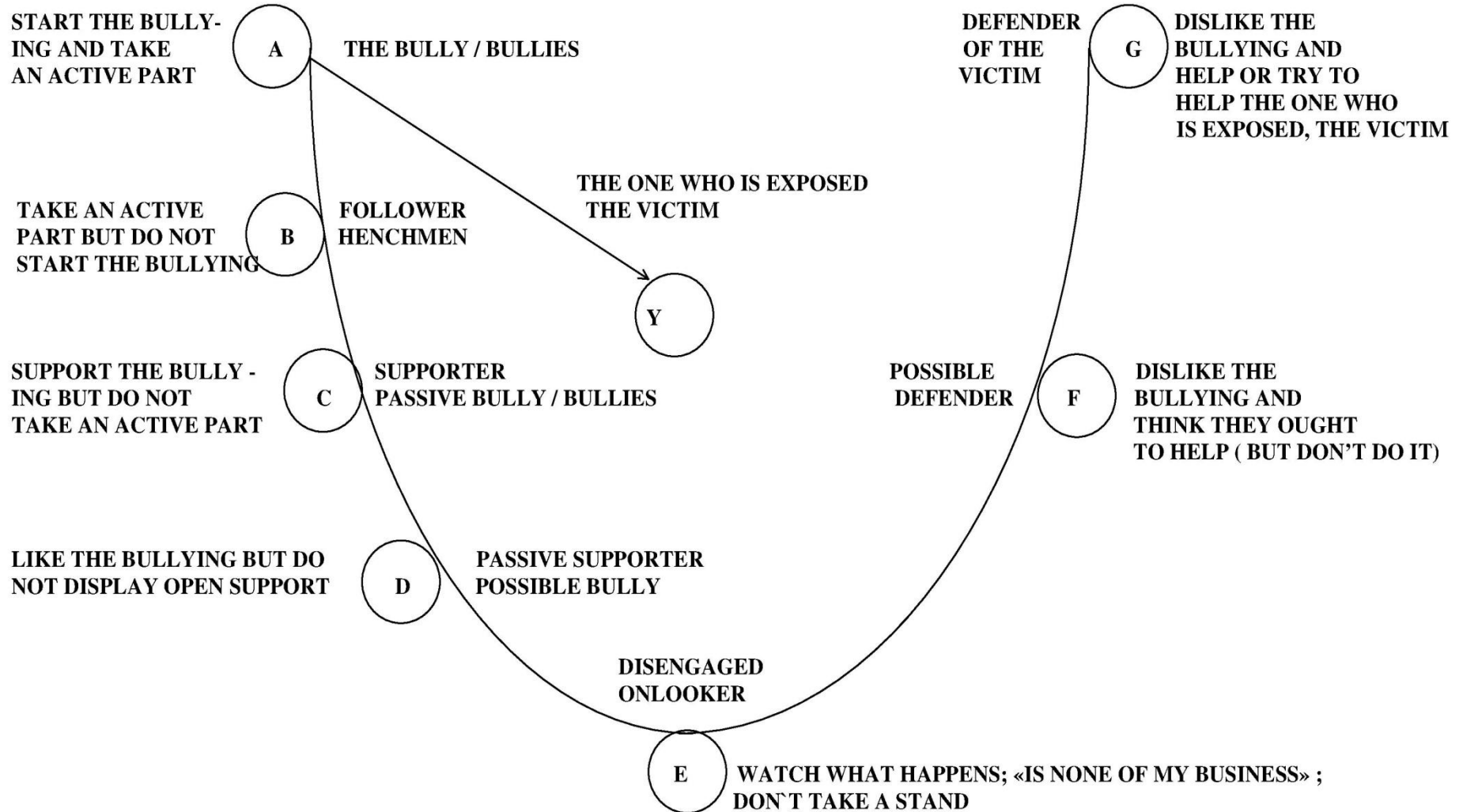
- **Medical schools:** students may experience verbal abuse, humiliation and harassment (nonsexual or sexual). Discrimination based on gender and race are less common. (Coverdale, Balon, Roberts, 2009.)

### **Potential forms vertically & horizontally:**

- being humiliated by teachers in front of patients or peers
- been victimized for not having come from a "medical family"
- being put under pressure to carry out a procedure without supervision
- being ostracized by other medical students for asking questions



# THE BULLYING CIRCLE: STUDENTS' MODES OF REACTION / ROLES IN AN ACUTE BULLYING SITUATION



# Bullies tend to exhibit the following characteristics

- They have a strong need to dominate and subdue other students and to get their own way
- Are impulsive and are easily angered
- Are often defiant and aggressive toward adults, including parents and teachers
- Show little empathy toward students who are victimized
- If they are males, they are physically stronger than other males in general



# Generalized profile of victims show some of the following characteristics:

- Are cautious, sensitive, quiet, withdrawn and shy
- Are often anxious, insecure, unhappy and have low self-esteem
- Are depressed and engage in suicidal ideation much more often than their peers
- Victims of bullying have greater difficulty making friends and are lonelier. Often do not have a single good friend and relate better to adults than to peers
- If they are males, they may be physically weaker than their peers
- The behavior of the bully-victims tends to elicit negative reactions from many students in the classroom, and the teacher often dislikes them also.

# Psychological and health effects

- Complex PTSD: The Unseen Side Effect of Bullying (prolonged traumatic experience)
- **Wrong responses:**
  - Plotting revenge
  - Engaging in bullying behavior
  - Dwelling on the bullying
  - Owning what the bully said
  - Embracing victim thinking
  - Engaging in self-destructive behaviors
  - **Remaining silent about bullying**



## **Common lies about bullying to self as a result:**

"Everyone sees me the same way the bully does."  
"What I went through wasn't that bad."  
"I should be over it."  
"I deserved it."  
"I could have done more to stop it."

# Understanding self-blame and victim blaming

**Self-blame** is linked to shame.

- *character self-blame and behavioral self-blame*
- Victims of bullying fails to recognize that bullying is a choice made by the bully, they often reassign the responsibility to themselves, which can lead to feelings of self-blame. From there, these feelings spiral out of control.

## **Victim blaming:**

“He/she deserves it.”

“He/she should change.”

“He/she caused it or brought it on himself.”

“He/she should have known better.”

“He/she didn’t fight back.”

“He/she is too sensitive.”





**Don't  
Ignore  
It**

## What to do?

- Be sure you know what bullying is
- Identify the perpetrator(s)
- Keep documentation of events/incidences
- Consult with school admin about your experience
- Report it officially
- Avoid sharing the details of the bullying with everyone!
- Take steps to stay healthy! Find emotional support and validation. Change your mode of thinking. Find closure and a new beginning
  - Do not allow to be defined by the bullying
  - Seek opportunities to grow as a person – identifying learned maladaptive patterns in your own behaviors
  - Work through trauma (attend counseling, psychodrama classes, read books etc.)
  - Encourage and support victims to report it.

# Books & further resources

- **Randy J. Paterson:** The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships, 2000.
- **Aly Walsh:** A Guide to Bullyproofing yourself in College (Beating the Bullies Book 3). 2012.
- **Lynne Curry:** Beating the Workplace Bully: A Tactical Guide to Taking Charge. 2016.
- **Margaret R Kohut:** The Complete Guide to Understanding, Controlling, and Stopping Bullies & Bullying at Work: A Complete Guide for Managers, Supervisors, and Co-Workers. 2008
- **WEB:** <http://www.overcomebullying.org/>





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