Considering mindfulness techniques in school-based anti-bullying programmes

Introduction

A situation in which a student is exposed repeatedly and over time to negative actions on the part of one or more students.

Objectives

1. To present mindfulness techniques as a way to combat and alleviate the negative effects in victims of bullying.
2. To present mindfulness techniques as a way to combat and alleviate the negative effects in victims of cyberbullying.

The consequences of bullying and cyberbullying

Victims

Anxiety, depression, social withdrawal, social isolation, low self-esteem, lowered academic achievement, reduced sense of community, lower self-esteem, poor social competence and poorer problem solving skills.

Bullies

Low self-esteem, delinquency, lower academic achievement, antisocial and academic problems.

Bystanders

Loneliness, depressive mood, lower self-esteem, depression, suicide, school absenteeism and academic problems.

Current anti-bullying programmes

1. The health services: Focus from dealing with these cases
2. The school staff: are not always appropriately skilled to deal with serious psychological issues.

Thinking outside the box. A situation in which a student is exposed repeatedly and over time to negative actions on the part of one or more students.

The implementation of mindfulness techniques in schools should be part of the school staff's training, in the same way that they receive other training on how to deal with bullying incidents.

Concluding Mindfulness

Mindfulness

Awareness that emerges through paying attention on purpose, in the present moment and nonjudgmentally.

Goal

Facilitate present moment awareness and acceptance, in such a way that control exerted by psychological content over behaviour is minimised.

Benefits

- Increased self-awareness and self-acceptance
- Reduced stress, pain and anxiety
- Improved behaviour
- Moderation of the effects of depression
- Decrease in avoidance of dealing with such emotions and increase in problem solving skills.

Conclusion

What do we need?