What are the scientific reasons for bullying?

* 1/3 kids report it
	+ Lgbtq2+ even more
	+ 40% of adults in workplace daily
* For entertainment?
	+ Teasing
	+ Criticizing
	+ Physical abuse – dominance
* Emotional scarring
	+ Long-term psychological damage
* Tony Volk – prof of child and youth studies at Brock U.
	+ Evolutionary and biological scientist
	+ Pecking order of chickens
	+ Dominance hierarchy etc.
		- …even trees – toxins etc.
	+ Aggressive toward the weak
		- Power imbalance (bullies have more)
		- Pick on someone who is “low risk high rewards”
			* Gr. 12 to gr 1 not work
				+ Not an example of challenge and conquest
				+ Need to “appear dangerous and tough but not likely to cost you anything” (Tony)
		- Work in getting stuff
	+ Not as great as it seems – it has a cost/downside
		- Burning bridges for the future
			* What you do now costs you later
		- Big costs for the victims
	+ Neuroscientists studies
		- Being ostracized affects people
		- **SUPARNA Chowdry:** I'm an assistant professor in the division of social and transcultural Psychiatry at McGill University.
		- Last 20 yr evidence of brain development during puberty
			* Responsive to social enviro
				+ Harmful exp. Affects deeply
			* ***Bullying -> stress -> psychosis***
				+ Depression – anxiety – low esteem – adolescent trauma

All this can even transmit to the next generation.

*Systemic violence*

* + - * Epigenetics
				+ Effects of exp. Are both social AND biological (from in utero onward)
				+ Social exp. Leave lasting imprints on our GENES (WOW)

Identical genome shows changes

* + Are people born to bully?
		- Maybe insecurity makes them
			* Pain felt -> put to others
	+ Nature vs nurture?
		- Not separate
			* Need both
	+ Two types of bullies
		- Bully victim
			* Sad, upset and taking out on others
			* 20%
			* Victimized and paying forward
			* Stereotypical bully
		- Pure bully
			* Winners that lack humility ->arrogant
				+ *“I deserve to dominate because I’m smarter”*
				+ 80%
* So how do we face this?
	+ Parents – know what kids are doing
		- Engage with them
	+ School
		- Empathy training
		- Involve the peer group
	+ Stand up to them
		- Don’t work on pure bully (only sometimes with victim bullies)
	+ Practice humility and promote it
	+ Make the pure bully a leader with a good purpose
		- Fills their need to be centre with positive
* Can we evolve it out of our genomes?
	+ May be undone…but super unlikely
		- Could def. reduce it
			* Systems are changing with results
* Studies show powerful and nice is preferred by most