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