

What Works?

when tackling bullying in schools
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ORGANISATION Simon Hunter, University of Strathclyde, Dept of Psychology

FOCUS How victims cope with bullying

Can you briefly describe how your initiative or project helps to tackle bullying?

I am involved in a research project that is focusing on the ways in which children and teenagers deal with bullying. As part of the project, I am investigating what strategies are

- ✓ Effective at stopping bullying;
- ✓ Effective at maintaining psychological/emotional well-being, i.e. reducing depression and maintaining self-esteem.

As well as looking at what strategies pupils use, I am also examining what influences their choice of one strategy over another. It is hoped that this will: (a) help us to influence their use of coping strategy (rather than simply telling pupils what we think is right or wrong), and (b) help us to understand why pupils ask for help.

Based on these results, I hope to be able to guide/ implement future anti-bullying initiatives.

How is this initiative being monitored and evaluated?

The research is being carried out in fulfilment of a Ph.D. in the Department of Psychology, at the University of Strathclyde.

Future plans?

Intervention work based on research results.

Any materials the school/institution is willing to share or relevant publications that are for sale?

I have published work based on my previous research that I am quite happy to send people copies of. I'm not sure how helpful these would be to schools, but they are welcome to read them.

CONTACT INFORMATION

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