



Psychology of Aggression & Bullying

Psych 461-DL2

All Online

Instructor: **Mary Curby, MA**
mcurby@gmu.edu

Office Hours: Tuesdays 2:30-3:30pm

Why do people bully each other? Are boys/girls more aggressive? Is cyber-bullying different than physical bullying? Do violent video games cause violence? Are there effective anti-bullying programs? Why do some people become psychopathic killers?

Overview & Course Goals

Text & Readings

Overview: To explore the psychological concepts/research on aggression & bullying in daily settings (family, schools, work, online).

Required Text –Texts are free and available online.

1. Identify major roles (bully/aggressor, victim, passive/active bystanders) and common cycles (power & control) in conflict in common settings.
2. Identify types of aggression (physical, verbal, relational, cyber, etc.).
3. Articulate risk/protective factors for different types of aggression/violence.
4. Develop and articulate adaptive strategies for resolving conflict.
5. Develop critical thinking and skills in evaluating current aggression research.
6. To apply knowledge of aggression to novel situations.

R. Biswas-Diener & E. Diener (Eds), Noba Textbook Series: Psychology.
Champaign, IL: DEF Publishers. DOI:
nobaproject.com

[NOBA: Aggression](http://noba.to/gadk7hn9) (<http://noba.to/gadk7hn9>)

The other readings will pull from a variety of texts, podcasts, and journal articles. They will be posted on Blackboard. I expect the readings to be completed before the lecture when the topic is covered.

Class Modules

1. Aggression and Violence
2. Risk ,Protective Factors & Development
3. Contexts: Home, School, Workplace
4. Aggression and Diagnoses
5. Prevention and Treatment
6. Conflict Resolution & Assertiveness



Module Exams:

Each Exam is 10 points,
Total -50 points.
Your *five* best exam scores will be used.
No make-up exams will be given, except under extraordinary circumstances beyond the student's control. If there is an acceptable excuse, the instructor should be contacted in advance of the exam. Students who miss an exam will receive 0 points for the exam.



Participation – 10 points

As this class is online, **participating actively** in class discussions is **required** for this course. (2 points per module for 5/6 modules)

One post, 2 responses per module required.

No late posts will be graded.

Practice Quizzes/Assignments – 10 points

Quizzes/Assignments to help you apply the knowledge will be on Blackboard for Modules.

Doing a short activity and posting a brief write up to the instructor. 2 points for 5 assignments. (Choose one for 5/6 modules)

Major Assignments

Late assignments are penalized 10% per day.

Assignment #1 – 10 points Aggression/Bullying in the News Media

For this assignment, you should choose **one** of the two options.

Aggression in the Media: Visual or Print News

5 or more clips from visual media or 5 print media (Blogs must be pre-approved by Instructor)

Review: Compare/contrast how the clips demonstrate concepts/research from class. You must reference text/class. Identify roles/cycles that were at work in your examples. How did the victim, aggressor, bystanders respond?

Reflect: How do you feel about the aggression? How would you handle that situation?

More details on Blackboard.

Assignment #2 – 10 points Aggression Analysis

3 Situations will be presented via article, podcast, or video.

Students will write a paper 1-1.5pgs, 12 point Times New Roman, single spaced analyzing the situation according to the aggression/prevention principles we discuss in the class.

Paragraphs:

1. Summary of situation
2. Connect situation to class concepts
3. Thoughts about how to diffuse the situation or resolve with assertive/conflict resolution techniques

The papers should include a brief connection between your experience and class/readings.

*Will briefly discuss 1 entry online to class in the class discussion.

Situations will be available on Blackboard.

Assignment #3 – 10 pts Aggression Prevention Brochure

Make a front and back 8 ½ * 11 brochure for parents about an instructor approved issue related to aggression, bullying, or violence.

Possible Brochure Topics:

Active Bystanders, Cyber-bullying, Over-attribution Bias, Relational Aggression, Violence and the Media, How to Handle a Bully, Risk Assessment, Bullying and Special Needs Children, Assertive Communication

Sections of the Brochure

What is it?

Risk Factors/Impact on Victim
Impact on the Individual
Course of Action, Local Resources,
Glossary of terms



Grade Calculation

Participation	10	A+ (98%+); A (93-97%); A- (90-92%); B+ (87-89%); B (83-86%); B- (80-82%); C+ (77-79%); C (70-76%); D (60-69%); F (59% & below)
Exams	50	
Module Assignments	10	
Aggression/Violence and the Media	10	
Aggression Analysis	10	
Aggression Brochure for Parents	10	
TOTAL	100%	

GMU Policies and Important Dates

Important Dates

Last day to add class/drop without tuition penalty: September 6

Last day to drop, with 33% tuition penalty: September 20

Final drop deadline, with 67% tuition penalty: September 30

GMU Honor Code

Students are expected to abide by the GMU Honor Code. Violations of the GMU Honor Code can result in failure of an assignment or failure of the course, depending on the severity of violation. All violations will be reported to the Honor Committee. Please review the honor code: <http://mason.gmu.edu/~montecin/plagiarism.htm>

Accommodation of Disabilities If you are a student with disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at [709-993-2474](tel:709-993-2474). All academic accommodations must be arranged through that office.

Student Support Services

GMU offers services to support students' academic and emotional development. Learning Services offers workshops in academic skills and a tutor referral program.

(<http://caps.gmu.edu/learningservices>) The Counseling Center, located in SUB 1 Room 3129 (703-993-2380) offers stress management training, as well as individual and group counseling for students who would like help with social, emotional, or educational concerns (<http://caps.gmu.edu>)

Official Communications via GMU E-mail

Mason uses electronic mail to provide official information to students. This includes communications from the instructor, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their mason e-mail account, and are required to activate that account and check it regularly.

Cancellation Policy: As the class is entirely online, there will not be any class cancellations. However, if I need to change my office hours or if there is a GMU technology difficulty that requires a shift in due dates, I will notify the class via Blackboard email announcement.

Specific Course Schedule

Important Note: Please keep in mind that this is a tentative schedule and topics and assignments may be changed at the discretion of the instructor to improve the quality of the course. Students will be informed if any changes are made. All assignments are due by 11:59pm on the Final Due Date.

Topic/Assignment	Reading/Location	Recommended Due Date	Final Due Date
Intro Video – Syllabus Review & Syllabus Quiz		9/1/16	9/2/16
Lecture: Types of Aggression, Violence, Part 1	Bushman & Heusmann Aggression Chapter 32, 833-835,	8/30/16	09/15/16
Lecture: Aggression & Violence Pt. 2	NOBA: Aggression and Violence	9/1/16	09/15/16
Lecture: Famous Studies	NOBA: Conformity and Obedience	9/6/16	09/15/16
Relational Aggression: Aggression & Gender	Simmons: Odd Girl Out Chapter 4	9/8/16	09/15/16
Review Quiz: Types of Aggression	Blackboard	9/1/16	09/15/16
Discussion Posts	Blackboard	9/6/16	09/15/16
Self Quiz: How aggressive are you?	Blackboard	9/6/16	09/15/16
MODULE EXAM	Blackboard	9/9/16	09/16/16

Topic/Assignment	Reading/Location		
MODULE 2: Risk and Protective Factors, Development & Media			
Lecture: Risk and Protective Factors	Review- Bushman & Huesmann Aggression Chapter 32, 833-835	9/13/16	10/07/16
Lecture: Risk and Protective Factors Pt. 2	NOBA: Self-Regulation and Conscientiousness	9/15/16	10/07/16
Aggression development across the lifespan	Behavior Disorders in Children DSM5 Summaries of Behavior Disorders (ADHD, ODD, CD)	9/20/16	10/07/16
Development & Aggression	Bushman & Huesman: Aggression Chapter p. 836-end	9/22/16	10/07/16
Aggression and the Media	Bushman, Anderson: Hostile Expectations	9/27/16	10/07/16
Blackboard Assignments	Blackboard	9/20/16	10/07/16
Discussion Posts	Blackboard	9/20/16	10/07/16
Aggression Analysis 1	http://podgeist.com/podcast/559764/05-chris-bolton-in-which-i-punch-out-a-bully/	9/27/16	10/07/16
MODULE EXAM	Blackboard	09/30/16	10/07/16

Topic/Assignment	Reading	Recommended Due Date	Final Due Date
MODULE 3: Aggression in Contexts			
Violence in the Home	McGoldrick & Carter Chapter	10/4/16	10/28/16
Bullying in School	Olweus article	10/6/16	10/28/16
Cyber-bullying	Cyberbullying Myths article	10/8/16	10/28/16
Workplace	NYTimes - Inside Amazon: Wrestling with Big Ideas in a Bruising Workplace	10/10/16	10/28/16
Stereotypes and Intergroup Violence	NOBA: Prejudice, Microaggression article	10/15/16	10/28/16
Terrorism Violence	Scientific American: Fueling Extremes	10/17/16	10/28/16
Societal Response/Controls?	Nuwer (2015) <u>Cops and Control</u> . Scientific American Mind.	10/19/16	10/28/16
Blackboard Assignments		10/19/16	10/28/16
Aggression and Media Assignment		10/21/2016	10/28/16
Aggression Analysis #2		10/25/16	10/28/16
Discussion Posts		10/15/16	10/28/16
MODULE EXAM		10/21/16	10/28/16

Topic/Assignment	Reading		Final Due Date
MODULE 4: Aggression & Diagnosis			
Lecture: Risk Assessment	Listen to Podcast: http://www.npr.org/2016/05/24/479349654/the-hidden-discrimination-in-criminal-risk-assessment-scores	10/25/16	11/7/16
Case Study Example: Guest House Alexandria	http://www.theatlantic.com/politics/archive/2016/01/a-prison-of-her-own/458901/		
Lectures: Anti-social Personality – Psychopathy	The Psychopath Next Door: BBC Documentary	10/27/16	11/7/16
Lecture: Borderline Disorder & Aggression	Podcast: The Latest Research on Borderline, Krasny	11/1/2016	11/7/16
Blackboard Assignment		10/27/2016	11/7/16
Discussion Posts		10/27/2016	11/7/16
Aggression Analysis #3		11/1/2016	11/7/16
MODULE EXAM		11/2/2016	11/7/16

Topic/Assignment	Reading	Rec. Due Date	Final Due Date
MODULE 5: Prevention & Treatment			
Lecture:Anti-bullying in Schools	Chapter from Bullying Prevention & Intervention: Realistic Strategies for Schools, Shearer & Espalade	11/8/16	11/22/16
]Listen	Crisis Prevention Podcast with Dorothy Espelage	11/10/16	11/22/16
Lecture: Prevention Research Pt 1	Guerra: Best Practices in Prevention Research	11/15/16	11/22/16
Lecture: Prevention Research Pt 2	Dishion: Early Steps	11/15/16	11/22/16
Treatment	Posted Summaries on Blackboard	11/17/16	11/22/16
Blackboard Assignment		11/17/16	11/22/16
Aggression Prevention Brochure Due	See Blackboard for more details	11/18/16	11/22/16
Discussion Posts			
Module Exam		11/18/16	11/22/16
Topic/Assignment	Content/Reading/Podcast	Rec Due Date	Final Due Date
MODULE 6: Conflict Resolution/Peace/Positive Psychology			
Assertiveness Skills Lecture	Assertiveness Packet (Read and Complete)	11/29/16	12/9/16
	"Flip the Script" Invisibilita Podcast	11/30/16	12/9/16
Positive psychology and aggression	Noba: Positive Psychology	12/2/16	12/9/16
Making Peace, Conflict Resolution	http://www.radiolab.org/story/104010-one-good-deed-deserves-another/ , Scientific American: Extinguishing the Threat	12/4/16	12/9/16
Discussion Posts		12/4/16	12/9/16
Blackboard Assignment	Assertiveness/Conflict Res Assignment	11/29/16	12/9/16
Module Exam		12/6/16	12/9/16