

# *Research on Prevention of Campus Bullying in Primary and Secondary Schools from the Perspective of Family Education*

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**Abstract:** Bullying in primary and secondary school campuses is a serious social issue that adversely affects the physical and mental well-being as well as the educational development of children. The importance of family education in preventing and intervening in campus bullying issues is gradually gaining attention. As the initial socialization environment for children, the parenting style, family atmosphere, and relationship quality within the family profoundly influence a child's behavior and values. Therefore, examining the causes, influencing factors, and preventive measures of bullying in primary and secondary schools from the perspective of family education has become an urgent issue in the field of education. This article takes a family education perspective to conduct an in-depth analysis and discussion of bullying in primary and secondary schools. It explores the influence of family culture under the background of traditional Chinese culture, analyzing the role of traditional culture in shaping the behavior and values of adolescents. The article dissects the impact mechanism of factors such as family environment, lack of communication and emotional support, and adolescent's stage of second rebellion on the phenomenon of campus bullying. Based on this analysis, it proposes preventive strategies for bullying in schools from the perspective of family education, including enhancing adolescents' psychological resilience, fostering a positive family environment, transforming parenting styles, and establishing a sound school-family-society collaborative parenting mechanism.

## 1. Introduction

From the perspective of family education, the prevention of bullying in primary and secondary schools has become a focal point in today's educational realm. The primary and secondary school stages represent pivotal periods in the growth and development of children and adolescents, wherein the issue of campus bullying could profoundly impact their physical and mental well-being. As the initial socialization environment, the parenting methods, family atmosphere, and quality of familial relationships significantly influence a child's behavior and values. Hence, researching the role and impact of family education in preventing bullying in primary and secondary schools is crucial for devising more effective preventive strategies and enhancing children's psychological resilience<sup>[1]</sup>.

A study on bullying prevention in primary and secondary schools from a family education

perspective aims to delve into the mechanisms through which family education styles influence children's involvement in bullying behavior and identify effective preventive strategies. Investigations and analyses in this context might encompass the quality of the family environment, interaction patterns among family members, parenting styles, and their correlations with campus bullying. Simultaneously, such research might focus on educating parents on better guidance and support for their children, nurturing their social adaptability, emotional management, and problem-solving skills to address the challenges posed by campus bullying. This research context not only aids in deepening the understanding of the phenomenon of campus bullying but also provides vital theoretical support for formulating comprehensive and actionable preventive measures.

## **2. Analysis of the Causes of Bullying in Primary and Secondary Schools from the Perspective of Family Education**

### **2.1 Influence of Family Culture under the Background of Traditional Chinese Culture**

Under the influence of traditional Chinese culture, family culture plays a significant role in shaping the behavior and values of adolescents. Traditional values emphasize concepts such as harmonious coexistence, respect for elders, mutual assistance, and love. These values are regarded as crucial guidelines for educating children within the family. For instance, concepts embedded in the teachings of Confucianism, such as "harmony can dispel animosity; patience can avert disaster," emphasize the importance of maintaining amicable relationships and encourage individuals to remain calm and patient when faced with conflicts, aiming to uphold harmonious social relations. This philosophy, passed down through generations in families, often teaches children to prioritize tolerance, understanding, and respect for others. This "valuing harmony" ideology helps cultivate children's abilities to communicate effectively, understand others, and resolve conflicts, fostering the establishment of positive interpersonal relationships in the school environment and reducing occurrences of bullying<sup>[2]</sup>.

On the other hand, traditional Chinese culture also emphasizes moral cultivation and character development. When transmitting Chinese traditional culture within families, parents often focus on educating their children to possess good moral qualities and behavioral norms. Through ancient moral stories, classic teachings, and other means, parents impart virtues such as respecting others, frugality, honesty, and integrity to their children. These moral standards play a significant role in cultivating children's character and behavioral habits. In the school environment, the influence of these traditional values inclines children towards interacting with their peers in friendly, considerate, and cooperative ways, thereby reducing the prevalence of bullying and fostering a more harmonious and amiable learning atmosphere.

### **2.2 Impact of Family Environment**

The family environment plays a pivotal role in the phenomenon of bullying in primary and secondary schools. Firstly, the warmth and support within a family are crucial in shaping a child's emotional well-being and social adaptability. A nurturing and supportive family environment cultivates children's self-esteem and confidence, encouraging them to respect others and foster positive interpersonal relationships. Conversely, a lack of care and support within the family may lead children to feel isolated and insecure, consequently increasing their aggression towards others and engagement in bullying behavior.

Secondly, parental behaviors and parenting styles within the family significantly influence a child's behavioral patterns. Parents serve as children's primary role models, and their behavior and

approach to problem-solving directly impact their children. If parents employ violence or use insulting language to resolve conflicts, children may wrongly perceive this as an appropriate means of problem-solving. Moreover, a lack of parental supervision and guidance might result in children lacking proper behavioral norms and moral values, making them more susceptible to engaging in bullying behavior within the school environment.

Hence, the family environment is crucial in shaping a child's character, values, and behavioral patterns. A warm, supportive, and well-guided family contributes to cultivating positive behavioral habits and social adaptability in children, reducing the likelihood of their involvement in bullying behavior within school premises.

### **2.3 Lack of Communication and Emotional Support**

The lack of communication and emotional support is a significant contributing factor to bullying in primary and secondary schools. Effective communication within a family forms the foundation for establishing intimate relationships and understanding. When family members lack healthy communication methods, children might feel isolated and neglected, unable to express their emotions and needs. In such situations, children may resort to alternative means to release emotions or seek attention, sometimes even expressing internal struggles and insecurities through bullying behavior<sup>[3]</sup>.

The absence of emotional support from parents or guardians might also foster a sense of insecurity in children, leading to aggressive behavior to seek a form of validation or empowerment. A lack of emotional support within the family can hinder children's ability to develop healthy interpersonal relationship skills. When children do not receive emotional support and understanding, they might exhibit insecurity, provocation, or aggression in interactions with peers. The deficient environment in communication and emotional support within the family hampers children from adopting positive approaches to problem-solving and facing challenges, potentially leading them toward negative behaviors such as bullying.

Therefore, establishing a supportive, open, and understanding family environment is crucial for the psychological well-being and positive behavioral development of children. By listening to and respecting children's thoughts and feelings, encouraging them to express their needs and emotions, parents can help children develop healthier interpersonal relationship skills, reducing the likelihood of their involvement in bullying behavior within the school environment.

### **2.4 Adolescence and Parental Influence during the Second Phase of Rebellion**

The adolescent's second phase of rebellion is a significant stage in their growth process, often occurring during adolescence. During this phase, adolescents yearn for independence, autonomy, and begin to question authority. Parenting styles greatly influence the behavior of adolescents during this period. Authoritarian parenting might make adolescents feel constrained and restricted, leading them to exhibit rebellious behavior, including displaying aggression or engaging in bullying within school premises. This familial environment may make adolescents feel deprived of understanding and respect, prompting them to seek independence outwardly, sometimes expressing dissatisfaction and struggles through negative means. Conversely, permissive parenting might also lead to bullying behavior among adolescents. In such cases, parents might excessively indulge children's behavior, lacking boundaries and norms, leading adolescents to feel a lack of guidance and support. In their pursuit of autonomy, they might become unrestrained, displaying indifference and aggression towards others to assert their independence and power<sup>[4]</sup>.

Hence, there exists a close relationship between parenting styles and the adolescent's second phase of rebellion. A nurturing, supportive, and moderately autonomous parenting style might help

balance adolescents' need for independence with family norms, reducing the likelihood of adolescents displaying aggression or engaging in bullying behavior within the school environment. Parents need to engage in open communication with adolescents and provide appropriate guidance and support to help them manage their pursuit of autonomy effectively while instilling proper values and moral standards.

### **3. Preventive Measures for Bullying in Primary and Secondary Schools from the Family Education Perspective**

#### **3.1 Enhancing Adolescents' Psychological Resilience**

Parents play a crucial role in cultivating children's psychological resilience. They can strengthen children's self-confidence and adaptability through positive support and understanding. During adolescence, a pivotal period for intellectual growth and identity formation, parental support is crucial in shaping a child's psychological attributes. Parents play a pivotal role in nurturing the psychological resilience of their children by actively encouraging them to confront challenges, embrace failures, and extract valuable lessons from these experiences. Parents can provide emotional support and understanding when children face stress, guiding them to cope with setbacks and pressures in healthy ways, helping them develop a positive mindset and problem-solving skills.

Cultivating children's awareness of their self-worth and values is also a crucial part of enhancing psychological resilience. Guiding children to understand their significance and fulfill this value through involvement in public service and volunteer activities is essential. Parents can actively encourage children to participate in community service, enabling them to experience firsthand the meaningfulness of aiding others. This not only helps children establish positive life views and values but also boosts their confidence and sense of social responsibility, thereby enhancing psychological resilience to better cope with life's pressures and challenges, including instances of bullying in the school environment.

Parents should pay attention to and understand the developmental needs of adolescents, encourage them to face challenges and accept failures, and establish positive self-awareness and values through meaningful activities to enhance their psychological resilience. These efforts assist adolescents in demonstrating greater resilience and adaptability when confronting challenges like bullying in the school environment, empowering them to better protect themselves and cope with adversity.

#### **3.2 Cultivating a Positive Family Environment**

The intimacy and sense of commitment within a family are crucial for a child's healthy development. Enhancing mutual commitments among family members can foster increased intimacy within the family. Parents can encourage building more trust and understanding among family members, creating an atmosphere of warmth and mutual support. An intimate family relationship helps children develop confidence and a sense of security, reducing the likelihood of engaging in bullying behavior under external pressures. Increasing interaction among family members contributes to fostering a positive family atmosphere. Communication and interaction among family members not only strengthen parent-child relationships but also enhance mutual understanding and support. All family members should actively participate in family activities, share emotions, and promote emotional communication among family members to create a harmonious and warm family environment. A positive family atmosphere allows children to feel the support of parents and family members, helping them better cope with challenges at school and reducing the likelihood of engaging in bullying behavior. Parents should encourage children to

participate in establishing family rules, as this can enhance their involvement in and compliance with the rules. This approach not only helps define family values and behavioral norms but also aids children in understanding appropriate behavior and conflict resolution. Proper family rules provide a stable environment for children, reinforcing their sense of responsibility and self-control, subsequently reducing the risk of involvement in bullying behavior. By enhancing family intimacy, increasing interaction, collaboratively establishing family rules, and providing appropriate support and monitoring, parents can create a supportive, understanding, and conducive environment for their children's positive growth, thereby reducing the likelihood of children engaging in bullying behavior<sup>[5]</sup>.

### 3.3 Transformation of Parenting Styles

The transformation of parenting styles is crucial in preventing bullying in primary and secondary schools. Parents should strive to strike a balance and transform their approach to child-rearing. Excessive indulgence or spoiling of children might result in their lack of responsibility and self-control, making it difficult for them to cope with setbacks and pressures, potentially leading to self-centeredness and violent behavior. Conversely, being excessively strict and critical might instigate a rebellious attitude in children, hindering communication and emotional expression, and increasing the likelihood of emotional instability and aggressive behavior. Parents should seek to transform their parenting style, adopting positive parenting methods. This includes establishing effective communication channels, listening to children's thoughts and feelings, and respecting their personal space and independence. Leading by example, parents should set the right behavioral standards and values with a gentle yet firm approach, guiding children towards proper values and behavioral norms. Encouraging children to independently solve problems allows them to gain experience and confidence in decision-making and problem-solving, enhancing their sense of responsibility and self-management skills. Parents should also focus on emotional education. Cultivating children's ability to handle emotions and cope with stress is crucial in preventing bullying behavior. Encouraging children to express emotions, teaching problem-solving skills, and fostering a positive mindset help them cope with challenges. Providing emotional support and understanding, establishing close family relationships, aid children in better handling school challenges and pressures, thereby reducing the likelihood of engaging in bullying behavior. The transformation strategy for parenting styles is depicted in Table 1.

Table 1: Transformation of Family Parenting Methods

Parenting style	Change direction and suggestions
Overindulgence and indulgence	Transforming into a balanced parenting style, encouraging children to solve problems independently, cultivating a sense of responsibility and self-management ability, avoiding excessive dependence and lack of self-control
Severity and criticism	Transform into a gentle but firm attitude, respect the child's feelings and thoughts, establish good communication channels, avoid the emergence of rebellious psychology, reduce the possibility of emotional instability and aggressive behavior
Positive parenting methods	Establish a good family communication atmosphere, listen to and respect children, set correct behavior examples, encourage children to solve problems independently, improve their confidence and sense of responsibility, and emphasize correct values and behavioral norms
emotional education	Pay attention to cultivating children's ability to handle emotions and cope with stress correctly, encourage emotional expression, teach problem-solving skills, provide emotional support and understanding, establish intimate family relationships, help children better cope with challenges and stress, and prevent bullying

### 3.4 Establishing a Comprehensive School-Family-Society Collaborative Mechanism for Child Rearing

Establishing a robust collaborative mechanism among schools, families, and society is crucial in preventing and intervening in bullying incidents in primary and secondary schools. At the school level, setting up a bullying prevention and intervention committee is a pivotal step. Comprising representatives from various stakeholders, this committee is responsible for formulating anti-bullying policies, outlining work responsibilities, and implementing comprehensive measures to prevent and intervene in bullying incidents within the school system. Through regular meetings, training sessions, and action plans, this committee effectively monitors bullying incidents, devises corresponding intervention measures, and ensures active involvement and cooperation at all levels within the school. Creating close ties and communication channels between schools and families are also crucial. Schools can use platforms such as parent-teacher groups to convey the significance of bullying issues, urging parents to actively participate in prevention efforts. Simultaneously, providing information and guidance on bullying enables parents to recognize changes in their children's behavior, encouraging them to promptly communicate any concerns with the school, fostering a collaborative approach to problem-solving. This close school-home collaboration aids in early detection and intervention in bullying incidents, reducing their adverse impact on children. At the societal level, integrating educational resources and venues, disseminating anti-bullying messages through public service announcements, and promotional activities contribute to raising awareness about bullying in the community. Providing helplines and support services increases students' awareness of seeking help if bullied in the community and ensures access to relevant support and resources. Moreover, involvement and support from community collaborators further extend assistance and backing in preventing and addressing bullying issues in schools. Establishing a robust school-family-society collaborative mechanism requires active participation from all parties and the establishment of effective information dissemination and cooperation mechanisms, aiming collectively to prevent and intervene in bullying incidents in primary and secondary schools, safeguarding children's safety and healthy development. The school-home-community collaborative education mechanism is illustrated in Table 2.

Table 2: School Family Social Collaborative Education Mechanism

Level	Main measures
At the school level	Establish a bullying prevention and intervention committee; Develop anti bullying policies and job responsibilities; Regular meetings, training, and work plans; Monitor bullying and develop intervention measures; Encourage active participation and cooperation from all levels within the school
Family and school connections	Establish a home school contact group; Communicate the importance of campus bullying to parents; Provide relevant information and guidance; Emphasize parental involvement in observing the child's condition and communicating with the school
Social level	Integrate educational resources and activity venues; Spread anti bullying information through public service advertisements and promotional activities; Provide hotline and other services for help; Intervention and support from community collaborators

## 4. Conclusion

From the perspective of family education, this research delved into the factors influencing children's behavior concerning bullying in primary and secondary school settings. It thoroughly examined the impact of family culture, environment, communication, and adolescent rebellion,

proposing corresponding preventive measures. Under the influence of traditional cultural backgrounds and inadequate communication, children's bullying behavior might intensify, while a nurturing family environment and transformative parenting styles can effectively prevent such occurrences. Additionally, strengthening adolescents' psychological resilience and establishing collaborative school-family-society mechanisms are vital preventive strategies. In summary, while families play a pivotal role in preventing school bullying, collaboration between schools and society is equally crucial. Collective efforts aim to create a safe and harmonious school environment, fostering the healthy development of adolescents.

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