

Bullying

Strategies and Partnerships for Change



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APRIL – IL Conversation
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Anti-Bullying Workshop

Types of Bullying

Verbal

Physical

Indirect

Social Alienation

Intimidation

Cyber Bullying

Schools are in denial:

Anti-bullying program drops by 50%

Bullying is NOT a conflict:

Does not need remediation. Do not get two parties together to 'solve the problem' or 'work it out'... Bullying is about "power"...

School Survey:

Where, when, how often, shows 'hotspots' for bullying

Bullying is 'repetitive' with these possible effects:

- ❖ Depressed, lonely, anxious
- ❖ Low self-esteem
- ❖ Absenteeism
- ❖ Feel sick
- ❖ Suicidal thoughts

Reporting bullying is NOT tattling

- ❖ Do not ignore
- ❖ Don't blame victim
- ❖ Describe who, what, how, witnesses
- ❖ Not their fault
- ❖ Don't retaliate
- ❖ Contact teacher/principal-keep emotions in check
- ❖ Do not contact other family
- ❖ Alternative activities and/or friends
- ❖ Do NOT mediate...Bullying is a form of victimization
- ❖ Contact law enforcement if a law is broken

Schools: bullying creates a negative climate

- ❖ Strong commitment from administration
- ❖ Comprehensive approach...involve whole staff
- ❖ Ongoing
- ❖ Get an assessment-questionnaire
- ❖ Conflict Resolution programs are not a good idea
- ❖ In-service to staff, training to recognize bullying
- ❖ Confidential reporting system
- ❖ Work with those bullied and those who bully

- ❖ **Develop a School Policy on 'Bullying'**
- ❖ Stop it immediately-forced apologies do not work
- ❖ Are victims bringing it on themselves?
- ❖ "Doesn't make me feel better, but I know it makes them feel worse"
- ❖ Special needs children are at a greater risk-obese
- ❖ Bullying may be illegal under Section 504 if disability related (IEP)
- ❖ Students need to be aware and be 'smart'

Faith Based: Teach Tolerance, Acceptance, Respect, Love

Message from the local
spiritual leader

Scripture and/or readings

Stories 'Good Samaritan'

Create a safe haven..
bullying not allowed

Help families through crises

Other community groups...who???

Lend a Hand, Take a Stand Stop Bullying Now!

- ❖ Bullying thrives where there is not enough supervision
- ❖ May start in 'day care'
- ❖ Encourage youth campaigns to stop bullying

Law Enforcement

- ❖ Does your state have a law? Is any law being broken?
- ❖ Gather evidence/witnesses
- ❖ Talk to perp/family
- ❖ Is not mediation
- ❖ Children who bully often display anti-social behaviors (list)
- ❖ Be accessible to kids

Students: Should I Say Something? (how would you feel)

Are the 'cool kids' doing it?

Say kind words to students being
bullied... be a friend

Tell an adult

Talk to your parents

It is not tattling

Activities by student council,
church youth group, 4-H, scouts

It's a Community Issue

- ❖ Cohesive, consistent, coordinated effort to solve the problem
- ❖ Consensus on goal messages, prevention tactics
- ❖ Get the whole community involved
- ❖ Work together...establish a 'team'

What Does Not Work

Student exclusion/expulsion

Mediation

Group punishment

Establish a School Policy

Establish a State Law

Effective Anti Bullying Law Will Cover These Points:

1. The word “bullying” must be used in the text of the bill/law/statute:
2. The law must clearly be an anti bullying law, not a school safety law:
3. There must be definitions of bullying and harassment:
4. There should not be any major emphasis on defining victims:
5. There should be recommendations about how to make policy and what needs to be in the model policy:

6. A good law involves education specialists at all levels, starting with the State Superintendent's (education) Office, through the school districts, schools, parents, and students. Together they can define and set rules, policies, and find and implement the best anti bullying programs. Laws should require anti bullying training, and anti bullying education for students and staff as well as prevention programs.
7. A good law mandates anti bullying programs, not suggest programs.

8. Laws should include a date the model policy is due, when the schools need to have their policies in place, (in keeping with the anti bullying law requirements), and when the anti bullying programs must be in effect.
9. There must be protection against reprisal, retaliation or false accusation.
10. There must be district protection against lawsuits upon compliance to policies.
11. A top rated law will put the emphasis on the victims of bullying by assigning counseling for victims who suffer for years after peer abuse:

12. There must be accountability reports made to either lawmakers or the state education superintendent and there must be a consequence assigned to schools/districts who don't comply to the law. There should be a mandatory posting and/or notification of policies and reporting procedures for students and parents.
13. Include cyber bullying or electronic harassment into the law.

Bullying Student Survey

The purpose of this survey is to find out about student safety and bullying at your school.

Your name is not required on this survey, but we do want to know something about the students who complete this survey. Your answers are confidential, so please try to answer the questions as honestly as you can.

1. What grade are you in?

- | | |
|----------------------------|-----------------------------|
| <input type="checkbox"/> 4 | <input type="checkbox"/> 9 |
| <input type="checkbox"/> 5 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> 6 | <input type="checkbox"/> 11 |
| <input type="checkbox"/> 7 | <input type="checkbox"/> 12 |
| <input type="checkbox"/> 8 | |

2. Are you male or female?

- Male
 Female

How safe **do you feel** at school? Safe means feeling comfortable, relaxed, and not worried that someone could harm you. (one answer for each question)

1. Do you feel safe at school?

- Never
 Sometimes
 Often
 Always

Additional Comments:

2. Do you feel safe on your way to and from school?

- Never
 Sometimes
 Often
 Always

Additional Comments:

3. Do you feel safe on the school bus?

- Never
 Sometimes
 Often
 Always

Additional Comments:

When you answer the next questions, think about THE PAST FOUR MONTHS...
Have **you been bullied** by other students ... (one answer for each question)

1. Physically?

Examples: hit, pushed, shoved, slapped, kicked, spit at, or beaten up, had property stolen

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

2. Verbally?

Examples: called names, teased hurtfully, insulted, humiliated, threatened

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

3. Socially?

Examples: excluded from a group, made to look dumb by someone, gossiped about; rumors spread

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

4. Electronically?

Examples: threatened, embarrassed, singled out, had your feeling hurt, been gossiped about, or had secrets about you revealed through e-mail or phone text messages or pictures

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

5. Racially?

Examples: treated differently or badly because of your race, culture

- Not once
- Once or twice
- Every week
- Many times

Additional Comments:

6. Gender:

Examples: left out or treated badly because you are a boy or a girl; heard sexist comments

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

How often have you seen or heard **another student being bullied?** (one answer for each question)

1. Physically?

Examples: hit, pushed, shoved, slapped, kicked, spit at, or beaten up, had their belongings damaged or stolen

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

2. Verbally?

Examples: called names, teased, made fun of; spoken to meanly; embarrassed, threatened

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

3. Socially?

Examples: left out of groups or games, gossiped or talked about, made to look silly in front of others

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

4. Electronically?

Examples: hurt, threatened, embarrassed, singled out, made to look bad, gossiped about, or had secrets revealed by other students through e-mail or phone text messages or pictures

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional comments:

5. Racially?

Examples: treated differently or badly because of their race, culture, or skin color; had bad things said to them about their race, culture, or skin color

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

6. How often have you stayed away from school in order to avoid being bullied?

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Other (please specify):

7. How often have you tried to help another student who was being bullied?

- Not once
- Once or twice
- Every week
- Many times
- Don't know

Additional Comments:

The next questions ask about where, when, and how often bullying occurs in and near your school and about how people respond to this kind of behavior. (one answer for each question)

Where and how often does bullying occur?	Never	Sometimes	Often	Always
Classrooms				
Hallways				
School entrances/exits				
Library				
Computer room				
Gym				
Change room/locker rooms				
Washrooms				
School bus				
Playground				
On the way to/from school				
Lunchroom eating area/cafeteria				
Parking lot				
Areas off school property, but close to the school				
Areas off school property where students smoke				
On school field trips/during school extracurricular activities				

When are YOU at risk of being bullied?	Never	Sometimes	Often	Always
Before school				
During classes				
Between classes				
During break periods or at lunch				
After school				
On the weekends				
On field trips				

Think of the last time you saw or heard another student being bullied. What did you do?

(check any that are true for you)

- I have not seen or heard another student being bullied
- I ignored it.
- I told my parents about it.
- I told my teacher about it.
- I told my principal or vice-principal about it.
- I told an adult at school about it.
- I told an adult outside of school about it.
- I told another student about it.
- At the time, I helped the person being bullied.
- Later on, I helped the person being bullied.
- I stood and watched.
- I made a joke about it.
- I joined in the bullying.
- I got someone to help stop it.
- I stood up to the person who was doing it.
- I got back at the bully later.
- Other (please explain):

If you did not do anything the last time you saw someone being bullied, what was the reason?

(check one)

- I didn't want to get involved.
- I was afraid.
- I didn't know what to do or who to talk to.
- I thought if I told someone, they wouldn't do anything about it.
- It isn't right to tell on other people.
- The bullying wasn't so bad.
- The person being bullied deserved it.
- It wasn't my business or my problem.
- I didn't want to get in trouble for telling.
- Other (please explain):

How Does Your State Rate?

www.bullypolice.com

Each state is rated as to the effectiveness of the state's bullying legislation