

10 year Anniversary (2006-2016)

A decade together against bullying and united for kindness, acceptance and inclusion.











Creating a World Without Bullying What You Can Do

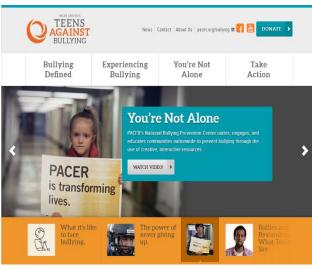
Take 30/ September 2018

On-Line Resources

PACER.org/Bullying



PACERTeensAgainstBullying.org



PACERKidsAgainstBullying.org

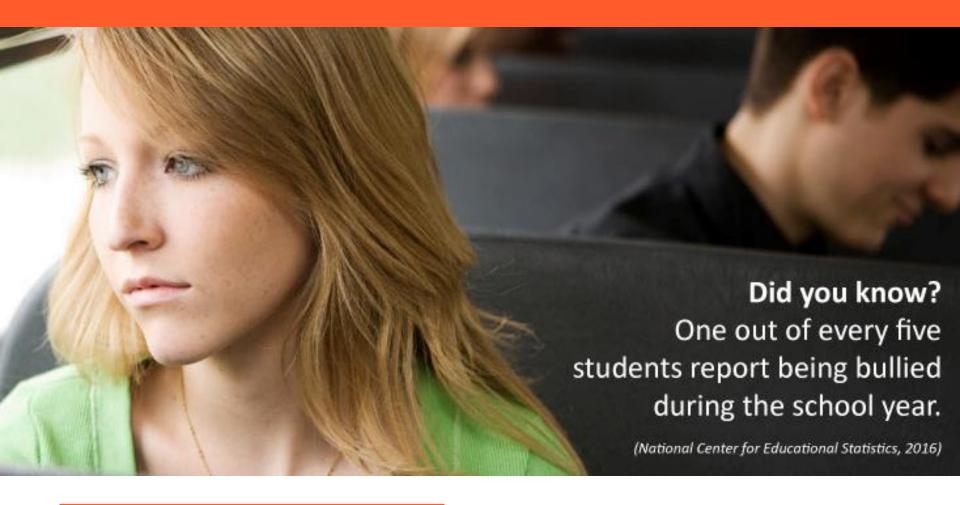


Parents and Professionals

Middle and High School

Elementary School

Why Bullying Prevention is Important





Agenda

- Dynamics of Bullying
- What Adults Can Do
- Resources

Common Views and Myths

- Bullying is a natural part of childhood.
- Words will never hurt you.
- Some people deserve to be bullied.
- Bullying will make kids tougher.
- Telling a teacher about bullying is "tattling."
- It's only teasing.

Definition – The Hallmarks

- Hurts or harms another person physically or emotionally and is done intentionally.
- The target has difficulty stopping the behavior and struggles to defend themselves.
- Exhibits an imbalance of power, when the student(s) doing the bullying has more physical, emotional, or social power than the target.

Bullying vs. Conflict

Conflict: Children self-monitor their behavior and generally stop when they realize they are hurting someone.

Bullying: Children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.

When Bullying Becomes Harassment

When does bullying reach the threshold of harassment and meet the criteria for federal protection? When the conduct is:

- •sufficiently serious that it interferes with (or limits) a student's ability to participate in (or benefit from) the services, activities, or opportunities offered by a school
- •and is based on a student's race, national origin, color, sex, age, disability, religion

Types of Bullying

- Verbal: Using words to tease or harass.
- Emotional (Social): Manipulation, gossip, exclusion.
- Physical: Kicking, hitting, damaging or stealing property.
- Sexual: Unwanted attention or touch, innuendos.
- Cyber: Using technology to hurt or harm.

Who Bullies, Who Gets Bullied, and Why?

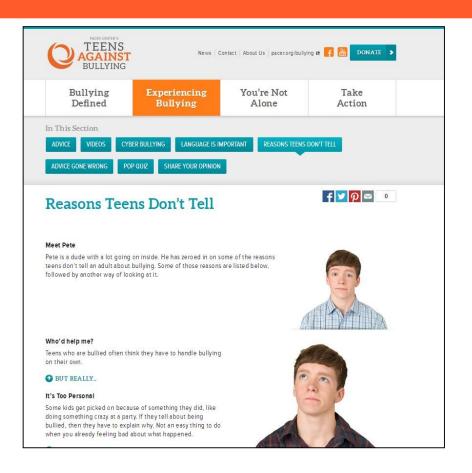
- Students who bully or get bullied can be any size, age, or gender.
- Most commonly, people who bully seek to demonstrate power and want to feel in control.
- Most often, targets of bullying struggle to defend themselves and sometimes provide an emotional reaction to the person bullying.

The Impact of Bullying

Three Areas of Concern to Parents and Others:

- **1. Education** School avoidance, loss of academic achievement and increase in drop out rates
- **2. Health –** Physical and emotional including stomachaches, headaches, sleeping issues, depression, fear or anxiety
- **3. Safety** Harm to self and others, including self-isolation, increased aggression, alienation, and retaliation.

Talk With the Child — Why Students Might Not Tell —



Students may:

- Fear an "overreaction"
- Feel judged
- Be embarrassed
- Find it hard to talk about anything
- Feel ashamed
- Feel responsible
- Think it does no good
- Worry they won't be protected
- Think it's not macho
- Decide adults don't care

What Adults Can Do: A Tool Kit for those on the Front-lines

- Listen
- Believe
- Be supportive
- Be patient
- Provide information
- Explore options for intervention strategies

Encourage Self-Advocacy Student Action Plan



Student Action Plan Against Bullying!

Bullying affects everyone. Whether you are the target of bullying, a witness, or the person who bullies, it is consisting that invoces you wave pages and wave echand

Bullying can be stopped, but it won't just happen. You have to take action and develop a plan that works for you and some classical state of the sta nunying can be supped, but it won't just happen, but have to take action and descript a phase take not produced by the state of the sta something that impacts you, your peers, and your school. difference. Start by creating your oppositually to change what is nappening to difference. Start by creating your own plan to take action against bullying.

The following steps will help you develop an action plan to address a bullying situation that is happening to you

Step 1: Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.

Include what you would like to see happen, how things could be changed, and what would help you feel back Step 2: Then consider how that situation could be different.

in control of the situation.

Consider what role you need to take, who would need to be involved, and what they would need to do. Once Consider what role you need to take, who would need to be involved, and what they would need to do. Once you have read through the steps, begin filling in your ideas to "My Personal Plan To Take Action Against Planting" on page three

Bullying" on page three. Want Other Ideas to Help Think About Your Plan?

- Learn your state law. Visit StopBullying.gov and link to the interactive map.

Want To Do More?

Visit PACER's web sites listed on page four.



0 JUIA, JUIA, PACEN Center, Inc. | ACTION Sheet: 8P-Z5 8161 Normandale Blvd, Minneapolis, MN 55437 | (952) 838-9000 | 888-248-0822 | Bullying41(6PACER.org © 2016, 2014, PACER Center, Inc. | ACTion Sheet: BP-25

Step 1: Think about the bullying you have experienced, seen, or even done yourself.

Step 2: Then consider how that situation could be different.

Step 3: Next, think about the steps needed to make those changes happen.

Be an Ally: Role of An Active Bystander

Some strategies:

- Spending time with the student being bullied
- Trying to get the student away from the situation
- Listening to the student being bullied
- Telling the student that no one deserves to be bullied

Long-Term: The Real Bullying Prevention Tools

Kindness

Acceptance of difference

Inclusion

Promote a Positive School Climate — *Unite!* —

Unity Day - Wednesday, October 24, 2018

UNITY DAY: Together against bullying. United for kindness, acceptance and inclusion

Wear and share the color orange!

"By joining together and wearing **ORANGE** on Unity Day, we can send the unified message that we care about students' physical and emotional health and that bullying will no longer be accepted in this society."

Judy.French@pacer.org

