



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

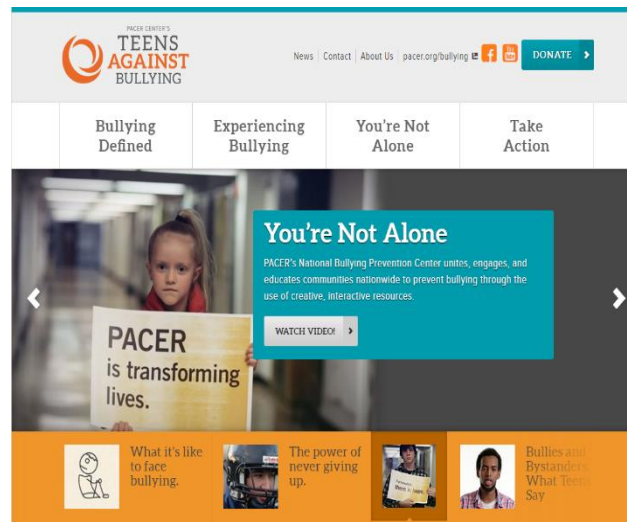
On-Line Resources

[PACER.org/Bullying](https://www.pacer.org/bullying)



Parents and Professionals

[PACERTeensAgainstBullying.org](https://www.pacer.org/teensagainstbullying)



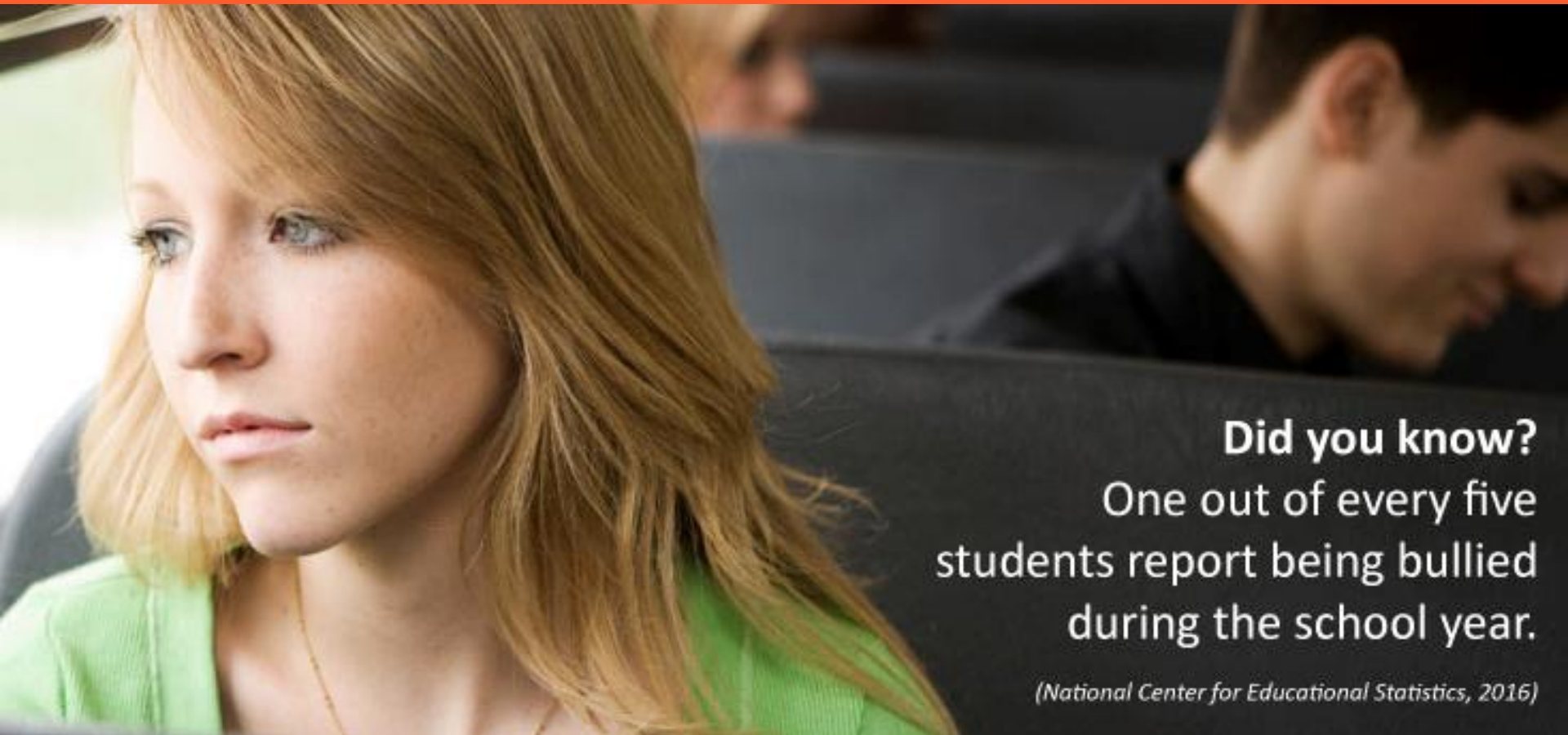
Middle and High School

[PACERKidsAgainstBullying.org](https://www.pacer.org/kidsagainstbullying)



Elementary School

Why Bullying Prevention is Important



Did you know?
One out of every five
students report being bullied
during the school year.

(National Center for Educational Statistics, 2016)



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.

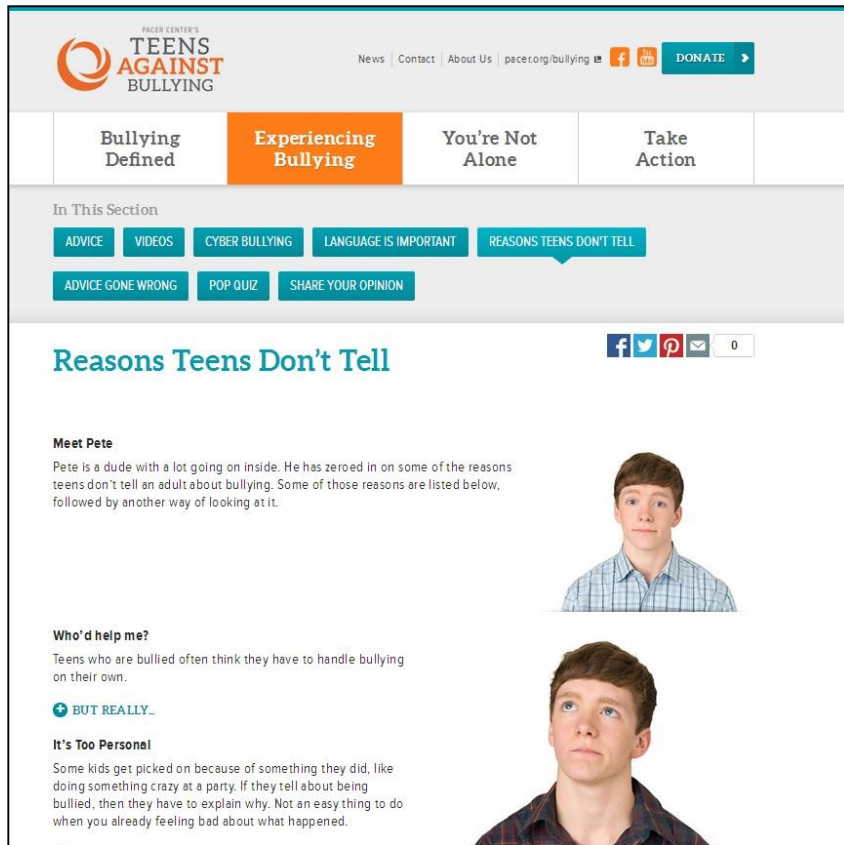
The Impact of Bullying

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 —



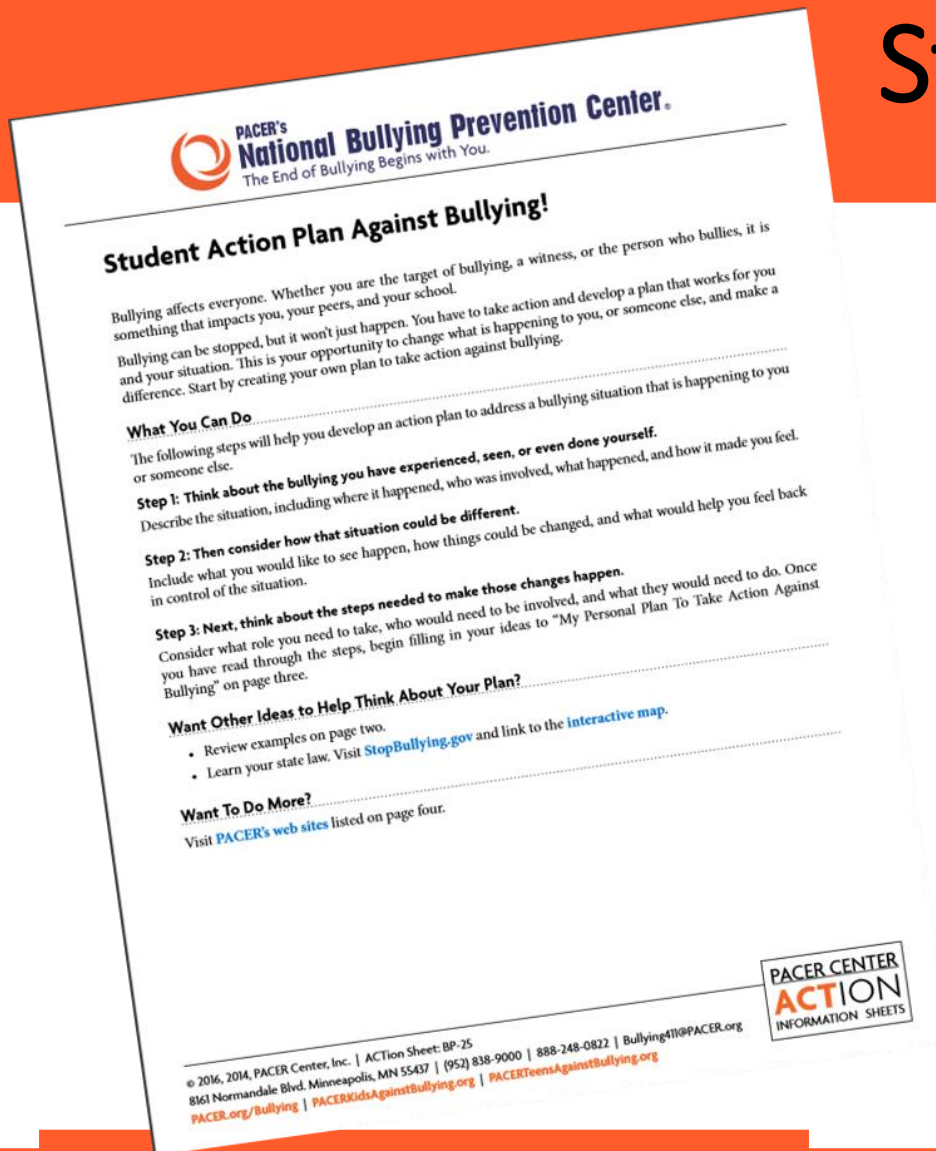
Students may:

- 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



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

