

Fort Wayne Community Schools

Middle and High School Anti-Bullying Presentation

Adapted from PacerTeens Against Bullying

(IC-20-33-8.2 – must be presented no later than 10/15 each year)

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TODAY'S GOALS

- Help students understand:
 - The definition of bullying, the many forms it takes and its effects
 - Anti-bullying strategies
 - Effective responses to bullying
 - How to seek help

QUOTE

“Never be bullied into silence.
Never allow yourself to be made
a victim. Accept no one’s
definition of your life, but define
yourself.”

– Benjamin Disraeli

WHAT IS BULLYING?



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WHAT IS BULLYING?

A lot of teens describe bullying as,
“When someone tries to make you feel
less about who you are as a person and
you are not able to make it stop.”

(Bullying 101 – Pacer Center)

WHAT IS BULLYING

- Bullying is different from typical disagreements or arguments between friends and classmates. What's the difference?
- It's Bullying if:
 - The person is being hurt, harmed or humiliated by **repeated** words, acts, behaviors or gestures from another student or student group (including digitally or electronically).
Examples include: harassment based on race, ethnicity, gender, sexual orientation, disability or religion, including cyber harassment against members of the school community.
 - The behavior is **repeated**.
 - It is being done intentionally.
 - The person being hurt, harmed or humiliated has a hard time defending themselves from the behavior.

HOW IS SOMEONE BULLIED?



HOW IS SOMEONE BULLIED?

Bullying Can Be:

Physical: This one's easy to recognize. Examples including pushing, shoving, hitting, kicking, biting, hair pulling, inappropriate touch, breaking objects, and taking or damaging another person's things.

Verbal: It's really common because it's quick, direct and easy to do. Examples include teasing, name calling, threats, intimidation, demeaning jokes, rumors, gossip and slander.

HOW IS SOMEONE BULLIED?

Bullying Can Be:

Emotional: This type of bullying is more sophisticated. It's calculated and often done by a group. It hurts people on the inside and makes them feel bad about themselves. Examples include leaving someone out on purpose, telling lies to hurt someone's reputation and humiliating someone publically.

Sexual: This one is something that not everyone thinks of as bullying. It can include using words that demean someone about their gender or sexuality, inappropriate touching of body parts, unwelcome physical contact or even posting inappropriate photos online.

HOW IS SOMEONE BULLIED?

Bullying Can Be:

Cyberbullying: Using technology is the newest way to bully. Examples include sending mean text messages, posting videos, stories or photos that ridicule someone and spreading rumors through social networking sites.

WHO IS INVOLVED?



WHO IS INVOLVED

Bullying Can Happen To Anyone

Bullying is about someone's behavior. That behavior could be directed at the shy, quiet student or the class tough guy or girl. Girls bully, boys bully, children bully and teens bully – there is no one characteristic or aspect that indicates who gets bullied.

The one sure thing is no one **EVER** deserves to be bullied, it is **NEVER** their fault and if someone is being bullied, they have a **RIGHT** to be safe.

WHO IS INVOLVED

So Who Bullies?

Think the bully is the big guy who has low self-esteem and gets mad all the time? Could be, but it can also be the petite cheerleader or the quiet honor student. It's not appearance that defines someone who bullies; it is the behavior. Students who bully can be any size, age, grade or gender.

WHO IS INVOLVED

So Who Bullies?

- Bystanders or witnesses are an important group. These people see bullying. They may not get bullied, they may not be bullying, but their action has a direct impact on the situation.
- Think about it: Have you ever seen a group watching a fight?
 - There are some who look, then walk away
 - There are others who watch and say nothing
 - There are some who cheer it on (This is as harmful as participating).

These responses make a big difference in the outcome of every bullying situation.

EFFECTS OF BULLYING

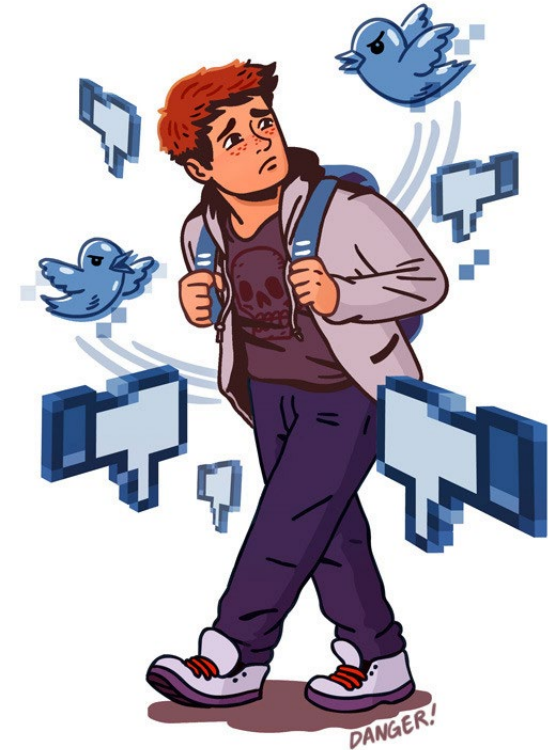
People who are bullied:

- Have higher risk of depression and anxiety including these symptoms that may persist into adulthood:
 - *Increased feelings of sadness and loneliness*
 - *Changes in sleep and eating patterns*
 - *Loss of interest in activities*
- May have increased thoughts about suicide
- Are more likely to have health complaints
- Are more likely to retaliate through extreme violent measures
- May have increased use of tobacco, alcohol or other drugs
- Are more likely to skip school

WHY TEENS DON'T TELL

Last year, 13 million students were bullied (approximately 1 out of 4 students), yet many didn't tell an adult because:

- they feel adults will not understand them
- they feel no one will believe them
- they feel they might get blamed
- they feel adults will not do anything to help
- they feel their peers will make fun of them
- they feel it will just make things worse



WHY DOES IT MATTER?

- It is every student's right to feel safe and be safe
- Students who have been bullied may have less confidence, increased fear and anxiety, depression and even suicidal thoughts

Think about it is this how we want our peers to feel?

WHAT IF I AM BEING BULLIED?



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WHAT IF I AM BEING BULLIED?

- Be a Self-Advocate!
- Being a “self-advocate” means speaking up for yourself, telling people what you need and taking action.

WHAT IF I AM BEING BULLIED?

- Bullying can be stopped, but you need a plan.
 - think about what you can do to change your situation
 - make a plan
 - write down what is happening to you, when, where it takes place and who is involved
 - list your role in this action plan, who else should be involved and what they can do
 - share this information with your parent(s), guardian(s) **AND** an adult you trust at school

ASSERT YOUR RIGHTS!



**The End
of Bullying
Begins
With You.**

PACER.org/Bullying

ASSERT YOUR RIGHTS

- Every student has the right to feel safe at school. If one adult isn't able to help you, don't give up!
- It is your right to talk with another adult, such as a parent, guardian, counselor, teacher, administrator or other trusted adult at your school.

ASSERT YOUR RIGHTS

- When you do speak to a trusted adult at your school:
 - Share all the information in your action plan
 - Ask, “what can be done so I feel safe?”
 - There are laws outlining bullying and your counselors, teachers and administrators are aware of them.

WHAT IF I AM BULLYING

- What is so great about hurting someone? Teasing, tripping, punching, kicking, texting, excluding, ignoring says **MORE** about you than the other person.

THINK ABOUT IT ...



THINK NO ONE CARES IF YOU ARE BULLYING SOMEONE ELSE?

THINK AGAIN!

- Parents, guardians, counselors, teachers, administrators, other trusted adults, classmates and friends **ALL** care, but mostly the person you are bullying cares.
- The bigger question is why don't you care?
- **Do you realize, you can be suspended from school for bullying!**

THINK YOU WILL FEEL BETTER ABOUT YOURSELF IF YOU BULLY SOMEONE?

- Jealous or uncomfortable with someone who is different than you?
- Why not try working with or learning from someone as opposed to bullying them and make a friend in the process?
- Ask yourself how do I want to be remembered?

ARE YOU TRYING TO FIT IN?



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ARE YOU TRYING TO FIT IN?

- Do you think you won't be a part of the "in-crowd" if you STOP bullying others?
 - Are you okay with being bullied into being accepted?
 - Bully or bullied either way you lose!
 - Stand up for yourself! If people don't like you for who you are, then you really don't need them as friends anyways.

ARE YOU TRYING TO FIT IN?

- How does taking your frustration out on someone else make anything better?
- Talking with a trusted friend or adult would be much more productive than seeking the approval from the person who bullied you.

THINK YOU WILL GET ATTENTION IF YOU BULLY?



THINK YOU WILL GET ATTENTION IF YOU BULLY?

- If you bully others, you are likely to get caught sooner or later.
- Do you want to draw the attention of your counselors, teachers, school administrators or law enforcement?
- Why not spend your time with someone you like rather than demanding attention from someone don't?

WHAT IF I WITNESS BULLYING?



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WHAT IF I WITNESS BULLYING?

“It’s none of my business – I should just ignore it and walk away—right?”

WRONG!!!

- Put yourself in the other person’s shoes. If you were being pushed around, laughed at, gossiped about, made fun of or ignored on purpose, you would probably want someone to stand up for you.
- The very least you could do is to NOT join in.

WHAT IF I WITNESS BULLYING?

- Your non-support of someone bullying sends a clear message that you don't agree with what's happening
- If you see someone being laughed at, instead of turning your back, help the person turn his or her back to the bullying by walking to class with him or her
- Tell the person they don't deserve what's happening to them
- Show your support
- Students who are bullied often feel like no one cares. Help them feel like they are not alone.

WHAT IF I WITNESS BULLYING?

- If you read cyberbullying, write something nice on the person's wall or let the person bullying know it's not cool to make fun of people online.
- You can report it anonymously and many service providers will remove the post.
- If it's a fight you witness, don't try to step in the middle. Instead, tell your parent/guardian, counselor, teacher, administrator or other authority figure about what is going on so they can intervene.
- You can always let your counselors, teachers, administrators and parents/guardians know so they can help.

WHAT IF I WITNESS BULLYING?

- Get your friends to help! This is an issue that affects a lot of people and most of them want it to stop!
- Be reminded that bullying is not just physical. Words have the power to hurt or harm others both in person and online.

YOU ARE NOT ALONE



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YOU ARE NOT ALONE

Think about what it means to feel all alone, to believe that no one cares, to think there is no way to change what is happening.

- That's a lonely place to be.
- When everyone around you looks the other way, ignores you and maybe even sides with the person hurting you, it hard to believe in yourself.
- It's hard to think that life will ever be any different.

WE'RE HERE FOR YOU!

- Imagine how all that can be different. Imagine during those times when you feel broken, that someone is there for you.
- You matter!
- You deserve to be treated with respect and kindness.
- We are here for you.
- It doesn't take away all the hurt, but hope is a powerful medicine for pain.
- Consider how simple it is to tell someone that you care, that they matter, that they are not alone. The support is meaningful. It can take someone from feeling hopeless to feeling valued and respected.

WHO DO I TALK TO?

- There are many individuals in our community that you can talk to and seek support:
 - Trusted adult
 - School counselor, teacher or administrator
 - Church/Youth group
 - Center for Nonviolence (260) 456-4112
 - That's Not Cool Hotline (866) 331-9474
www.thatsnotcool.com
- Call a national helpline:
 - Domestic Violence (800) 779-7233 or (800) 787-3324 (TTY)
 - Suicide and Crisis (800) 784-2433 or (800) 799-4889 (TTY)

QUESTIONS



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