



October is National Bullying Prevention Month!

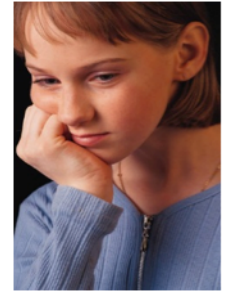
Bullying in Schools: What Every Parent Should Know

Nancy Lynch, Ed.D.
Reed Union School District





Bullying is when...

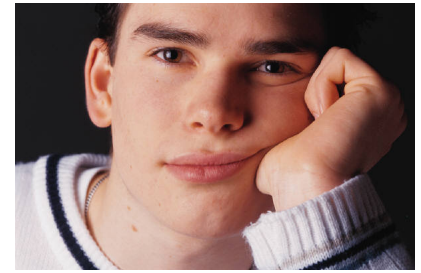


A student is exposed, repeatedly and over time, to negative actions on the part of one or more other students. It is a negative action when someone intentionally inflicts, or attempts to inflict, injury or discomfort upon another--basically what is implied in the definition of aggressive behavior. Negative actions can be carried out by words, for instance, by threatening, taunting, teasing, and calling names...someone hits, pushes, kicks, pinches, or restrains another by physical contact...making faces or dirty gestures, intentionally excluding someone from a group, or refusing to comply with another person's wishes.

-Dan Olweus, *Bullying at School* 1993.



Bullying in Schools



- Approximately 20% of students bully others, or are bullied
- Bullying is experienced by both boys and girls, although it usually takes different forms
- Bullying usually happens in undefined areas of the campus
- Physical bullying hurts a person's body or property
- Emotional bullying hurts a person's self-esteem
- Social bullying hurts a person's group acceptance
- Bullying is always the result of a **perceived imbalance of power**, and should not be confused with peer conflicts
- Bullying at school effects the one who is bullying, the victim, and the bystander

What does RUSD data indicate?

- Every 2 years, 7th grade students take the California Healthy Kids Survey, most recently last spring.
- In the previous 12 months, what % of our students felt safe at school? What % were harassed at school?



Comparisons Safety at School

Reed Union

CHKS Fall 2015

Past 12 months

Experienced % 12 months	15-16	11-12	09-10	07-08	Marin	CA
Felt very safe	61 (92% safe)	43	42	31	37	20
Harassed	32	49	49	30	33	40

We are making progress!

However...

Digging Deeper into the 2015-16 CHKS Results

Action	1 time	2 or more times
Rumors or lies spread about you	18%	21%
Sexual jokes, comments or gestures made to you	14%	12%
Made fun of way you look or talk	14%	16%
Insulted or called names	18%	19%
Pushed, shoved, or hit	12%	7%
Afraid of being beat up	6%	4%
Threatened with harm or injury	6%	3%



Cyberbullying

- Very common form of bullying today:
 - Students access to technology has increased
 - The anonymous nature of this type of bullying
- Includes:
 - Transmission of harassing communications, direct threats, or other harmful texts, sounds, or images
 - On the Internet, social media, or other technologies
 - Using a telephone, computer, or any wireless communication device
- Sexting is cyberbullying
- Includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation
- Has increased along with identification of sexual, racial, and gender bullying



National Statistics on Cyberbullying

Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center

February 19, 2016

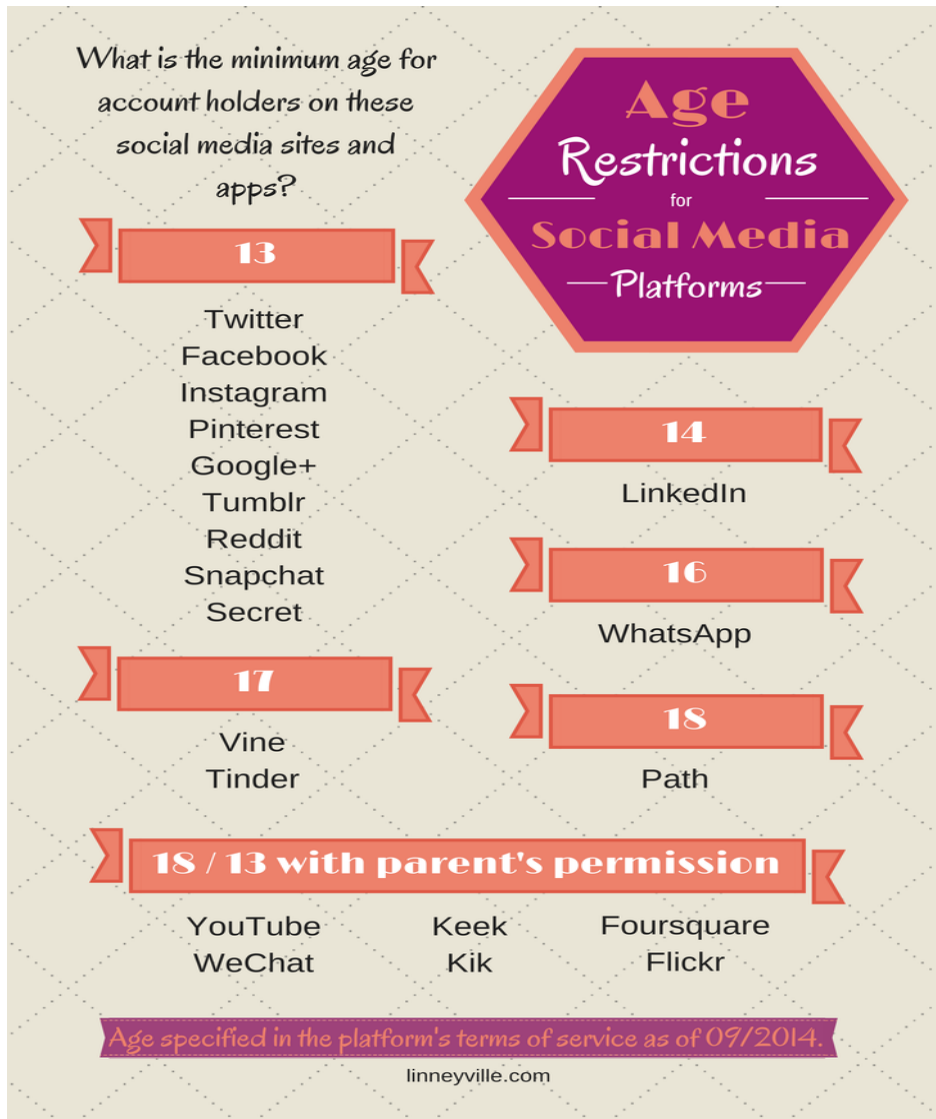
Responses from Students	% Experienced
Reported being cyberbullied	Male 17% / Female 25%
Cyberbullied others	Male 18% / Female 21%
Where it happens: Facebook Instagram Twitter Snap Chat Instant Messages	84% 23% 21% 14% 11%
Teens who don't report cyberbullying to parents	52%
States with highest reports of bullying incidents (all forms)	California New York Illinois Pennsylvania Washington

Impact of Social Media on Children, Adolescents, and Families

American Academy of Pediatrics

March 28, 2011

Benefits of using Social Media	Risks of using Social Media
<p>Socialization and Communication</p> <ul style="list-style-type: none"> • Community engagement • Enhance individual & collective creativity – blogs, podcasts, videos • Shared interests with others of diverse backgrounds (respect, tolerance, increased discourse about global issues) 	<p>Cyberbullying and Online Harassment</p>
<p>Enhanced Learning Opportunities</p>	<p>Sexting</p>
<p>Accessing Health Information</p>	<p>Facebook Depression – some who spend too much time on social media sites, begin to exhibit classic symptoms of depression</p>
	<p>Privacy Concerns and Digital Footprint</p>
	<p>Mixed Messages from Parents and the Law – must be 13 for most sites</p>



Twitter's [privacy policy](#), states:

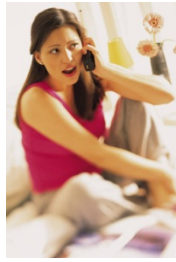
Our Services are not directed to persons under 13. If you become aware that your child has provided us with personal information without your consent, please contact us at privacy@twitter.com.

We do not knowingly collect personal information from children under 13. If we become aware that a child under 13 has provided us with personal information, we take steps to remove such information and terminate the child's account.

Why age 13?

Congress established Children's Online Privacy Protection Act (COPPA) prohibits websites from collecting info on children younger than 13 without parent permission.

American Academy of Pediatrics encourages this age be respected. It is important for parents to not send a mixed message by allowing lying about age, and emphasis the importance of online safety.



Dispelling the Myths

Important not to label students only behaviors



- ***Once a bully, always a bully.*** Bullying behavior is learned and therefore can be unlearned
- ***Those who bully have a low self-esteem.*** They generally have a high self-image and believe that they are superior while often believing the victim deserves the treatment they receive
- ***Those who bully are from poor families.*** Bullying occurs in all socioeconomic levels and is a problem in both public and private schools
- ***Those who bully generally do poorly in school.*** Those who bully are usually of average intelligence and receive average grades in elementary school
- ***Standing up to a bully (fighting back) is the only way to stop bullying.*** Children who bully only target students they know they can beat and thrive on getting a reaction from the victim

Characteristics of Students Who Bully

- Do not feel empathy toward others, often enjoy causing pain or discomfort
- Calm or flat affect when asked about their behaviors
- Believe victims deserve their treatment
- Do not know how to interpret unintentional acts
- Earn average grades in elementary school, then tend to decline as they reach middle and high school
- Good self-esteem with a desire for control and power
- Surrounded by a small group of friends
- Often oppositional toward adults
- Believe that rules do not apply to them





Characteristics of Students Who Are a Victim of Bullying

- Two types of victims = passive and provocative

Both types rely on adults more than peers for emotional support and guidance; rarely report bullying since they believe that it will only make things worse; insecure, sometimes anxious, and have low self-esteem; rarely defend themselves; and have few friends

- Passive victims never provoke attacks
- Provocative victims sometimes appear to instigate conflicts and at times pester or irritate those around them



Signs That Your Child May Be Bullied

- Feeling ill in the morning and/or not wanting to go to school
- Change in route to or from school
- Refusal to talk about their day at school
- Drop in school performance
- Change in friendships
- Coming home from school with torn clothes or destroyed property
- Unexplained crying, especially before going to sleep
- Nightmares
- Lack of confidence
- Change in behavior towards friends and siblings; becoming more violent or aggressive

What Parents Can Do

If you think your child is bullied, get the facts...listen.

- **Listen and don't interrupt;** don't judge your child's feelings; show you are interested; stay calm; ask questions if you need to clarify; repeat back to your child what he/she said to ensure you understand
- **Teach a positive attitude;** don't let your child put him/herself down
- **Give specific and generous praise when your child overcomes a challenge – Growth Mindset**
- **Use humor with your child**
- **Encourage reasonable risks;** have your child do something he/she has not done before...it is okay to make a mistake
- **Encourage making friends by using strategies** of first being a friend, be a good sport, and participate in organized activities; learn to do things other children enjoy; ask others about their interests
- **Report your concerns to the teacher**



How Your Child Can Safely Stand Up To Bullying

- Be assertive: posture, walk, eye contact
- When making an assertive statement: be direct, respectful and honest while keeping a safe physical distance; don't make physical contact; use "I-messages"; and, choose the right place and time
- Give your child positive strategies: ignore the comment; avoid the bully; use self-talk; make a joke; have friends help tell the bully to stop; and tell an adult at school



Signs That Your Child May Bully Others

- Enjoys putting people down
- Does not care if feelings are hurt
- Shows disrespect for authority (at home and school)
- Enjoys fighting
- Believes that everything should always go his/her way
- Won't admit mistakes
- Lies frequently to get out of trouble
- Thinks that rules do not apply to him/her
- Believes that others aren't to be trusted
- Uses anger to get what he/she wants
- Has an attitude of superiority over other children



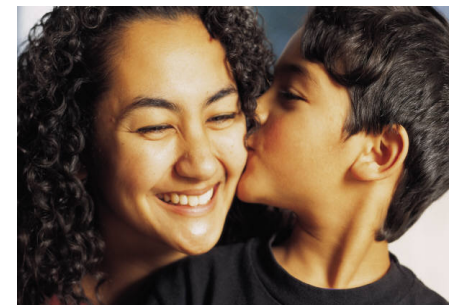


What Parents Can Do

If you think your child is bullying others



- Spend more time with your child, engage in activities together
- Consistent discipline, remain calm
- Model empathy and provide your child opportunities to practice
- Eliminate violent TV programs, videos, and games. Do not allow children to push, hit, shove, call names, or allow cruel or demeaning jokes
- Talk to your child, ask about his/her feelings
- Make sure he/she knows that they are loved unconditionally
- Highlight similarities between your child and other children
- Have them care for animals with kindness
- Follow the Golden Rule





Five Ways Parents Discourage Bullying

1. Show and Model Respect
2. Demonstrate Empathy
3. Respect Feelings
4. Handle Anger
5. Resolve Conflicts



If Your Child is Being Cyberbullied

- Make yourself a safe person to talk to
- Set security and privacy standards with your child
- Monitor your child's technology use
- Teach your child how to respond to bullying
- Work with your child to determine the the appropriate action
- Block and report the child who is bullying
- If you have a relationship with the other parent, let them know
- Notify school administration
- Save the evidence
- Consider counseling for your child



KnowBullying app

RUSD Current Social-Emotional Programs and Activities

- Kimochi's
- Whole Body Listening Lessons
- Mosaic
- Scholarly Attributes
- Dive Deep programs incorporating community service
- Restorative Justice
- Challenge Day
- WEB Buddy Program
- Assemblies that address bully prevention and respect; Love at Second Site: Appearance, Acceptance and Diversity
- Internet safety instruction-Common Sense Media
- Psychologists assist teachers in presenting lessons to classes/administer student surveys
- Psychologist present parent education
- Recognitions for "Caught being good"
- Weekly assemblies and/or student broadcasts include character/behavior expectations
- Second Steps Program and Bully Prevention Program
- Olweus Bully Prevention Program
- Mentoring Minds Bully Prevention Resource



Updated Board Policies:

BP 5137 Positive School Climate BP

5131 Conduct

BP 5030 Student Wellness

BP/AR 1312.3 Uniform Complaint

AR 0450 Comprehensive Safety Plan

AR 0440 District Technology Plan

BP/AR 5139 Bullying

Student Lesson



Is It a Conflict, or Is It Bullying?

Directions:

- Part A: Read through the following situations. Decide whether each one describes a conflict or a bullying situation. Write “C” in the blank if it is a conflict and “B” if it is bullying.
- Part B: For each “B” answer, write “FF” if the bullying is happening face to face and “BB” if the bullying is happening behind someone’s back.

- C 1. Last year, you and a friend worked together on a science fair project. You wanted to work with that friend again this year, but he just told you that he is working with someone else. You are very upset and ignore your friend for the rest of the day.
- B, FF 2. An older girl corners you and demands your money. Before letting you go, she says, “I’ll really get you if you tell anyone about this!”
- B, FF 3. At recess, you try to join a kickball game. One player says, “You can’t play with us. You’re too tall, and it’s not fair if you play. Go play with kids your own size.”
- C 4. You’re running for home base in a softball game. You think you’re safe. The catcher says, “You’re out.” You call the catcher a big cheater. He makes a mean gesture in your face.
- B, BB 5. Someone whispers to you, “Don’t let that new kid sit with us at lunch.”
- C 6. A friend borrows your homework to see how you’ve answered a question. The next day, you discover that your friend copied all your homework, word for word. You are very angry.
- B, FF 7. When Jessie turns rope for double-Dutch jumping, she tries especially hard to trip you up. Most days, she laughs and calls you clumsy.
- B, FF 8. Five days in a row, Eric receives an email message that says, “You’re a pig. You’re a big fat slob. Everybody hates you.”
- B, BB 9. Alan and Michael audition for the school musical. They both get roles. When you hear about it, you tell your friends, “I hate musicals. Let’s stop hanging out with Alan and Michael.”
- C 10. You and a friend are at the video store. Your friend wants to rent an action movie, but you want to rent a comedy. You can’t seem to agree.



Second Steps Curriculum – 7th Grade

BULLYING PREVENTION

LESSON 5: Responding to Bullying

Recognize and define *bullying* and *bystander* behaviors

Empathize with people who are bullied

Identify strategies to deal with bullying and help others who are bullied

Understand how a bystander can be part of the problem or part of the solution

LESSON 6: Cyber Bullying

Recognize that technology is sometimes used for bullying

Understand ways they can be “part of the solution” to cyber bullying

Understand strategies for dealing with cyber bullying

LESSON 7: Sexual Harassment

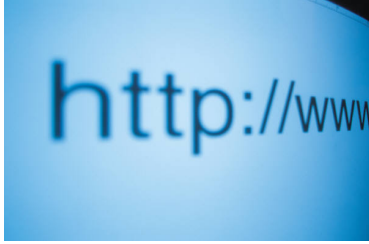
Recognize and define *sexual harassment*

Differentiate between flirting or joking and sexual harassment

Apply assertiveness skills to refuse sexual harassment

Understand their school’s sexual harassment policy and legal implications

Resources



- National Bully Prevention Center:
www.pacer.org/bullying
- US Department of Education:
<http://www.ed.gov/category/keyword/bullying>
- Seattle Public Schools – Cyber bullying:
<http://district.seattleschools.org/modules/cms/pages.phtml?pageid=216981>
- California Department of Education:
<http://www.cde.ca.gov/ls/ss/se/bullyres.asp>
- Reed Union School District
<http://www.reedschools.org/Domain/478>

