

# Bullying Prevention and Intervention

Awareness and Training for Volunteers

Wooster City School District

# Welcome and Thank You!

The Wooster City School District is extremely fortunate to have the support of many parent and community volunteers. Our district prioritizes safety for our students and has established a volunteer process that now includes Ohio Department of Education-mandated Bullying Prevention and Intervention training AND a background check.

Continue to the next page to begin Bullying Prevention and Intervention training.



# Defining Bullying:

What is the difference between Conflict, Rudeness, Meanness and Bullying?

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous: unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior, the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/ should NOT be ignored	CANNOT be resolved through mediation

Source: Jennifer Astles, DASA Newsletter, January 2014, TST BOCES



# Focus on bullying

- What is is: Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both students who are bullied and those who bully others may have serious, lasting problems.
- What it is not: conflict, rudeness or being mean. These behaviors, while unacceptable, are not bullying. They do not meet the full definition of bullying.



- Bullying behaviors include such actions as making threats, spreading rumors, attacking someone physically or verbally, and deliberately excluding someone from a group.
- To be considered bullying, as opposed to conflict, the behavior must include the following:
  - **Be unwanted and aggressive**
  - **Exhibit an imbalance of power:** Kids who bully use their power — such as physical strength, access to embarrassing information, or popularity — to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
  - **Be repetitive:** Bullying behaviors happen more than once or have the potential to happen more than once.



# Types of Bullying

- There are four types of bullying:
  - Verbal Bullying
  - Social/Relational Bullying
  - Physical Bullying
  - Electronic or Written Bullying



# Verbal Bullying

- Verbal Bullying is saying mean things. Verbal bullying includes:
  - Teasing
  - Name calling
  - Inappropriate sexual comments
  - Taunting
  - Threats to cause harm



# Social/Relational Bullying

- Social/Relational Bullying involves hurting someone's reputation or relationships. Social/Relational Bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public



# Physical Bullying

- Physical Bullying involves hurting a person's body or possessions.

Physical Bullying includes:

- Hitting/Kicking/Pinching
- Spitting
- Tripping/Pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



# Electronic or Written Bullying

- Electronic or Written Communication Bullying (including all forms of Cyberbullying) is bullying that takes place via written messages or images using various forms of electronic technology. It includes the following:
  - Handwritten notes
  - Social Media Networking sites
  - Text Messages
  - Email
  - Instant Messaging
  - Messaging through online games
  - The proliferation of embarrassing pictures, videos, websites or fake profiles through any medium.



# Warning Signs for Bullying

- There are many warning signs that may indicate a child is affected by bullying — either being bullied or bullying others. Recognizing warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.



# Signs a child is being bullied

- Some signs that a child may be bullied include the following. Note: not all students exhibit signs.
  - Unexplained injuries
  - Lost or destroyed clothing, books, electronics, jewelry
  - Frequent headaches or stomach aches, feeling sick or faking illness
  - Change in eating habits.
  - Difficulty sleeping or frequent nightmares
  - Declining grades, loss of interest in schoolwork, or not wanting to attend school
  - Sudden loss of friends or avoidance of social situations
  - Feelings of helplessness or decreased self esteem
  - Self-destructive behaviors such as running away, self-harm, or talking about suicide.



# Signs a Child MAY BE a bully to others:

Students may be bullying others if they:

- Repeatedly get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are overly competitive and fixate on their reputation or popularity



# Why don't kids ask for help?

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.



# Bystanders to bullying

- As a school volunteer, you may be a witness to bullying. Someone who witnesses bullying, either in person or online, is a bystander. Friends, students, peers, teachers, school staff, parents, coaches, and volunteers can be bystanders. With cyberbullying, even strangers can be bystanders.
- Students who are bullied often feel even more alone because there are witnesses, most often peers, who do nothing. When no one intervenes, the person being targeted may feel that bystanders do not care or they agree with what is happening. There are many reasons why a bystander may not interject, even if they believe that bullying is wrong. They may be afraid of retaliation or of becoming the target of bullying themselves. They might fear that getting involved could have negative social consequences.



# What to do if you suspect bullying

- When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.
- It is very important that volunteers who witness a suspected incident of bullying report their concerns to a staff member as soon as possible. That staff member may be a classroom teacher, guidance counselor, other staff member or building administrator. This will allow staff to address suspected bullying in a timely manner.



# If you witness suspected bullying: DO

- Make sure everyone is safe.
- Stay calm.
- Model respectful behavior if you must intervene.
- Report what you saw to a teacher, guidance counselor, other staff member or building administrator!



# Responding to bullying: Avoid these common mistakes

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't make the kids involved apologize or patch up relations on the spot.
- When reporting suspected bullying, please do it privately, with no other students present.



# Report all suspected bullying

- It is not the responsibility of any volunteer to personally address a suspected incident of bullying.
- **HOWEVER**, volunteers should report any suspected bullying to a teacher, guidance counselor or building administrator.
- Wooster City Schools has protocols in place to address bullying. Information is **KEY** so that any suspected incident of bullying can be investigated by the appropriate school personnel. Any information you can provide will help.



# Resources

- Wooster City School District Information and Resources:
  - [Board Policy 5517.01 Bullying and Other Forms of Aggressive Behavior](#)
  - [Wooster City School District Anti-Harassment Web Page](#)
  - [Stopbullying.gov](#)
  - [Centers for Disease Control and Provention Preventing Bullying Fact Sheet](#)



# *Thank you!*

- Thank you for taking the time to become more familiar with the serious issue of bullying. Your awareness may help a child have a better day.
- Remember to report all suspected bullying to a teacher, guidance counselor, other staff member or building administrator.

