

# Bully Prevention

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Together We Can Make A  
Difference

Tuckahoe Elementary School

2011



# What is Bullying?

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- Bullying involves an imbalance of power(either real or perceived).
- Bullying is intentional.
- Bullying is repeated.
- Bullying hurts people physically and /or emotionally.

# 4 Types of Bullying

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- Physical
- Verbal
- Emotional
- Cyber

# PHYSICAL

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- Hitting
- Pushing
- Tripping
- Fighting
- Spitting on someone
- Pulling on clothes or hair
- Throwing things at someone
- Stealing or damaging someone's things

# VERBAL

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- Calling names
- Teasing
- Making fun of someone
- Threatening
- Cursing
- Screaming at Someone
- Making Rude noises around someone

# EMOTIONAL

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- Hand gestures
- Passing notes
- Gossiping
- Ignoring someone
- Avoiding someone
- Rolling eyes
- Silent treatment
- Exclusion
- Turning body away from someone

# CYBER

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## ■ Cell phones

-Text messages

-Pictures

## ■ Internet

-E-mails

-Ims

-Blogs

-Social Networking Sites

-Chat room

-WebPages

# Where does Bullying Occur?

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- Bus
- Cafeteria
- Hallways
- Playground
- Resource
- Classroom
- Home
- Neighborhood
- Before or after school care



# Watch D.O.G.S.

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- New program to promote positive male role models in school
- Support bully prevention in “hot Spots” of the school.
- Dads Of Great Students



# Who are the key players ?

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- The Aggressor
- The Target
- The Bystanders

# Responses to Bullying

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- **Aggressive** - Respond with the same bullying behavior or get even.
- **Passive** - Avoid the situation and hope it will go away.
- **Assertive** - Have confidence to stick up for yourself or others.

# TARGETS CAN...

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- Don't give the aggressor power over you
- Use a firm voice look the aggressor in the eye and say, "Stop It!"
- Laugh it off. Agree with the person teasing you.
- Calmly confront the aggressor alone and say, "It really hurt to hear what you said about me."
- Walk away. Go with a friend
- Say sorry you feel that way.
- Talk to an adult

# Stay S. A. F. E.

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- Speak up: Say Stop in a firm voice.
- Ask an adult for help: don't let the problem get out of hand.
- Find your role: Avoid the aggressor. Find a group of friends to be together. Walk away from the aggressor.
- End it quietly: do not scream or fight. Get away from the aggressor in a calm way.

# BYSTANDERS CAN...

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- Tell the aggressor to stop. Use a firm confident voice.
- Say, “That’s not Funny.”
- Don’t laugh at the target. No one deserves to be bullied.
- Go to the target and ask him/her to come with you.
- Get an adult for help, if needed.

# Be A H. E. R. O.

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- Help out: try to help a target get away from the aggressor.
- Empathize: try to imagine how other people feel.
- Report: any bullying you know about to an adult
- Open communication talk about bullying make sure everyone knows the prevention rules.

# AGGRESSORS CAN...

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- Stop and think before you act.
- Think about how the other person feels.
- “Walk in the other person’s shoes.”
- Consider the consequences of bullying.
- Get involved in a new activity.



# School Wide Rules

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1. We will not bully others.
2. We will try to help students who are bullied.
3. We will include students who are easily left out.
4. When we know somebody is being bullied, we will tell an adult at school and an adult at home.

(Olweus bullying prevention Group,2004)

# Discipline procedures to address Bullying Behaviors

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Based on the definition that bullying is an imbalance of power, intentional repeated hurting of others physically or emotionally the following procedures will be used to prevent bullying at Tuckahoe Elementary

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- 1. Teacher uses classroom behavior management system to address bullying behaviors.
  - 2. Parents are notified of student behavior by a phone call from the classroom teacher.
  - 3. The school counselor will work with both the aggressor and the target separately to reinforce helpful strategies to prevent bullying.
  - 4. If a second offense occurs an office referral is warranted and a Parent conference is required with the Principal/ Assistant Principal child and teacher.
  - 5. Based on the circumstance of the bullying behaviors and where those behaviors have occurred consequences will be determined on a case, by case basis.

# What parents can do at home...

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Parents need to listen to their children...

60% of children do not tell their parents they are being picked on at school.

\*If you notice a change in behavior keep your eye out for other red flags.

# Red Flags Include

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- Unexplained cuts, bruises and scrapes
- Doesn't want to go to school; is afraid to ride the bus
- Sudden sadness, withdrawn, evasive
- Seems socially isolated
- Complains of headaches, stomachaches lots of visits to the nurse.
- Difficulty sleeping cries
- Has sudden drop in grades, difficulty concentrating

# Parents need to act not react.

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- Let your child know you will help resolve the problem of bullying. Getting adults involved is the best way to end bullying.
- Assess the level of bullying and write down details.
- e mail, call or meet with school personnel if bullying occurs at school.
- Report harassment to you internet service provider for cyber bullying.
- If bullying is assaulting in nature or involves intimidation based on hate, bias or sexual exploitation call the police.

# How can parents help the target?

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- Help your child recruit a friend. Create a network of friendship.
- Rebuild self esteem bullying is not the target's fault.
- Don't give labels to your child that suggest inadequacy.
- Help your child develop success. Involve them in activities such as scouts, sports, church, etc.
- Help your child learn skills for coping and assertiveness.

# Helping the target combat bullying violence

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- **Take an active role in your child's life and promote positive activities for your child**
- **Do not tell your kids to hit back**
- **Don't ask them what they did to the other child**
- **Make sure you don't bully your child**



# How can parents help redirect aggressor's behavior?

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- Watch for signs of bullying.
- Don't allow your child to control others through verbal threats and physical actions.
- Help your child develop empathy for the problems of the target.
- Apply clear, consistent, escalating consequences for repetitive aggressive behaviors.
- Provide anger management counseling for your child if needed.
- Don't tolerate revengeful attitudes.
- Don't allow your child to have contact with aggressive groups.

# How can parents stop bullying behavior?

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- Limit your child's exposure to models of aggressive behavior such as violent television, movies and video games.
- be a role model for getting along with others.
- be a role model for constructively solving problems.
- Watch for the emergence of feelings of power and control.
- know the whereabouts of your child.
- protect your child from physical and emotional abuse at home.

# How can parents motivate bystanders?

Approximately 65% to 70% of students just watch bullying happen—they are bystanders.

Teach them that they can:

- learn how to distract the students who bully
- support the person who is being bullied privately
- support the person who is being bullied openly
- do not feed into the bullying behavior

# Summary

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- Bullying can best be tackled with a school-wide program. To succeed we must have all the adults working together, parents, teachers, bus drivers—everyone.
- To recognize there is a problem is the first step — to do something about it requires commitment.
- Together we can make a difference

# Resources for Parents

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- <http://www.pacerkidsagainstbullying.org/>
- <http://kidshealth.org/parent/emotions/behavior/bullies.html>
- <http://kidshealth.org/kid/feeling/emotion/bullies.html>
- <http://academicentertainment.com/antibully>
- [http://www.findyouthinfo.org/spotlight\\_bullyingPrevention.shtml](http://www.findyouthinfo.org/spotlight_bullyingPrevention.shtml)

# Resources in Presentation

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- [http://www.findyouthinfo.org/topic\\_bullying\\_whatCanParentsDo.shtml](http://www.findyouthinfo.org/topic_bullying_whatCanParentsDo.shtml)
- <http://www.parentingbookmark.com/pages/articleMB03.htm>
- <http://www.wedolisten.com/media/>
- <http://www.pacerkidsagainstbullying.org/>
- Bully Prevention Program (Kansas) DARE
- Olweus Bullying Prevention Program
- PSV: Consortium to Prevent School Violence
- Bully Free Virginia
- Bully Free Classroom
- iSAFE
- [academicentertainment.com](http://academicentertainment.com)