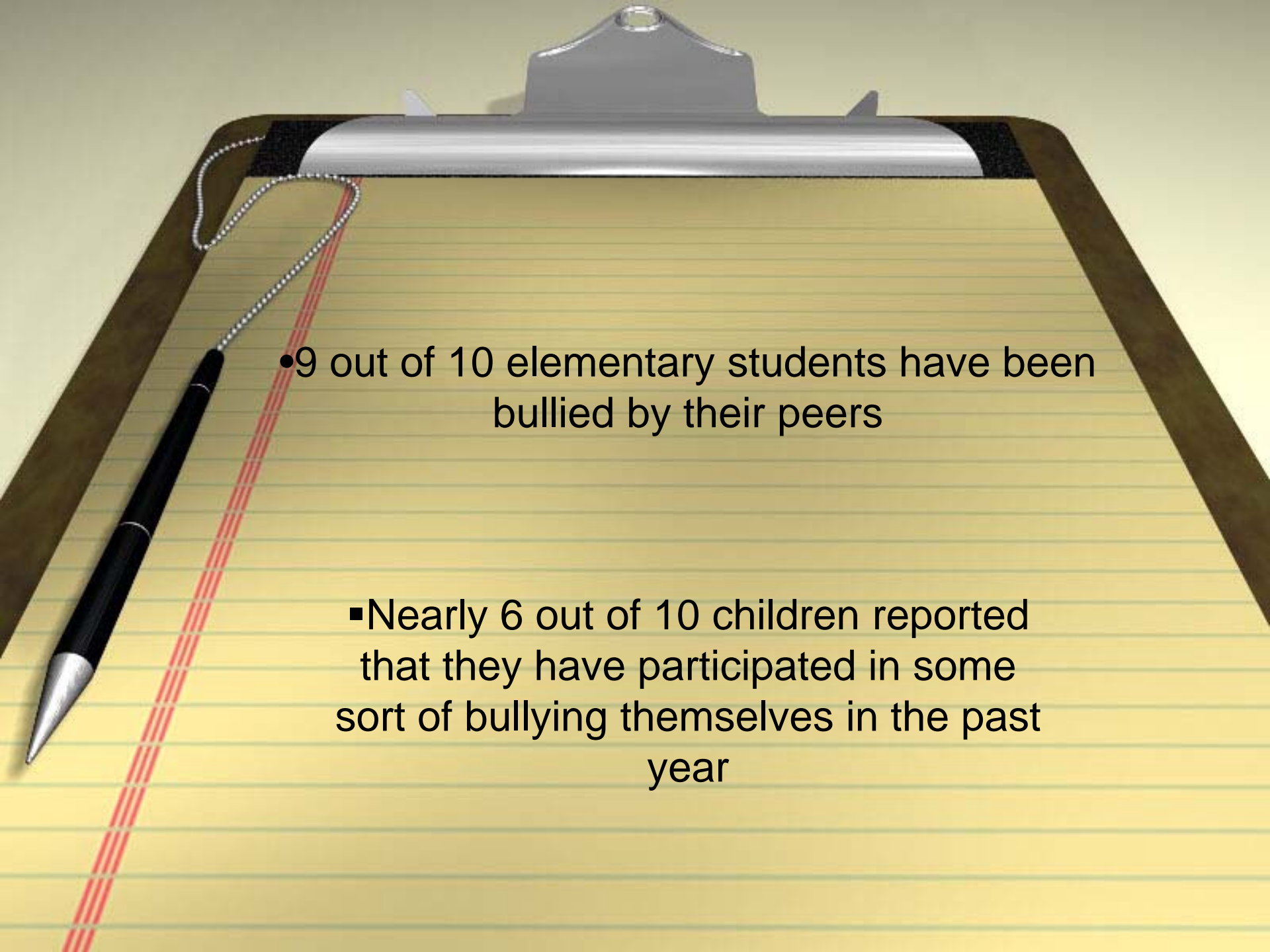




BULLYING: GET THE 411 BEFORE THE 911

**PRESENTED BY MANHATTAN DISTRICT #
114
SCHOOL SOCIAL WORKERS,
ALONG WITH
COMMUNITY LEADERS**




- 9 out of 10 elementary students have been bullied by their peers

- Nearly 6 out of 10 children reported that they have participated in some sort of bullying themselves in the past year

SO, What IS bullying?

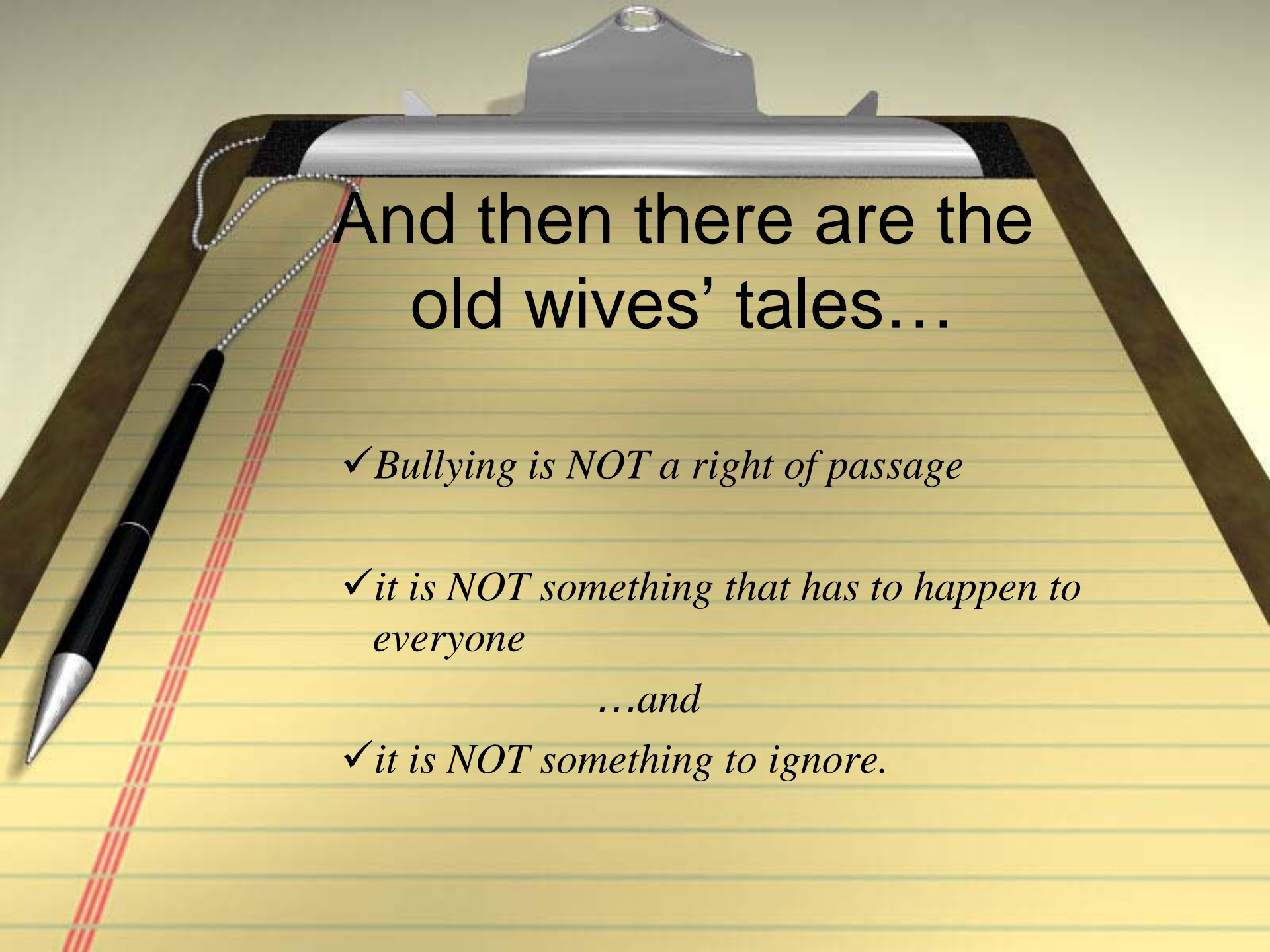
- ✓ Most of us think of bullying as fighting or pushing and shoving, but bullying takes on many forms:
 - ✓ Bullying is any form of intimidation or domination toward someone who is perceived as weaker.
 - ✓ Can be through coercion or force
 - ✓ It can be physical; it can also be emotional, verbal, or cyber. It can be done physically, or it can be through excluding someone, gossiping, telling rumors.
 - ✓ Pack bullying/individual bullying
 - ✓ Face to face vs cyber
 - ✓ Racist, religious, disability, homophobic



It's not just in the hallway, anymore...

Bullying happens in many places:

- ✓ In school; on the bus;
- ✓ Text messages; Facebook
- ✓ In neighborhoods; at the park
- ✓ At home between siblings/relatives



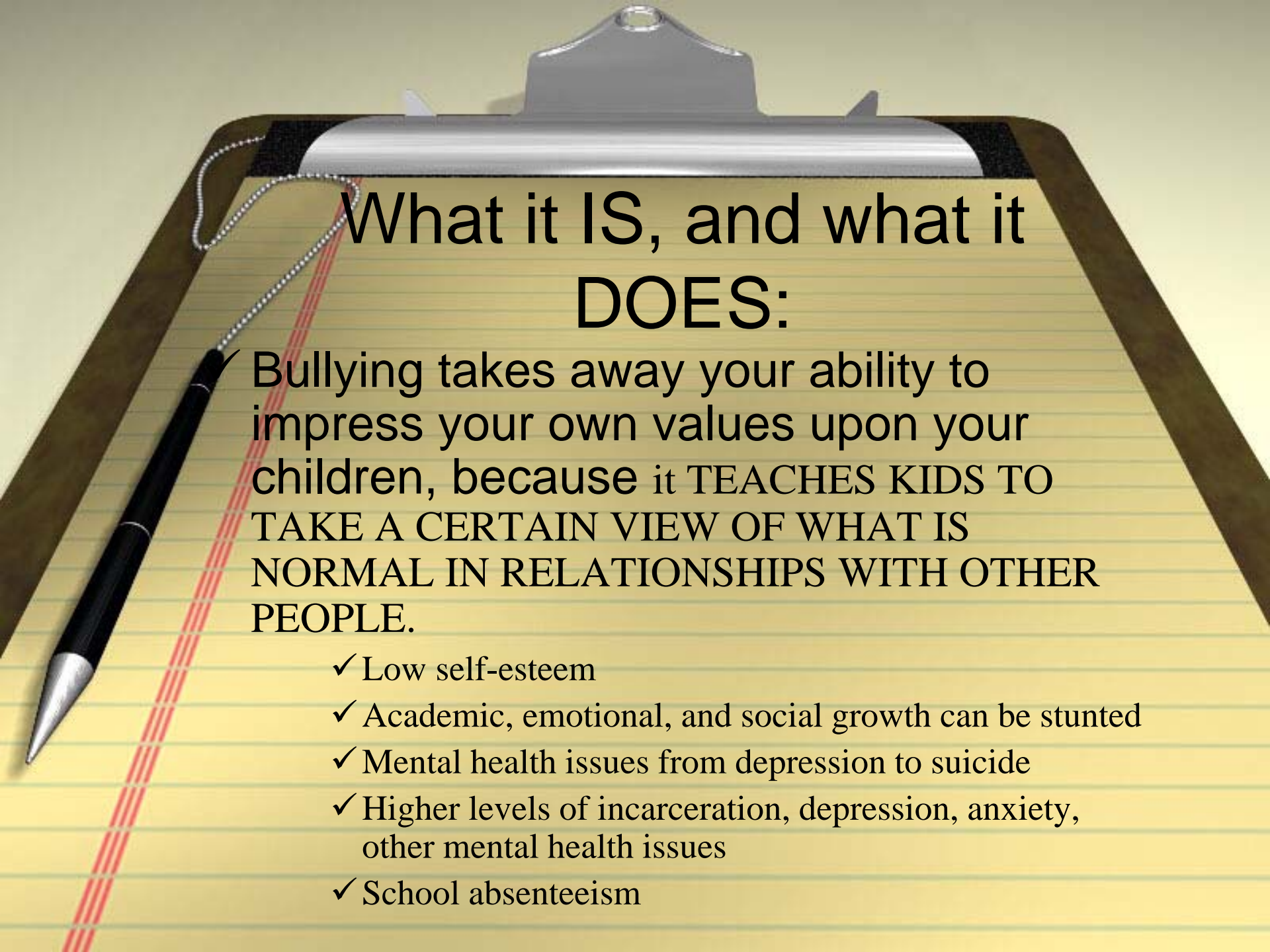
And then there are the old wives' tales...

✓ *Bullying is NOT a right of passage*

✓ *it is NOT something that has to happen to
everyone*

...and

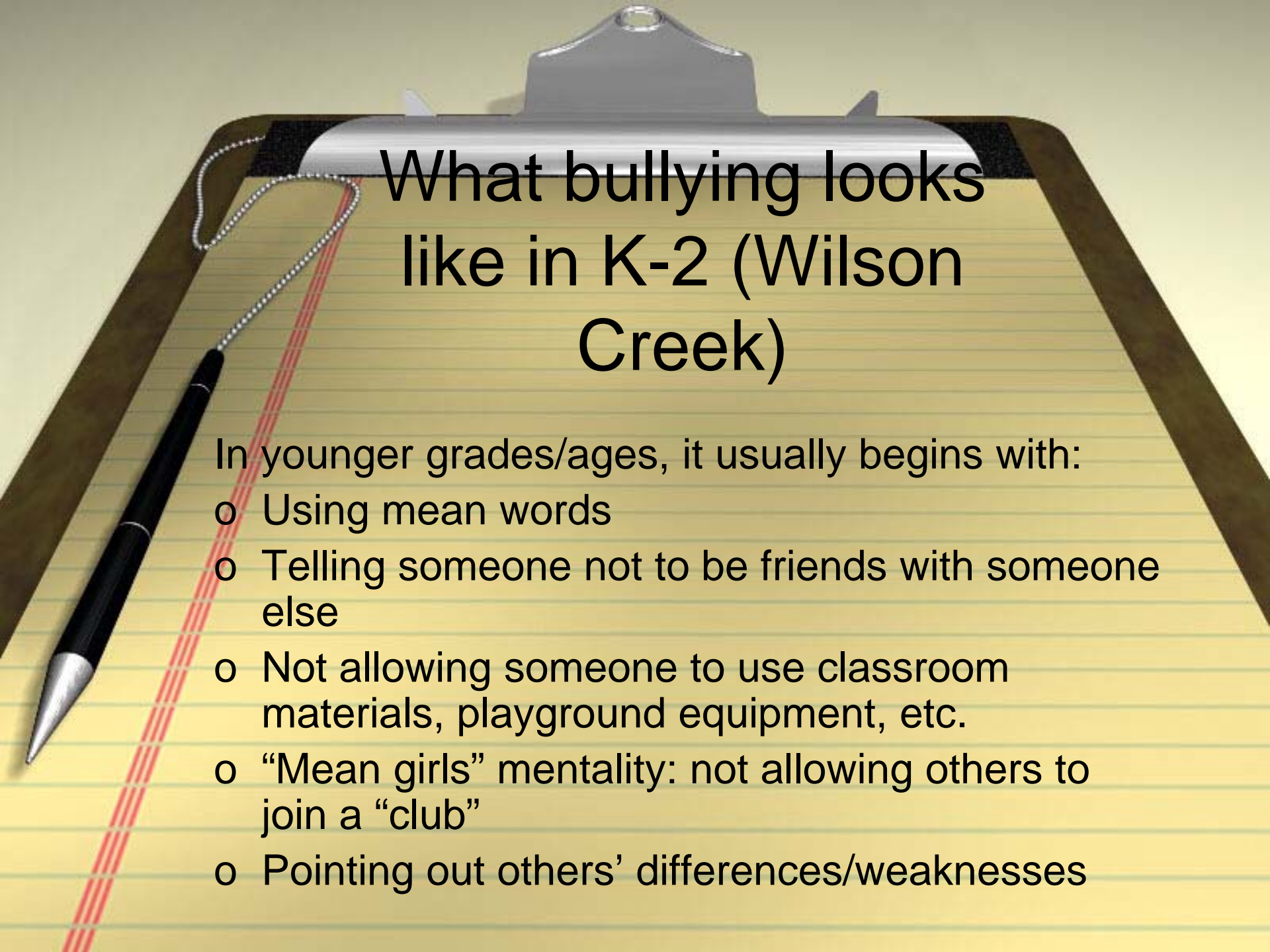
✓ *it is NOT something to ignore.*



What it IS, and what it DOES:

Bullying takes away your ability to impress your own values upon your children, because it TEACHES KIDS TO TAKE A CERTAIN VIEW OF WHAT IS NORMAL IN RELATIONSHIPS WITH OTHER PEOPLE.

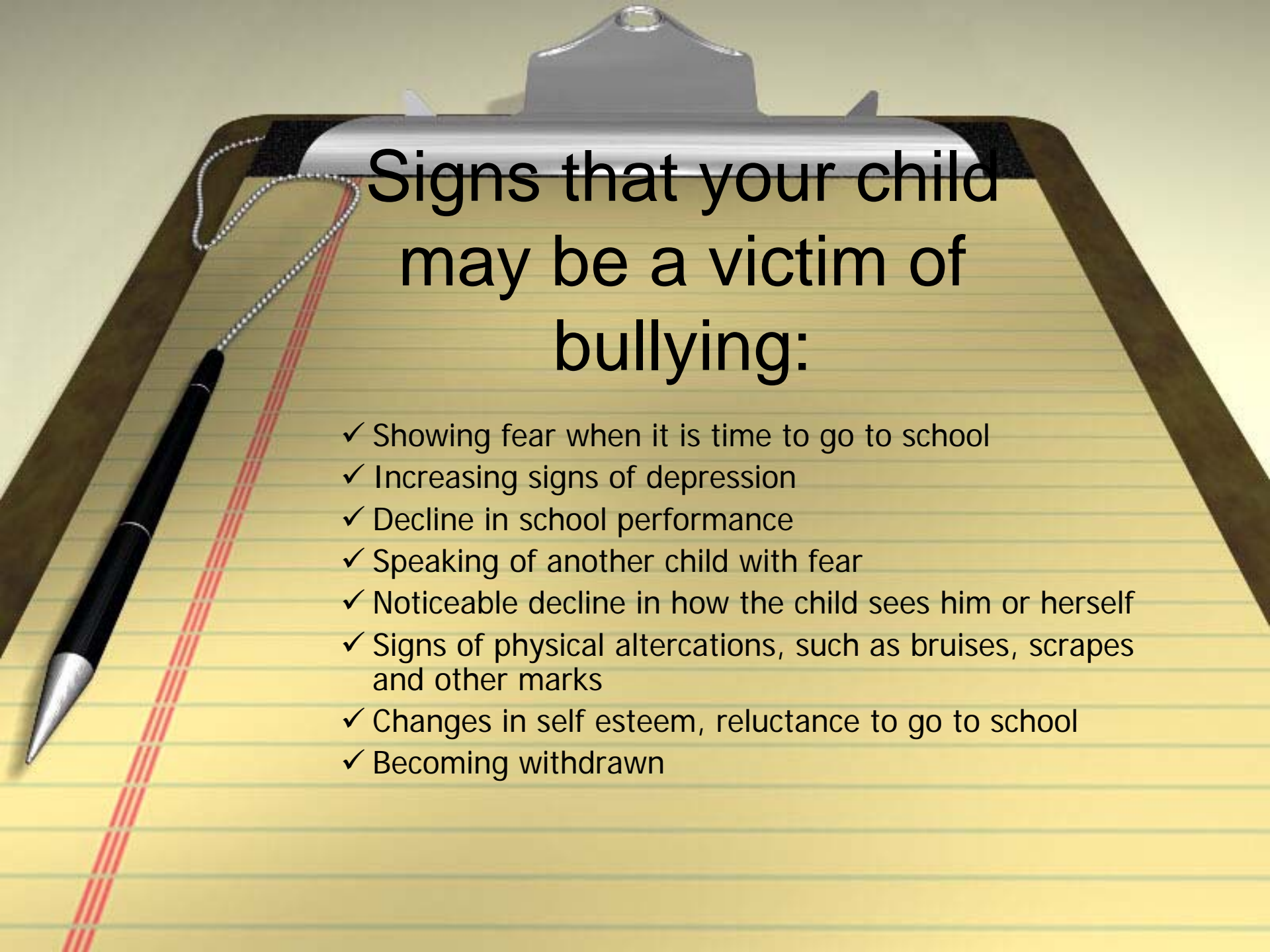
- ✓ Low self-esteem
- ✓ Academic, emotional, and social growth can be stunted
- ✓ Mental health issues from depression to suicide
- ✓ Higher levels of incarceration, depression, anxiety, other mental health issues
- ✓ School absenteeism



What bullying looks like in K-2 (Wilson Creek)


In younger grades/ages, it usually begins with:

- o Using mean words
- o Telling someone not to be friends with someone else
- o Not allowing someone to use classroom materials, playground equipment, etc.
- o “Mean girls” mentality: not allowing others to join a “club”
- o Pointing out others’ differences/weaknesses



Signs that your child may be a victim of bullying:

- ✓ Showing fear when it is time to go to school
- ✓ Increasing signs of depression
- ✓ Decline in school performance
- ✓ Speaking of another child with fear
- ✓ Noticeable decline in how the child sees him or herself
- ✓ Signs of physical altercations, such as bruises, scrapes and other marks
- ✓ Changes in self esteem, reluctance to go to school
- ✓ Becoming withdrawn



Signs your child may be a bully:

- ✓ Views violence positively as the solution to most problems
- ✓ Shows aggression toward adults as well as other children
- ✓ Need to dominate others and control situations
- ✓ Easily frustrated
- ✓ Shows little sympathy to others who are being bullied, or who are having problems
- ✓ Won't help stop bullying



WHAT PARENTS CAN DO:

- Listen
- Reinforce with child that you're on their side and you will help; it's not their fault
- Suggestions: avoid the bully; seek help from adult; practice being assertive; stay with a group of friends (bullies less likely to confront a group)
- Ask questions: who do they sit by at lunch; who do they play with at recess; who do they sit by on the bus;
- Set a good example; be careful with the words you use that may teach kids that it's ok to judge or exclude certain groups of people
- **GET HELP FOR YOUR CHILD** either by calling appropriate people, or by getting your child mental health care if they are experiencing depression, anxiety, etc. School social workers are here to help with the bullying that happens in the school.



Anna McDonald and
Bullying



INCIDENTS IN GRADES 3-5 INCLUDE:

- ✓ **Physical-** hitting, pushing, kicking, damage to others belongings, stealing, or purposely hiding others things
- ✓ **Social/Emotional-** making fun of someone, exclusion from groups, ignoring
- ✓ **Verbal-** Name calling, insulting comments, such as making negative comments about a person's appearance, clothes, or actions, teasing, taunting, or threatening.




Generally,

- ✓ Bully behavior is repeated behavior (like a BULL who keeps charging) that is meant to hurt someone physically, emotionally, or socially.



What we try to teach students in regards to Bullying:

- ✓ Golden Rule- treating others how you want to be treated. Having a mutual respect.
- ✓ Compromise- Acknowledging different points of view and be willing to give and take.
- ✓ Problem-Solving- using an adult to help you or reporting your problem to the teacher, social worker, or principal, as well as an adult at home.
- ✓ Using I-statements- I don't do that to you, so don't do that to me, I am hurt by your words/actions, I will tell on you if you don't leave me alone.



Warning Signs:

- ✓ School and Schoolwork
- ✓ Social
- ✓ Physical
- ✓ Emotional/Behavioral

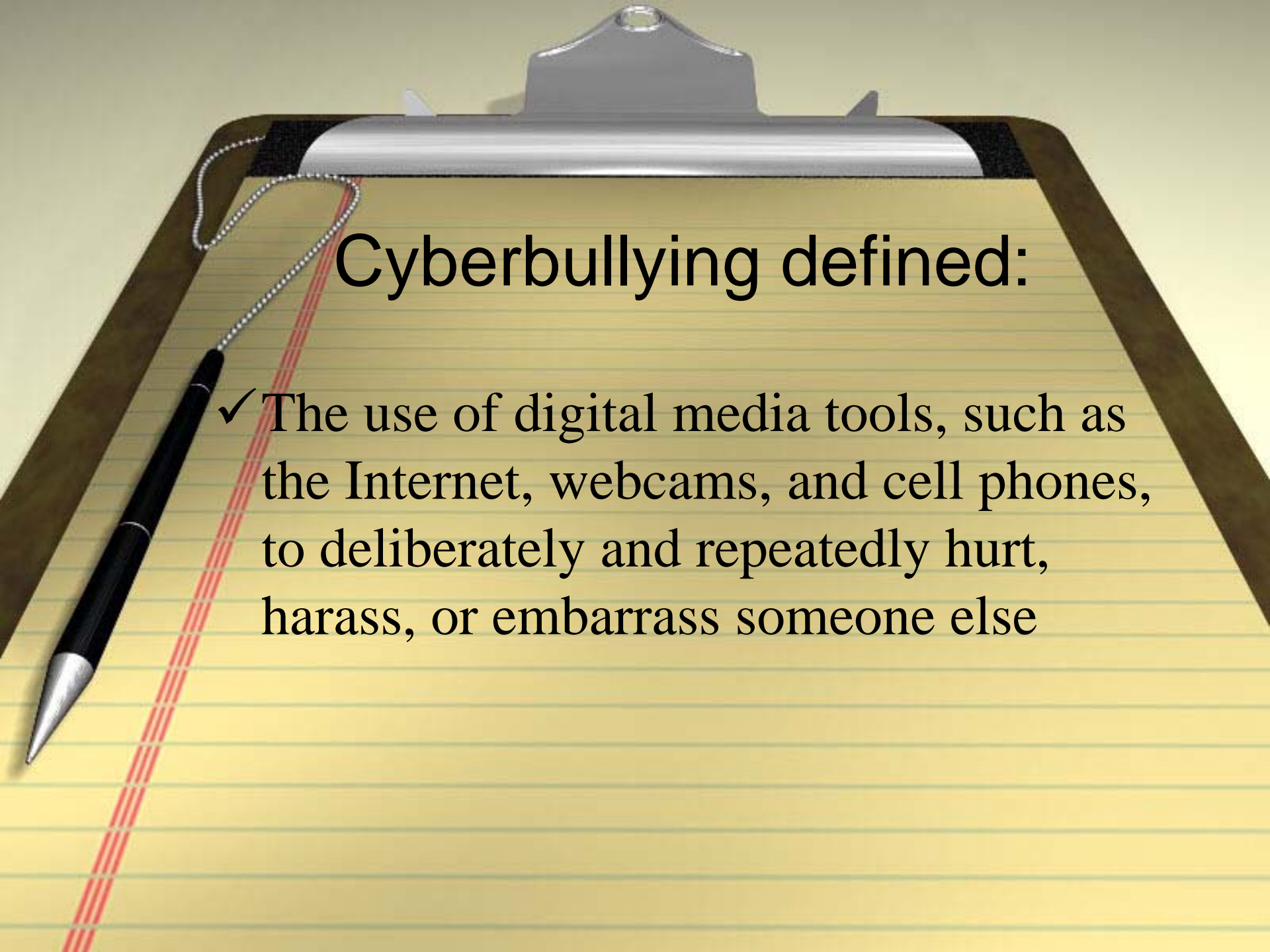


What to do:

- ✓ Research has shown that students are reluctant to tell adults about bullying. Talk with your child. Ask questions such as: I'm worried about you. Are there any kids at school who may be picking on you or bullying you?

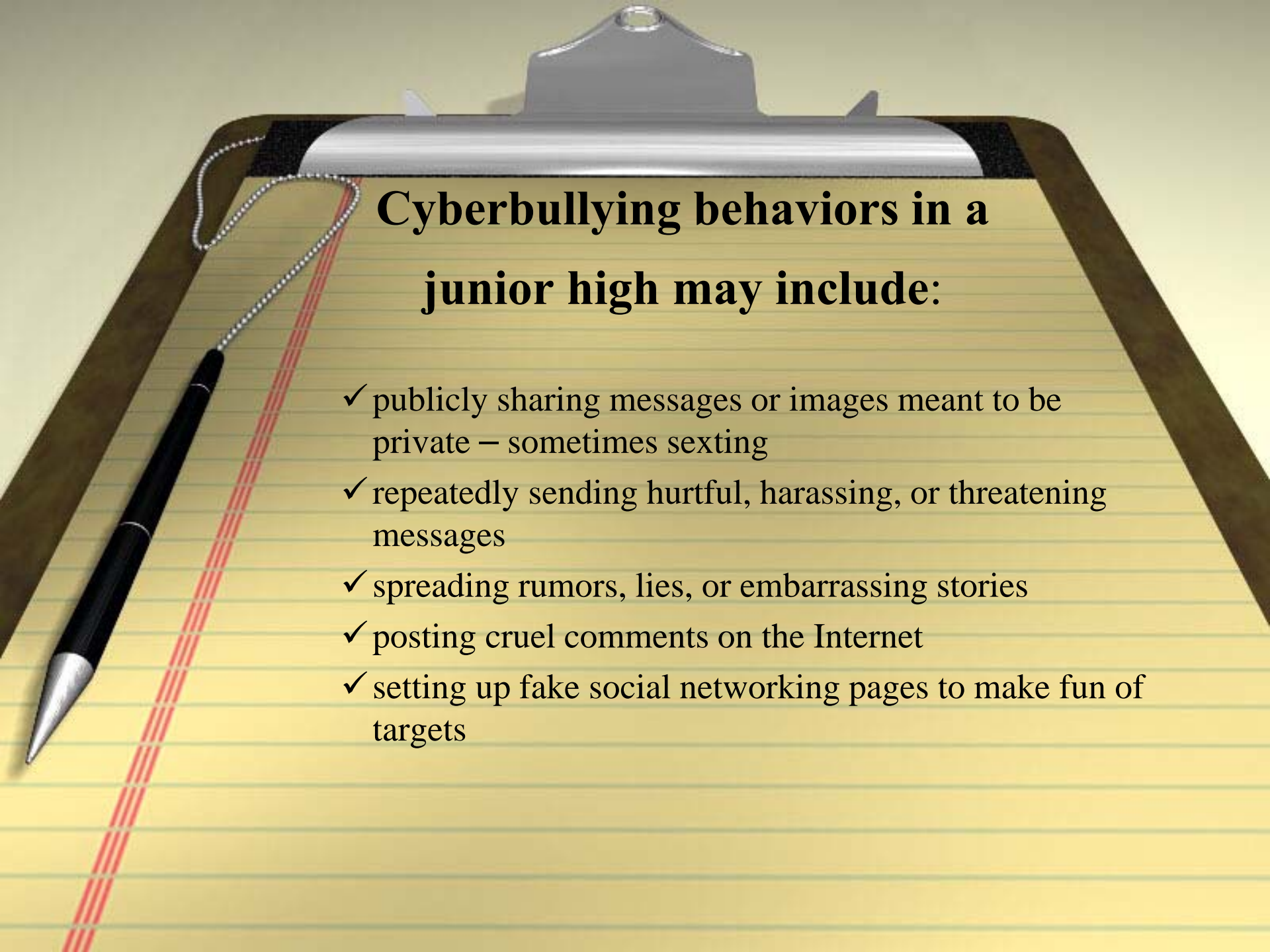


BULLYING IN JUNIOR
HIGH



Cyberbullying defined:

- ✓ The use of digital media tools, such as the Internet, webcams, and cell phones, to deliberately and repeatedly hurt, harass, or embarrass someone else



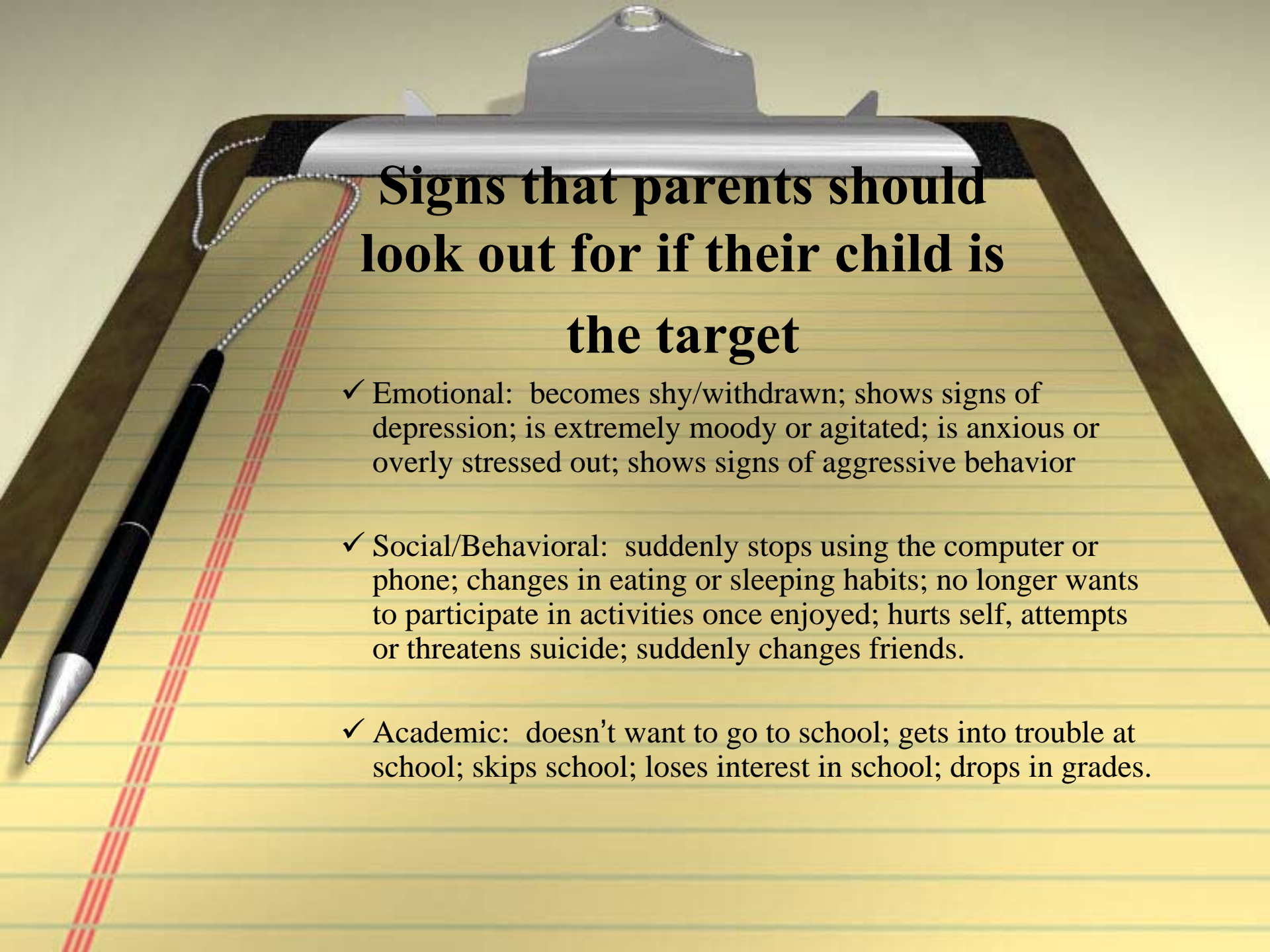
Cyberbullying behaviors in a junior high may include:

- ✓ publicly sharing messages or images meant to be private – sometimes sexting
- ✓ repeatedly sending hurtful, harassing, or threatening messages
- ✓ spreading rumors, lies, or embarrassing stories
- ✓ posting cruel comments on the Internet
- ✓ setting up fake social networking pages to make fun of targets



Points for Parents and Educators to Consider:

- ✓ Cyberbullies aren't always the children we'd expect
- ✓ One-third of 10-18 year olds have been cyberbullied
- ✓ Three out of four teens know who is cyberbullying them
- ✓ 58% of teens do not think cyberbullying is a big deal
- ✓ 81% of teens believe people cyberbully because they think it is funny
- ✓ Cyberbullying is more public, permanent, and inescapable than face:face bullying
- ✓ Cyberbullying crosses over between school and home



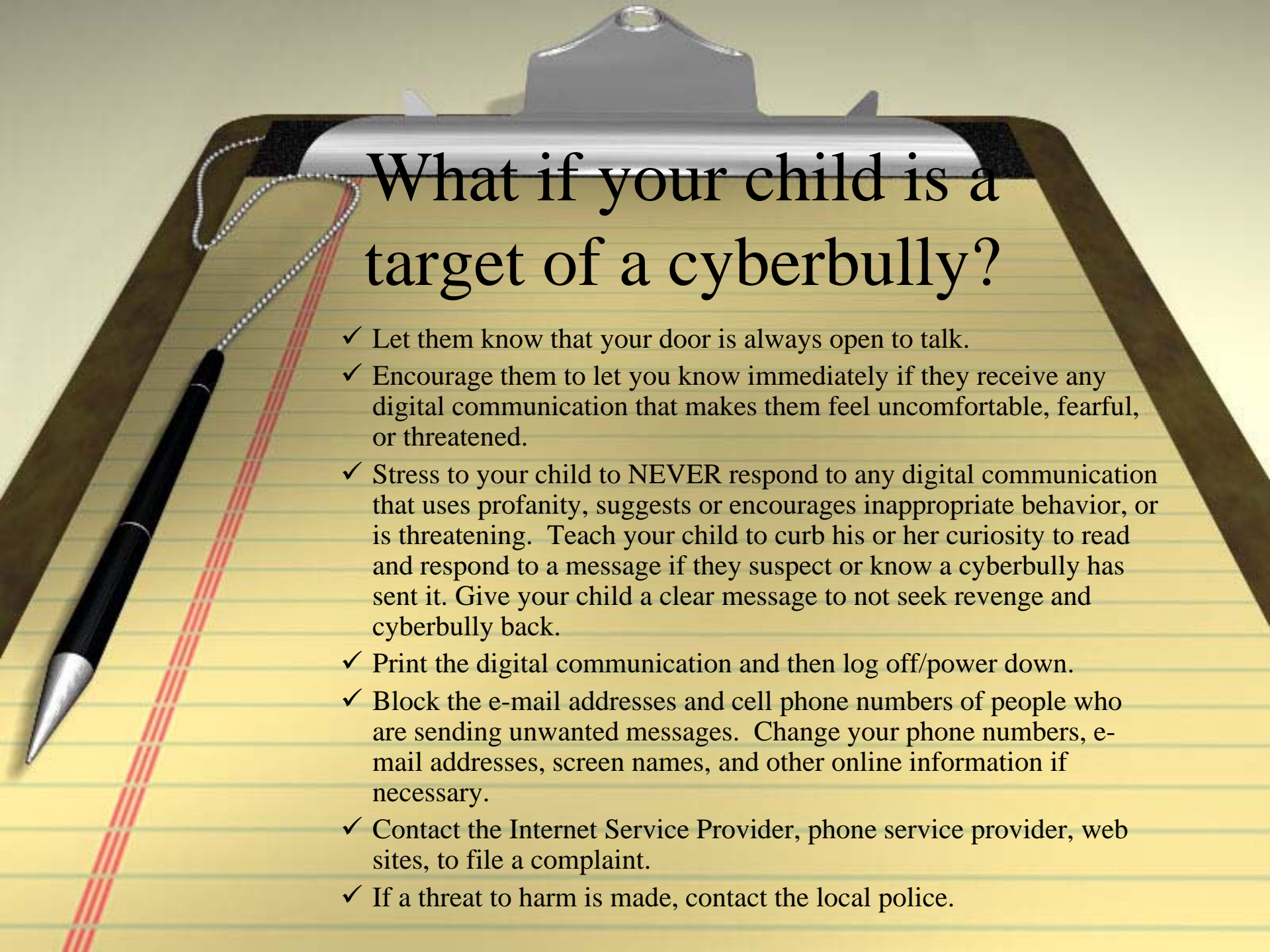
Signs that parents should look out for if their child is the target

- ✓ Emotional: becomes shy/withdrawn; shows signs of depression; is extremely moody or agitated; is anxious or overly stressed out; shows signs of aggressive behavior
- ✓ Social/Behavioral: suddenly stops using the computer or phone; changes in eating or sleeping habits; no longer wants to participate in activities once enjoyed; hurts self, attempts or threatens suicide; suddenly changes friends.
- ✓ Academic: doesn't want to go to school; gets into trouble at school; skips school; loses interest in school; drops in grades.



Signs that parents should look out for if their child is the Cyberbully

- ✓ Stops using the computer or turns off the screen when someone comes near
- ✓ Appears nervous or jumpy when using the computer or cell phone
- ✓ Is secretive about what they are doing on the computer
- ✓ Spends excessive amounts of time on the computer
- ✓ Becomes upset or angry when computer or cell phone privileges are limited or taken away



What if your child is a target of a cyberbully?

- ✓ Let them know that your door is always open to talk.
- ✓ Encourage them to let you know immediately if they receive any digital communication that makes them feel uncomfortable, fearful, or threatened.
- ✓ Stress to your child to NEVER respond to any digital communication that uses profanity, suggests or encourages inappropriate behavior, or is threatening. Teach your child to curb his or her curiosity to read and respond to a message if they suspect or know a cyberbully has sent it. Give your child a clear message to not seek revenge and cyberbully back.
- ✓ Print the digital communication and then log off/power down.
- ✓ Block the e-mail addresses and cell phone numbers of people who are sending unwanted messages. Change your phone numbers, e-mail addresses, screen names, and other online information if necessary.
- ✓ Contact the Internet Service Provider, phone service provider, web sites, to file a complaint.
- ✓ If a threat to harm is made, contact the local police.



Thank you!

- ✓ Thank you all so much for coming!
- ✓ You really can make a difference in your child's life!
- ✓ Please contact us with any questions!