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BULLYING

- ▶ What is bullying
- ▶ Crossing the line
- ▶ Why students bully
- ▶ Characteristics of a bully
- ▶ Impact of a bully
- ▶ Peer group bullying
- ▶ Cyber bullying
- ▶ What schools can do to help eliminate bullying
 - Bullying doesn't stop at school
 - How to educate the parents/guardians and the public on what they can do to help prevent bullying
- ▶ Reporting bullying

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WHAT IS BULLYING?

A person is being bullied when he/she is *exposed, repeatedly and over time, to negative actions on the part of one or more other persons.*

Negative action is when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways.

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CROSSING THE LINE

At some time or another, most of us have experienced teasing in our lives, whether it comes from friends, family, or acquaintances. Teasing is occasional pestering, joking, or coaxing without the intent to hurt. Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child. When teasing becomes bullying it can take on many forms such as;



- Verbal bullying (making threats, name-calling, making fun of kids)
- Psychological bullying (excluding children, spreading rumors)
- Physical bullying (hitting, pushing, taking a child's possessions)

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WHY STUDENTS BULLY



Students bully for many different reasons, some of which are:

- Being a victim of bullying at home or school. (from siblings, parents, school mates or neighborhood bully.)
- Not being taught how to show respect for others and to manage anger/frustrations.
- Students who bully have strong needs for power, (negative) dominance and attention.
- Students who bully find satisfaction in causing injury and suffering to other students.
- Students who bully are often rewarded in some way for their behavior with material or psychological rewards. (i.e. get their way, respect from others, popularity among friends, victory, etc)

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CHARACTERISTICS OF A BULLY

- Verbal name calling and slander.
- Physical abuse (hitting, kicking, throwing).
- Shows little or no empathy for others.
- Trouble following rules and directions.
- Thinks highly of themselves.
- Often excludes others from popular activities.

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PEER GROUP BULLYING

- ▶ Now that we have discussed reasons why kids bully and the characteristic of a bully. Its time to discuss who can be a bully. Any one is capable of being a bully. It is important to know that not just the “bad kids” or “trouble makers” are bullies.



- ▶ *The sports athlete*
- ▶ *The cheerleader*
- ▶ *The wealthy student*
- ▶ *The scholar*

Can also be bullies

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PEER GROUP BULLYING

Examples of peer group bullying:

- 1) Varsity athletes teasing and/or picking on the less gifted athletes.
- 2) A financially well off child teasing a student who has to have a part time job bussing tables or delivering news papers.
- 3) The pretty girl taunting a student for wearing less than trendy clothes and/or accessories.
- 4) The average student teasing and taunting the mentally handicapped to say or do things they are not aware of the meaning.
- 5) The scholar students teasing less gifted students.

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THE IMPACT OF BULLIES

All students deserve the right to feel safe and comfortable at school. However when one is bullied the effects can be long lasting. Some of the effects include but are not limited to...

- ▶ Depression
- ▶ Low self-esteem
- ▶ Health problems
- ▶ Poor grades
- ▶ Suicidal thoughts
- ▶ Social acceptance challenges
- ▶ Fear

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THE IMPACT OF BULLIES

Not only do the direct victims feel the stress of a bully, but the observers may feel it in one of two ways;


- 1) Students who see bullying happen also may feel that they are in an unsafe environment and cause lingering effects.
 - ▶ Fearful
 - ▶ Powerless to act
 - ▶ Guilty for not acting
 - ▶ Tempted to participate
- 2) Students who witness bullying may see the rewarding side and be convinced to bully others as well. In turn causing one simple effect.
 - ▶ The continuation of bullying.

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CYBER BULLYING

Definition of Cyber Bullying: "involves the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group, that is intended to harm others." -Bill Belsey, Pioneer Cyberbullying Activist

Cyber bullying is on the rise as one of the most popular methods of bullying today. Cyber bullying began in the 1980's and has now reached a point where it approaches epidemic proportions. With easy internet access, the growth for social media and the dawn of sexting, it has become easy for children to bully, and even easier for some to become the victims.



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Weapons of Cyber Bullying



- Cell phone
- Camera
- Video
- Social Media

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DISTINGUISHING CHARACTERISTICS OF CYBER BULLYING

- ▶ Students who are victimized have no place to hide, and can be targeted anytime and anyplace.
- ▶ Cyber bullying can involve a very wide audience (e.g., through the circulation of video clips on the internet), although the bully may not be aware of the audience's reactions.
- ▶ Students who cyber bully others are relatively protected by the anonymity of electronic forms of contact, which can safeguard them from punishment or retaliation.
- ▶ As with some indirect traditional bullying, students who cyber bully do not usually see the response of the victim, changing the satisfactions or inhibitions normally generated by bullying.



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WHAT SCHOOLS CAN DO TO HELP ELIMINATE BULLYING

- ▶ Enforce & abide by State Law
- ▶ Enforce & adhere to School Code
- ▶ Follow School Board Policy
- ▶ Educate Students and Parents/Guardians:
- ▶ Take an oath to your self to uphold good morals, school policy, and take action when needed.



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STATE LAW AND SCHOOL CODE

In this case the School Code has adopted the State law. The main focus of the law is as listed below.



105ILCS 5/27-23.7

School district should educate students, parents and elementary/secondary school personnel about what behaviors constitute prohibitive bullying. Each school district shall create and maintain a policy on bullying, which must be filed with the State Board of Education, and communicate its policy on bullying to students and their parents/guardians on an annual basis. The policy must be updated every 2 years and filed with the State Board of Education after being updated.

To see the law in its entirety please visit <http://www.ilga.gov/legislation/ilcs/fulltext.asp?DocName=010500050K27-23.7>

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IASB (ILLINOIS ASSOCIATION OF SCHOOL BOARD PRESS POLICY)

- ▶ In section 7 of your schools board policy you will find where it covers Preventing Bullying, Intimidation, and Harassment.
 - ▶ This policy has also adopted much of the State law on bullying prevention.

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IASB (ILLINOIS ASSOCIATION OF SCHOOL BOARD PRESS POLICY) CONT.

Bullying, intimidation, and/or harassment may take various forms, including without limitation: threats, stalking, physical violence, sexual harassment, sexual violence, theft, public humiliation, destruction of property, or retaliation for asserting or alleging an act of bullying.

- ▶ The following board policies are implemented and should be enforced for students safety against bullying
- ▶ 7.20 ~ This policy prohibits any person from harassing, or intimidating, or bullying a student based on an actual or perceived characteristic that is identified in the policy. Each of those characteristics is also identified in this policy's second paragraph.
- ▶ 7.190 ~ This policy prohibits students from engaging in hazing, bullying, or any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct; prohibited conduct includes any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, or other comparable conduct.
- ▶ 7.310 ~ This policy prohibits students from: (i) accessing and/or distributing at school any written printed, or electronic material, including material from the Internet, that will cause substantial disruption of the proper and orderly operation and discipline of the school or school activities, and (ii) creating and/or distributing written or electronic material, including Internet material and blogs, that causes substantial disruption to school operations or interferes with the rights of other students or staff members.
- ▶ 6.235 ~ This policy states that the use of the District's electronic networks is limited to: (1) support of education and/or research, or (2) a legitimate business use. It subjects any individual to the loss of privileges, disciplinary action, and/or appropriate legal actions for violating the District's *Student Authorization of Electronic Network Access*

EDUCATE STUDENTS AND THEIR PARENTS/GUARDIANS

Students

- ✓ Enforce discipline rules and policies.
- ✓ Encourage students to express their frustrations and anger in a healthier manner (may encourage counseling.)
- ✓ Show them how their actions and words affect others.
- ✓ Help them understand direction and how rules are in place to help them.
- ✓ That they are disruptive to others education.

Parents/Guardians

- ✓ Help parents understand their students struggles and how their actions are affecting other students.
- ✓ Encourage parents to seek counseling for their student.
- ✓ Inform parents of the schools student policy on bullying.
- ✓ Ask parents to help enforce the same practices at home.

REPORTING BULLYING

Reporting a bully immediately is the key in taking a proactive approach to STOP bullying.

- ✓ Familiarize your self with school policy on reporting misconduct.
- ✓ Educate students on student policy regarding how to report a bully or misconduct.
- ✓ Finally lead by demonstration and good example.



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BULLYING

The End.

Please proceed with completing the quiz for this training presentation.

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