

STOP BULLYING

KEEPING SCHOOLS SAFE
FOR ALL STUDENTS



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Brought to you by Counseling & Student Services

Bullying

- ▶ **160,000 +** students per day stay home from school in the US because of fear of being bullied
- ▶ **80%** of children report being victimized by a bully at least once
- ▶ **Persistent** bullying leaves long-term scares on victims
- ▶ **15%** of victims report severe reactions

Bullying **...IS NOT A RITE OF PASSAGE**

60% of children identified as bullies by age eight have at least one criminal conviction by age twenty-four



What Is Bullying

- ▶ Intentional aggressive behavior involving an imbalance of power or strength that is often repeated over time

Cyberbullying

- ▶ an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself



Types of Bullies

Physical Bullies

Action-oriented

Includes hitting, kicking, slapping, pinching, biting, poking, choking, destroying personal belongings

Verbal Bullies

Includes name calling, teasing, cruel criticism, racist slurs and more

Can take place in person, over the phone, in e-mail

Relational Bullies

More emotional than it is physical

Includes ignoring, isolating, excluding and shunning

Reactive Victims

Bully/victims because they straddle the fence of being a bully and/or victim

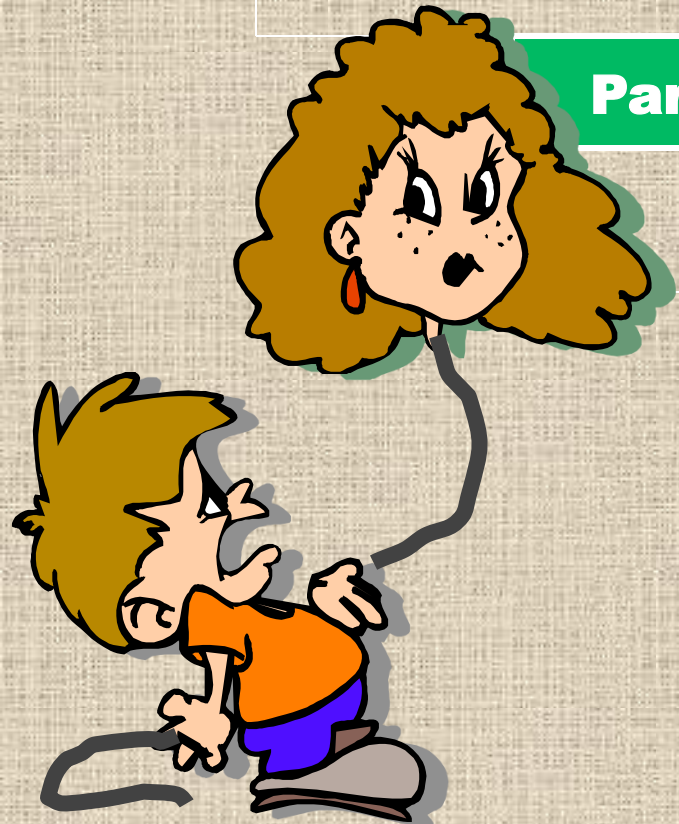
Taunting “stronger” bullies

Causes of Bullying

Individual Psychological Factors

Parental / Family Relationships

School Factors



Characteristics of Bullies

Low Self-Esteem

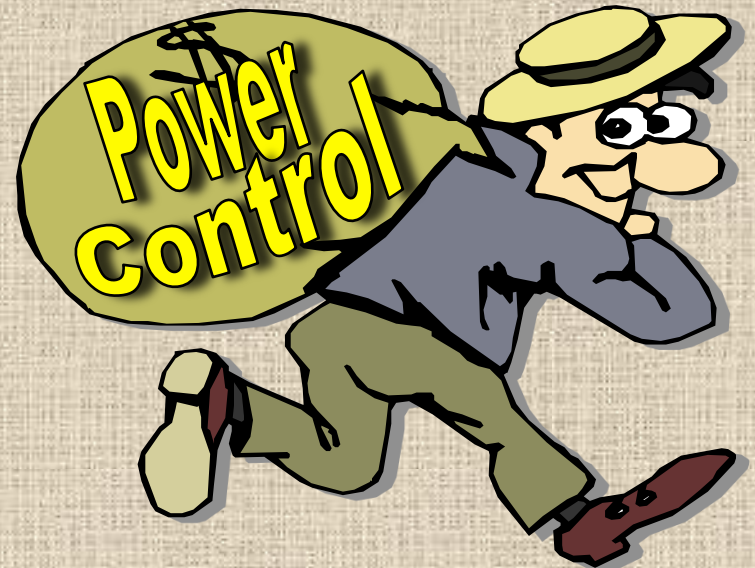
Difficulty Using Non-Violent Problem Solving Skills

Uses Bullying Behaviors To Control His/Her Victim(s)

Difficulty Maintaining Long-term Relationships

Lacks Compassion For Victim(s)

Seeks Power And Control



School & Bullying

Researchers state that bullying is too **pervasive** and **damaging** for educators to ignore.

Approximately **10 to 12%** of children say their lives are “miserable in school” as a result of bullying.

(Dr. John Hoover, associate professor of teaching and learning at the University of North Dakota, 2000.)

Stresses of being bullied can interfere with student's engagement and learning in school

(NEA Today, 1999)

Bullying creates a climate of fear and disrespect in schools and has a negative impact on student learning *(NEA, 2003)*



WCPSS Policy (6414)

It is the priority of the Wake County Board of Education to provide every student and employee in the school system with a safe and orderly learning and working environment.

To this end, the Board specifically prohibits harassing or bullying behavior at all levels.

All complaints of harassing or bullying behavior made by students shall be promptly and thoroughly investigated by the principal or designee.

Violations of this policy shall be considered misconduct and will result in disciplinary action up to and including long-term suspension or expulsion in the case of students.

Policy: <http://www.wcpss.net/policy-files/series/policies/print-friendly/6414-bp.html>

Bullying Happens In...



... the Classroom



... the Hallway



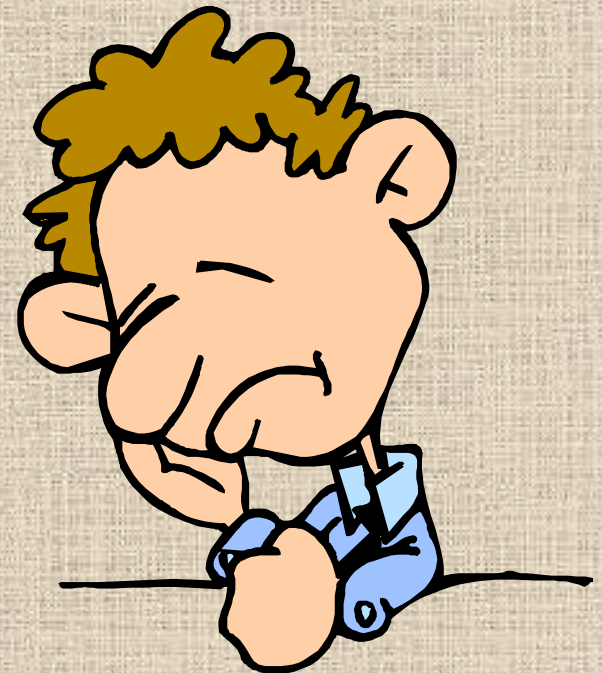
... the Playground



... the Street or Bus Stop

Is Your Child Being Bullied?

- ☺ Few, if any, friends
- ☺ Moody, Fearful, Nervous
- ☺ Appears Anxious
- ☺ Withdraws From Usual Activities
- ☺ Drop in School Achievement
- ☺ Bruises, Torn Clothes, etc.
- ☺ Avoids attending school
- ☺ May exhibit bullying behaviors



How Can Parents Help?

- 🍷 Be supportive
- 🍷 Listen, get the facts, assess the child's feelings
- 🍷 Let the child know it's not his/her fault
- 🍷 Praise the child for discussing the bullying
- 🍷 Find out what the child feels he/she needs to feel safe
- 🍷 Encourage and support child in making friends
- 🍷 Communicate with the school



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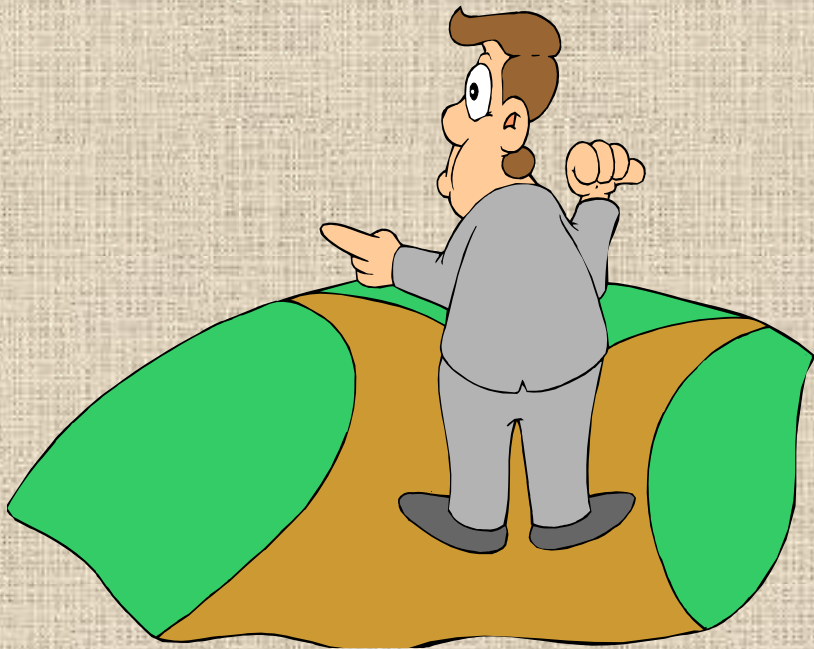
- 👉 Let the school know the who, what, when, where of the bullying
- 👉 Let the school officials contact the other child's parents
- 👉 Talk regularly with your child and the school to assess if the bullying has stopped
- 👉 Help develop your child's talents or positive attributes to increase self-esteem



Teaching Assertive Skills

Teach Assertive Behaviors

- Confront
- Turn and face the bully
- Say “Keep away from me!”
- If bullying continues - Report the incident to another adult



Teaching Assertive Skills


Demonstrate assertive skills

Teach steps used to deal with bullying

- Ignore - Avoid - Confront

Intervene (if necessary)

Say it is OK to seek help from adults



We are here to help! You are not a Victim!

Teaching Assertive Skills

Replay Conflict

Make Different Choices

Define

- Aggression
- Bossiness
- Discrimination

Reward Use of Positive Social Skills



Work With School Staff

Involvement

Listening

Building Teams

Collaboration

Support Anti-Bullying
Policies





Questions or Comments?