

October 2014 is Bullying Awareness and Prevention Month

Week One Theme: Become Aware of Bullying Behaviors

Links For the Week

Learning Points: Managing Classrooms to Prevent Bullying - 8 Tips (source: www.stopbullying.gov)

1. Develop rules with your students (include students in this effort so they have ownership)
2. Use positive terms, showing what to do rather than what not to do.
3. Support school-wide anti bullying rules.
4. Be a role model and follow the rules yourself.
5. Set clear expectations, keeping your requests simple, direct and specific.
6. Reward good behavior.
7. Use one-on-one feedback and do not publicly reprimand.
8. Help students correct their behaviors.

Bullying - General Information

DEFINITIONS/POLICY

[Center for the Study and Prevention of Violence](#)

[Committee for Children - Develop an Anti-Bullying Policy](#)

[National School Board Association: Hazing—Debunking the Myths About This "Right" of Passage](#)

[New Jersey Department of Education](#)

[Safe Schools Coalition](#)

GOVERNMENT SITES

[National Center for Education Statistics](#)

[United States Department of Education](#) (search "bullying")

[United States Department of Health and Human Services: Stop Bullying Now](#)

[United States Department of Justice: Bullying in Schools](#)

October 1: Bullying is the most common form of violence in our society; between 15% and 30% of students are bullies or victims.

October 2: A recent report from the American Medical Association on a study of over 15,000 6th-10th graders estimates that approximately 3.7 million youths engage in, and more than 3.2 million are victims of, moderate or serious bullying each year.

October 3: A **bully** is someone who directs physical, verbal, or psychological aggression or harassment toward others, with the goal of gaining power over or dominating another individual. Research indicates that bullying is more prevalent in boys than girls, though this difference decreases when considering indirect aggression (such as verbal threats).
<http://bullyingproject.com/bullies-and-victims/>

October 4: A **bullying victim** is someone who repeatedly is exposed to aggression from peers in the form of physical attacks, verbal assaults, or psychological abuse. Victims are more likely to be boys and to be physically weaker than peers. They generally do not have many, if any, good friends and may display poor social skills and academic difficulties in school.
<http://www.education.com/reference/article/what-is-a-bully-victim/>

Week Two Theme: Recognizing symptoms of Bullying Victims	Links For the Week
	SEXUAL HARASSMENT
<p>Learning Points: Understanding the Impacts of Bullying (source: www.stopbullying.gov)</p>	<p>United States Department of Education – Office of Civil Rights</p>
<p>Kids who are bullied are more likely to exhibit:</p>	
<ul style="list-style-type: none"> • Depression and anxiety. • Changes in sleeping and eating patterns. • Loss of interest in activities they used to enjoy. • Health complaints. • Decrease academic achievement and school participation. 	<p>United States Equal Employment Opportunity Commission</p>
	HAZING
<p>October 5: Approximately 160,000 teens avoid school every day because of fear of being bullied.</p>	<p>Inside Hazing: Understanding Hazardous Hazing</p>
<p>http://ncl.org/parents-child-disabilities/bullying/truth-about-bullying-ld/page-2</p>	<p>National School Board Association: Hazing– Debunking the Myths About This "Right" of Passage</p>
<p>October 6: 1 in 10 students drop out of school because of repeated bullying.</p>	<p>Stop Hazing Organization</p>
<p>https://www.dosomething.org/facts/11-facts-about-bullying</p>	
	CYBERBULLYING
<p>October 7: 17% of American students report being bullied 2 to 3 times a month or more within a school semester.</p>	<p>i-SAFE America</p>
<p>https://www.youtube.com/watch?v=2vAMxKvZqwU</p>	<p>Center for Safe and Responsible Internet Use</p>
	<p>Cyberbullying.org</p>
<p>October 8: 90% of 4th through 8th graders report being victims of bullying.</p>	<p>Nebraska Attorney General: Protecting Nebraska Kids</p>
<p>https://www.youtube.com/watch?v=nJTy4ciH4mo</p>	
<p>October 9: Over 3.2 million students are victims of bullying each year.</p>	
<p>http://www.cyberbullying.org/</p>	
<p>October 10: 71% of students report incidents of bullying as a problem at their school.</p>	
<p>http://nobullying.com/bullying-how-students-can-fight-back/</p>	
<p>October 11: Both bullies and victims show higher rates of fighting than their peers.</p>	
<p>https://www.youtube.com/watch?v=wY7Gvq0P4hc</p>	

Week Three Theme: Encourage Interaction among Students with Group In-Class Assignments	Links For the Week
<p>Learning Points: Know what to look for: 5 risk factors of bullying (source: www.stopbullying.gov)</p> <ol style="list-style-type: none"> 1. Perceived differences 2. Perceived Weakness or inability to defend themselves. 3. Depression, anxiety or low self-esteem. 4. Less popularity than others and fewer friends. 5. Difficulty getting along well with others or antagonizing to get others attention. 	<p>POSITIVE STUDENT BEHAVIOR</p> <p>The Collaborative for Academic, Social and Emotional Learning, University of Illinois - Chicago (Definition of Social and Emotional Learning)</p> <p>Institute on Violence and Destructive Behavior, University of Oregon (Beyond Viruses and Downloads: Safety from Bullies and Cyber-Bullying, Checklist: What Has Been Done to Prevent Bullying and Harassment At Your School?)</p>
<p>October 12: 25% of teachers see nothing wrong with bullying or putdowns and consequently intervene in only 4% of bullying incidents. http://www.bullyingstatistics.org/content/bullying-teachers.html</p>	<p>Michigan Positive Behavior Support Network (Functional Behavior Support Assessments, Behavior Intervention Plans)</p>
<p>October 13: Over 67% of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective. http://www.education.com/reference/article/school-response-bullying-behavior/</p>	<p>Technical Assistance Center on Positive Behavior Interventions and Supports, U.S. Office of Special Education Programs</p>
<p>October 14: By age 14 less than 30% of boys and 40% of girls will talk to their peers about bullying. http://www.bullyingstatistics.org/content/school-bullying-statistics.html</p>	<p>CHILDREN AND YOUTH BULLYING LITERATURE</p> <p>ADL Curriculum Connections (Anti-Bias Lesson Plans and Resources for K-12 Educators)</p>
<p>October 15: Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant. http://www.bullyingstatistics.org/content/physical-bullying.html</p>	<p>Carol Hurst's Children's Literature Site (Bullies in Children's Literature)</p> <p>Institute for Families in Society (USC) A Resource Guide to Bullying (books for youth)</p>
<p>October 16: As boys age they are less and less likely to feel sympathy for victims of bullying. In fact they are more likely to add to the problem than solve it. http://www.education.com/reference/article/Ref_Bullying_Differences/</p>	<p>SITES FOR YOUTH</p> <p>McGruff home page (McGruff Stuff Blog on Bullying)</p>
<p>October 17: Membership in either bully or victim groups is associated with school drop-out, poor psychosocial adjustment, criminal activity and other negative long-term consequences.</p>	<p>PBS Kids (It's My Life. Friends. Bullie., Bullying Archives)</p>
<p>October 18: Between 1994 and 1999, there were 253 violent deaths in school, 51 casualties were the result of multiple death events. Bullying is often a factor in school related deaths. http://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf</p>	

Week Four Theme: Don't be Bystander, Intervene and Encourage Positive Behaviors	Links For the Week
	PARENT INFORMATION
Learning Points: Stop Bullying on the Spot: Tips for responding quickly and consistently (source: www.stopbullying.gov)	Center for the Study and Prevention of Violence (Warning signs and general characteristics of targets; characteristics and interventions for bullies; bullying myths)
<ol style="list-style-type: none"> 1. Intervene immediately. It is OK to get another adult to help. 2. Separate the kids involved. 3. Make sure everyone is safe. 4. Meet any immediate medical or mental health needs. 5. Stay calm. Reassure the kids involved, including bystanders. 6. Model respectful behavior when you intervene. 	Kids Health for Parents: Bullying and Your Child (Types of bullying; signs and interventions for targets; interventions for bullies)
October 19: Physical bullying is someone hurting someone else's body or possessions. http://www.kellybear.com/TeacherArticles/TeacherTip9.html	National PTA (Bullying general information; bullying behaviors; links to related articles)
	Parentbooks (Book list for parents and youth)
October 20: Verbal bullying is saying or writing mean things. http://www.safeyouth.gov/Pages/Home.aspx	U.S. Department of Health and Human Services: Stop Bullying Now (Bullying general information; what family members can do; working with school personnel)
October 21: Social bullying is harming someone's reputation or relationships. http://www.apa.org/monitor/oct02/bullying.html	U.S. Department of Health and Human Services: National Mental Health Information Center (Parents as role models; tips for healthy emotional development of children)
October 22: Cyber bullying takes place with the use of technology. http://library.thinkquest.org/07aug/01500/cyberbullying.html	STATE/REGIONAL SITES
October 23: Family factors: The frequency and severity of bullying is related to the amount of adult supervision that children receive—bullying behavior is reinforced when it has no or inconsistent consequences. Additionally, children who observe parents and siblings exhibiting bullying behavior, or who are themselves victims, are likely to develop bullying behaviors. When children receive negative messages or physical punishment at home, they tend to develop negative self-concepts and expectations, and may therefore attack before they are attacked—bullying others gives them a sense of power and importance. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)	California Department of Education Colorado Anti-Bullying Project
October 24: School factors: Because school personnel often ignore bullying, children can be reinforced for intimidating others. Bullying also thrives in an environment where students are more likely to receive negative feedback and negative attention than in a positive school climate that fosters respect and sets high standards for interpersonal behavior. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)	
October 25: Peer group factors: Children may interact in a school or neighborhood peer group that advocates, supports or promotes bullying behavior. Some children may bully peers in an effort to fit in, even though they may be uncomfortable with the behavior. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)	

Week Five Theme: Taking Action as a School and Community to Prevent Bullying

	Links For the Week
<p>Learning Points: How Youth Professionals and Mentors can Help Stop Bullying (source: www.stopbullying.gov)</p>	<p>ORGANIZATION SITES</p>
<ol style="list-style-type: none"> 1. Learn about bullying, its warning signs and effects. 2. Commit to making programs safe for kids free from physical or emotional harm. 3. Assess bullying behaviors and attitudes. 4. Educate kids, parents and caregivers about the issues. 5. Set clear rules and reinforce the message that bullying is not acceptable. 6. Supervise areas where kids gather. 7. Investigate suspicions and reports 8. Step in immediately when bullying occurs. 9. Follow-up to ensure that the behavior stops. 10. Adopt evidence-based practices. 	<p>American Association of University Women - (search "bullying")</p> <p>American Medical Association</p> <p>Anti-Bullying Alliance</p> <p>Anti-Bullying Network</p> <p>Anti-Defamation League</p> <p>Bully B'Ware</p>
<p>October 26: Early intervention. Researchers advocate intervening in elementary or middle school, or as early as preschool. Group and building-wide social skills training is highly recommended, as well as counseling and systematic aggression interventions for students exhibiting bullying and victim behaviors. School psychologists and other mental health personnel are particularly well-trained to provide such training as well as assistance in selecting and evaluating prevention programs. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)</p>	<p>Bullying No Way</p> <p>Bullying Online</p> <p>Center for the Study and Prevention of Violence</p> <p>Committee for Children: Information on Bullying and Sexual Harassment</p> <p>National Association of School Psychologists</p>
<p>October 27: Parent training. Parents must learn to reinforce their children’s positive behavior patterns and model appropriate interpersonal interactions. School psychologists, social workers and counselors can help parents support children who tend to become victims as well as recognize bullying behaviors that require intervention. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)</p>	<p>National Crime Prevention Council - Bullying</p> <p>National Education Association</p> <p>National PTA - (search "bullying")</p> <p>National School Boards Association (search "bullying")</p>
<p>October 28: Teacher training. Training can help teachers identify and respond to potentially damaging victimization as well as to implement positive feedback and modeling to address appropriate social interactions. Support services personnel working with administrators can help design effective teacher training modules. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)</p>	<p>No Bully</p> <p>R.E.S.P.E.C.T.²</p> <p>Sharing Information Through Partnerships</p>
<p>October 29: Attitude change. Researchers maintain that society must cease defending bullying behavior as part of growing up or with the attitude of “kids will be kids.” Bullying can be stopped! School personnel should never ignore bullying behaviors. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)</p>	<p>Stop Bullying Now</p> <p>NC Bullying Laws:</p> <p>115c-407.15</p>
<p>October 30: Positive school environment. Schools with easily understood rules of conduct, smaller class sizes and fair discipline practices report less violence. A positive school climate will reduce bullying and victimization. (Source: http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)</p>	<p>115c-407.16</p>

	115c-407.17
October 31: Bullies have a lack of respect for others' basic human rights; they are more likely to resort to violence to solve problems without worry of the potential implications. http://www.bullyingstatistics.org/content/bullying-vs-violence.html	115c-407.18 14-458.1