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For more information...

Visit Kentucky Center for School Safety online:
www.kysafeschools.org

Click on Tabs to Access KCSS Resources
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FREE Handouts, PowerPoints, Resources, Brochures and More
On this page you will find... materials such as lessons, curriculum, surveys, powerpoints, handouts, forms, and resources galore.
What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of a less powerful person and these negative actions are repeated into a pattern of behavior. Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural or ethnic power, level of intelligence, popularity, gender, etc. Bullying is the persistent abuse of an underdog. The child who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless.

Characteristics of those who bully

1. Strong desire for power and control over others.
2. Physical strength greater than average for own age, and greater than victims.
3. Age usually older than victim’s.
4. Average or above average self-esteem.
5. Charming manipulators.
6. Low-average to above-average popularity outside of own group of followers.
7. Remorseless.
8. Continual tormenting of victims.
9. Lack of empathy or understanding for others, lack of conscience.
10. Defiant attitude toward authority, refusal to follow rules sometimes violent behavior toward parents and teachers.
11. Actions become worse when a victim fights back.
12. Thrive on dominance and control.
13. Enjoyment in bullying others.

Alarming Stats:

47% of high school students say they were bullied, teased, or taunted in a way that seriously upset them in the past year (Character Counts Study by the Josephson Institute of Ethics).

The study reports the responses from 43,321 high school students.

Survey says:

Approximately 60% of boys who are bullies in grades 6 - 9 have at least one conviction by age 24.

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Who are the victims?

Many episodes of violent crime have their roots in a bully/victim struggle. However, there are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. Research has revealed that there is another group of individuals who are often targeted as well. These have been “provocative” victims, because they provoke, or hassle others.

Characteristics of Victims

1. Rarely tell about being bullied because they think it will make matters worse.
2. Don’t think adults can or will help.
3. Are repeatedly teased in a nasty way, called names, belittled, ridiculed, intimidated, degraded, threatened, given orders, dominated.
4. Are made fun of and laughed at by others.
5. Get picked on, pushed around, shoved, punched, hit, kicked.
6. Are involved in “quarrels” or “fights” in which they are unfairly defenseless and from which they try to withdraw (maybe crying).
7. Have their books, money or other belongings taken, damaged or scattered around.
8. Have bruises, injuries, cuts, scratches or torn clothing that cannot be given a natural explanation.
9. Are (often) alone and excluded from the peer group during breaks and lunch time, do not seem to have a single good friend.
10. Are chosen among the last in team games.
11. Sometimes carry weapons to protect themselves.
12. Show sudden or gradual deterioration of school work.

Remember…
long-term effects of bullying include:
► Poor academic performance
► Anxiety and loss of interest in socializing
► Aggression or violence toward others
► Depression and suicidal thoughts

Every 7 minutes
a child is bullied and 85% of the time no one is there to intervene. In other words, you could say that everyone in the community suffers when bullying behavior occurs.

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Shattering the Myths of Bullying

► Myth: Bullying behavior can’t be changed.
► Reality: Use a positive approach to change behavior by awarding good behavior in students.

► Myth: Those who bully have low self-esteem.
► Reality: Research shows those who bully have high self-esteem.

► Myth: Those who bully are only from poor backgrounds.
► Reality: Those who bully can be from any background.

► Myth: Those who bully are all large males.
► Reality: 1 out 5 students admits to doing some “bullying.”

► Myth: Those who bully are usually poor students.
► Reality: Those who bully are not always poor students and they do not always pick on the “good” students.

► Myth: Most bullying happens on the way to and from school.
► Reality: 43% of fear harassment occurs in the bathroom at school.

► Myth: If you stand up to stop those who bully they will quit bothering you.
► Reality: Don’t fight back by using that same behavior. It could cause you to be treated even worse.

► Myth: If you stop the behavior at school, it will still go on outside of school.
► Reality: Stopping the behavior at school will deter the behavior elsewhere.

► Myth: If you tell an adult, it will only make the situation worse.
► Reality: Bullying can best be stopped by the intervention of adults in authority.

You Can Help

We exist in a world that quietly condones bullying behaviors. Most of the time, no one is there to intervene. You could say that everyone in the community suffers when bullying behavior occurs. Bullying is terrorism on a local level.

Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents. Parents have the power to make a difference and reduce bullying behaviors, and the Kentucky Center for School Safety wants to help you do just that.
Studies on bullying have been done around the world. Norway, Sweden, France, Ireland, Japan, Denmark, United States, Canada, England and Germany have all conducted research into the problems of bullying and its effects on education and on society in general. There are conclusions that we can make from this research. Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents.

Victims of bullying must have a support system that makes them feel safe and comfortable in order to report intimidation to those authority figures. This means that any program that is put into effect must have a very strong background that is based on cooperation between various organizations so that those who bully cannot play one system against the other.

Those who bully cannot be allowed to continue bullying. They need immediate consequences so that they know that their school has no tolerance for bullying behavior. Consequences should be non-hostile and nonphysical.

If we can stop bullying behavior at an early age, perhaps, our youth can make wiser choices later in life and stay out of the judicial system. “Approximately 60% of boys who were characterized as bullies in grades sixth through ninth had at least one conviction by the age of 24. Even more dramatically, as much as 35% to 40% of former bullies had three or more convictions at this age,” (Olweus, 1991). Given this data, we feel compelled to make every effort to interrupt this behavior pattern in children.

We are encouraged. Research shows that adult interventions work.

Why don’t kids ask for help?

Kids don’t tell adults they’re being bullied for many reasons:

► Bullying can make a child feel helpless. They may fear being seen as weak or a tattletale.
► Kids may fear backlash from the kid who bullied them.
► Bullying can be a humiliating experience. They may also fear that adults will judge them or punish them for being weak.
► Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
► Kids may fear being rejected by their peers.

For more information:
www.stopbullying.gov
Suggestions for Educators

► Educate your students, teachers, and other staff members about the clear definition of bullying (not just conflict and teach the difference).

► Revise anti-bullying policies so they clearly define bullying and the consequences (if revision is necessary). Communicate this information to all stakeholders before school starts and throughout the year.

► Form or use an existing school climate committee to review and evaluate the data and existing plan used to combat the “bullying” problem in your school.

► Collect data from multiple sources throughout the year to define a clear picture of the scope of the “bullying” problem in your school.
  - Survey students, staff and parents about perception of “bullying” in your school
  - Utilize guided questions to determine where and when incidents are happening in your school
  - Access safe schools reporting data from office management systems
  - Use a uniform incident reporting form and be consistent

► Develop and implement a comprehensive “data driven” plan to decrease bullying on your campus.

► Evaluate and revise your Comprehensive Plan to decrease bullying by reviewing the data annually.

Definition

► Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance.

► The behavior is repeated, or has the potential to be repeated, over time.

► Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

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Students: What is bullying?

► Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.
► Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.
► Bullying is the persistent abuse of someone who is weaker. The student who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn’t follow that ideology and anyone can become a victim of bullying.

Are you bullying others?

Have you been guilty of bullying someone else? Place a check in the box next to the bullying action you have participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid’s property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, you might be bullying others. If so, you should go talk to your teacher, or school counselor and work a plan.

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Tell it or Spell it
► Talk to your parents or school counselor
► Help others who are being bullied
► Write a letter to your parents or school counselor
► Ask parents if you can look up “Bullying” on the internet
► Talk to your relatives or a trusted adult
► Ask an older brother or sister for advice
► Draw a picture of someone being bullied
► Write a poem or song about how you feel
► Talk to your friends and come up with a plan that involves all of you to stop bullying at your school or in your neighborhood.

Watch OUT Online!
In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren’t. If one of your online “friends” wants to meet face-to-face, ask your parents first. If you receive unwanted and nasty emails, texts, IMS or have something posted on a website that makes fun of you, tell a trusted adult immediately...and keep telling until someone listens.

You never should give out any identifying information; like the places you frequent or school’s name or mascot, because people can use personal information to contact you or hurt you.

Find out more
You can go to: www.kysafeschools.org/bullying.php to learn more and find out how you can help to end bullying.

Students: What you can do
► Treat Everyone with Respect. Nobody should be mean to others.
► Stop and think before you say or do something that could hurt someone.
► If you feel like being mean to someone, find something else to do.
► Talk to an adult you trust. They can help you find ways to be nicer to others.
► Keep in mind that everyone is different. Not better or worse. Just different.
► If you think you have bullied someone in the past, apologize.

For more information:
www.stopbullying.gov
CONFLICT

- Equal power-friends
- Happens occasionally
- Equal emotional reaction
- Not seeking power or attention
- Remorse
- Effort to solve problem

BULLYING

- Happens repeatedly
- No friends
- Imbalance of power
- Strong emotional reaction on part of the victim
- Seeking power, control
- No remorse - blames victim
- Purposal
TELLING VS. TATTLING

There is a difference telling and tattling.

- Telling is done to protect yourself or another student from harm.
- Tattling is done to get the person in trouble.

Understand that it’s okay to tell an adult when you see or hear about bullying, violence or risky behavior.

Kentucky Center for School Safety  www.kysafeschools.org
Cyber-Bullying: Suggestions for Educators

► Educate your students, teachers, and other staff members about cyber-bullying, its dangers, and what to do if someone is cyber-bullied.

► Be sure that your school’s anti-bullying rules and policies address cyber-bullying. (AUP and Student Code of Conduct, Board Policies)

► Closely monitor students’ use of computers at school.

► Use filtering and tracking software on all computers, but don’t rely solely on this software to screen out cyber-bullying and other problematic on-line behavior.

► Investigate reports of cyber-bullying immediately. If cyber-bullying occurs through the school district’s Internet system, you are obligated to take action. If the cyber-bullying occurs off-campus, consider what actions you might take to help address the bullying:
  ► Notify parents of victims and parents of cyber-bullies of known or suspected cyber-bullying.
  ► Notify the police if the known or suspected cyber-bullying involves a threat.
  ► Closely monitor the behavior of the affected students at school for possible bullying. Remember — cyber-bullying that occurs off-campus can travel like wildfire among your students and can affect how they behave and relate to each other at school.
  ► Investigate to see if the victim(s) of cyber-bullying could use some support from a school counselor or school-based mental health professional.

Survey Says

► 85% of 13-17 year olds have social media accounts. Even cyber-bullying that happens on these sites away from school can affect the school day and educational process.

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Cyber-Bullying: Suggestions for Educators

Contact the police immediately if known or suspected cyber-bullying involves acts such as:
- Threats of violence
- Extortion
- Obscene or harassing phone calls or text messages
- Harassment, stalking, or hate crimes
- Child pornography

Surf Smart
- Explore the internet with skill and direction!

Share Less
- Keep your personal information private!

Think First
- Interact online appropriately!

Remember… long-term effects of cyber-bullying include:
- Poor academic performance
- Anxiety and loss of interest in socializing
- Aggression or violence toward others
- Depression and suicidal thoughts

Resource: U.S. Department of Health and Human Services
http://stopbullyingnow.hrsa.gov
Cyber-Bullying: Suggestions for Students

► What to do if you are Cyber-bullied

► Tell a trusted adult

► Don’t open messages from people you don’t know

► Don’t open or read messages from cyber-bullies

► Don’t react to the bully

► If it is at school, tell a trusted adult at school

► Don’t erase the message or images

► Block the bully

► Report cyber-bullying to ISP’s

► If you are threatened, inform the police

► How to Prevent being Cyber-bullied

► Don’t give out private information such as passwords or PINs

► Use netiquette. Be polite online and others tend to do so

► Ignore anyone who gets angry online

► When something doesn’t seem just right, leave the site or chat room
How to Prevent being a Cyber-bully

Don’t email when you are angry
Don’t email with friends and target someone for entertainment
Don’t forward an email that someone sent as a private message
Don’t post “questionable” pictures of others on your social network sites

Surf Smart
Explore the internet with skill and direction!
Share Less
Keep your personal information private!
Think First
Interact online appropriately!

Contact the police immediately if known or suspected cyber-bullying involves acts such as:

Threats of violence
Harassing phone calls or text messages
Stalking or hate crimes
Selfies and Self Esteem...

- Taking a picture of yourself and posting it has become a virtual phenomena. Celebs are doing it, athletes are doing it and the President is doing it!

- The problem is when you post and ask for virtual judgment of your facial beauty

- Instagram is exploding with games using hashtags such as #beautycontest, #rankme, #rateme and #amipretty

- Consider who is commenting on your photo

- The comments are mostly for shock value and they may be lewd and damaging to your self-worth

- When you need advice about hair, make-up or eyewear ask someone you trust who will give you a fair assessment

Remember

- Don’t randomly place selfies on the web and ask for comments from contributors you don’t know and will never see or face in real life

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Snap Chat...
That Little Ghost Can Haunt You!

1. Be careful...
2. It might seem fun
3. Easy for anyone to save your snaps and forward them on without you knowing
4. Remember next time silly gets risky...STOP! Don’t send it!
5. Consider Snap-Chat a photo app and use it as if you know the photo will be saved...

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Sexting

What is it...

Sexting is the exchange of sexually suggestive messages or images between minors via cell phone. For example, a girl might take an “inappropriate” picture of herself and send it to her boyfriend.

1. Think about the consequences...

2. Never take pictures of yourself that you wouldn’t want everyone to see...

3. Think before you send...

4. Only open from friends...

5. If you...

Create, keep or send a picture of someone under 18...
It is illegal

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• **Involve** girls in activities outside of school so they are exposed to different types of people.
• **Encourage** relationships with adults and other children who appreciate them for who they are.
• Be available to **listen** and don’t downplay the importance of an incident.
• **Teach** kindness and model that behavior.
• **Talk** about both sides of an issue. Girls may tell you about being a target but not talk about being the aggressor themselves.
• If your daughter is caught in the middle, encourage her to take the high road and **support** the victim, not be a bystander, and not take part in the aggression.
• If necessary, seek professional counseling.
• Become computer savvy.
• **Set guidelines** for computer use- where they can use it and the length of time they can use it.
• **Be aware** of their online activities- **research** filtering
Involve girls in activities outside of school so they are exposed to different types of people.

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Be aware of their online activities - research filtering.

Over 3.9 million internet apps are available online and this number is growing daily. Educators and parents need to be knowledgeable and current for the safety of their kids. Common Sense Media has information directed at educators and parents about apps and social media safety. Much of the information is in video clip format. Check out the link below...

https://www.commonsensemedia.org/videos/cyberbullying-prevention-guide-for-kids