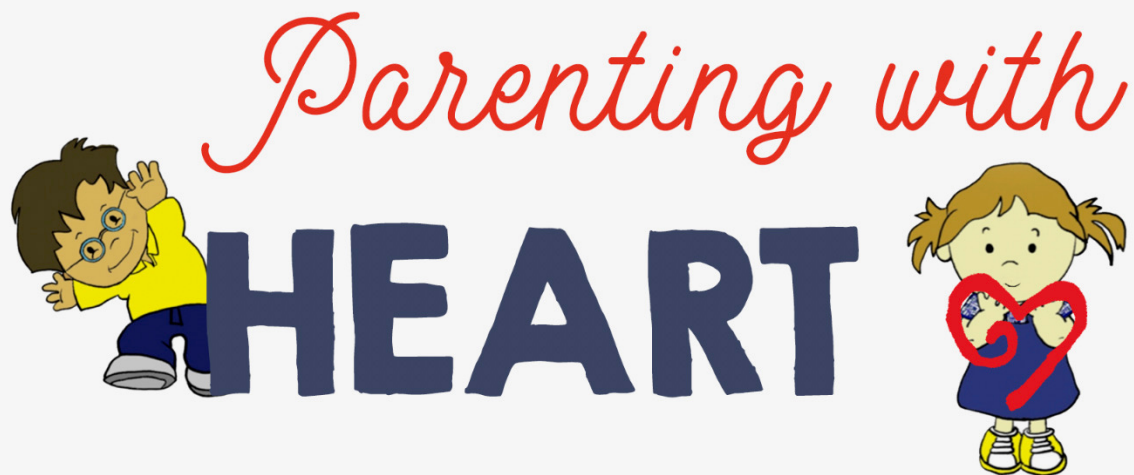




workshops for **KIPP SHARP** *families*

part of SHARPed program

BULLYING 101

Presented by Mrs. Gonzalez

BULLYING101

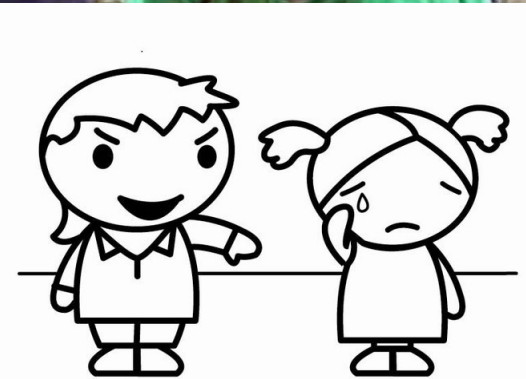
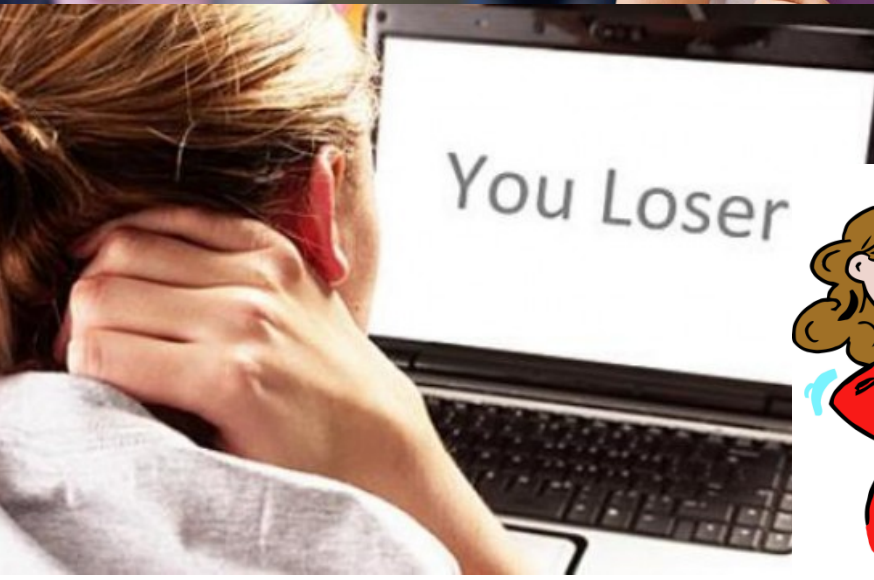
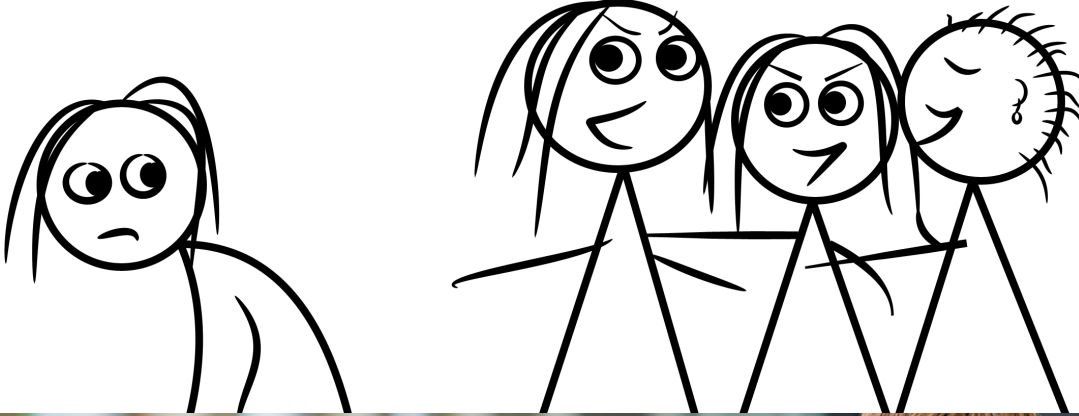
- What is bullying?
- Types of bullying
- Cyberbullying
- Bullying vs Conflict
- Bullying 101 Quiz
- Why children don't ask for help
- Bullying and Suicide
- David's Law
- Risk Factors & Protective Factors
- KIPPs Anti-bullying Policy
- Parent's Role in Supporting our Students



What is **BULLYING**

Bullying in Schools

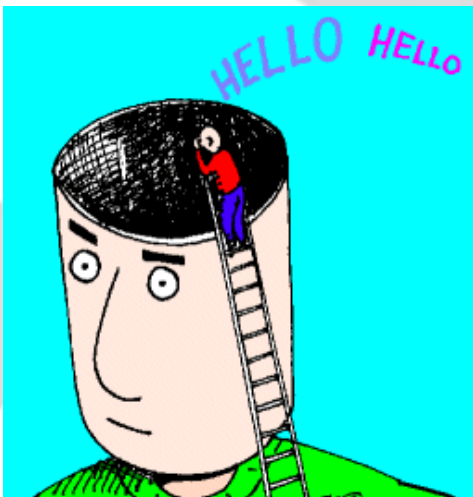
- **a single significant act or pattern of acts by one or more students directed at another student that exploits an imbalance of power and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that:**
 - (1) has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property;
 - (2) is sufficiently severe, persistent, or pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student;
 - (3) materially and substantially disrupts the educational process or the orderly operation of a classroom or school; or
 - (4) infringes on the rights of the victim at school.
- Bullying includes cyberbullying



KNOW THE DIFFERENCE

Rude

- Not on purpose
- **DON'T KNOW** they are saying or doing rude things or hurting someone
- **NOT ON PURPOSE**
- Intention is not to hurt you



Mean

- **DO KNOW** you are saying or doing something to hurt someone
- Happens 1 or 2 times
- **ON PURPOSE**
- Personal feelings
- Regret



Bullying

- **On purpose**
- **Want to hurt someone**
- **1 BIG time**
- **Over and over**
- **Imbalance of power:** picking on someone with less friends, smaller, younger, etc.



Types of BULLYING



Physical: Bullying with your body



biting

pushing & shoving

fighting

hitting

hair pulling

spitting

strangling



Tripping

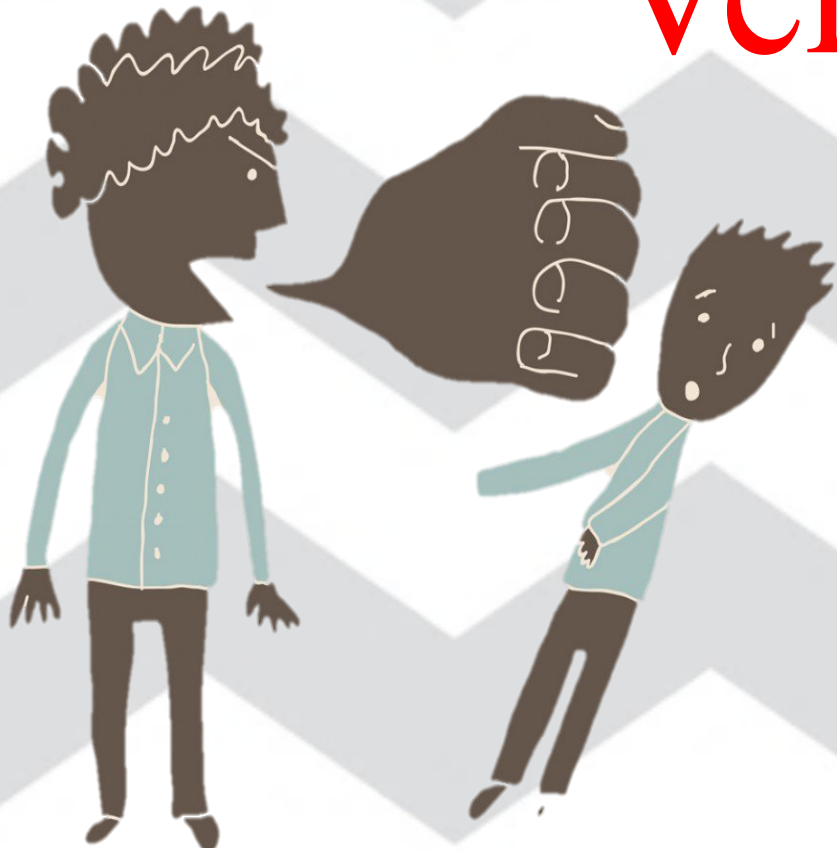
taking or breaking
another person's
things

making rude gestures

Poking

Kicking

Verbal Bullying



You are dumb!

You are ugly!

Nobody likes you!

Hurtful name-calling, teasing, gossiping, making threats, making rude noises, or spreading hurtful rumors

Social/Non Verbal Bullying

laughing at someone

destroying property

staring

Leaving someone out

making gang signs

on purpose

inappropriate or threatening gestures or actions

using graffiti or graphic images

using peer pressure

manipulating friendships

defaming

intimidating

humiliating

making fun of someone



Cyberbullying

Defined by the Education Code as bullying that is done through the use of any electronic communication device, including the use of a cellular or other type of telephone, a computer, a camera, electronic mail, instant messaging, text messaging, a social media application, an Internet website, or any other Internet-based communication tool.



Cyberbullying

- Sending unwelcomed text/emails of harassing, or embarrassing, nature
- Threats
- Sexual harassment
- Hate speech
- Ridiculing someone publically in online forums
- Posting lies, rumors or gossip about the target
- Encouraging others to distribute that information

“new bathroom wall”



Cyberbullying Warning Signs

- ✓ Noticeable, rapid increases or decreases in device use, including texting
- ✓ A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- ✓ A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device
- ✓ Social media accounts are shut down or new ones appear
- ✓ A child starts to avoid social situations, even those that were enjoyed in the past
- ✓ A child becomes withdrawn or depressed, or loses interest in people and activities

Sexual Bullying

Children need to know acceptable boundaries and appropriate behavior in social relationships.

Students need to be provided with the appropriate social rules and norms so they can act with respect toward their peers and recognize when someone is not respecting them sexually.

Example:

- Sexually charged comments
- Inappropriate glances
- Inappropriate physical contact
- Targeted sexual jokes

Bullying VS Conflict

What's the difference?

Bullying

- ☐ Goal is to hurt, harm or humiliate
- ☐ About having power and control over another person
- ☐ Continue behavior when they realize it is hurting someone

Conflict

- ☐ Disagreement or argument
- ☐ Both sides express their views
- ☐ Equal power
- ☐ Generally stop and change behavior when realize hurting someone



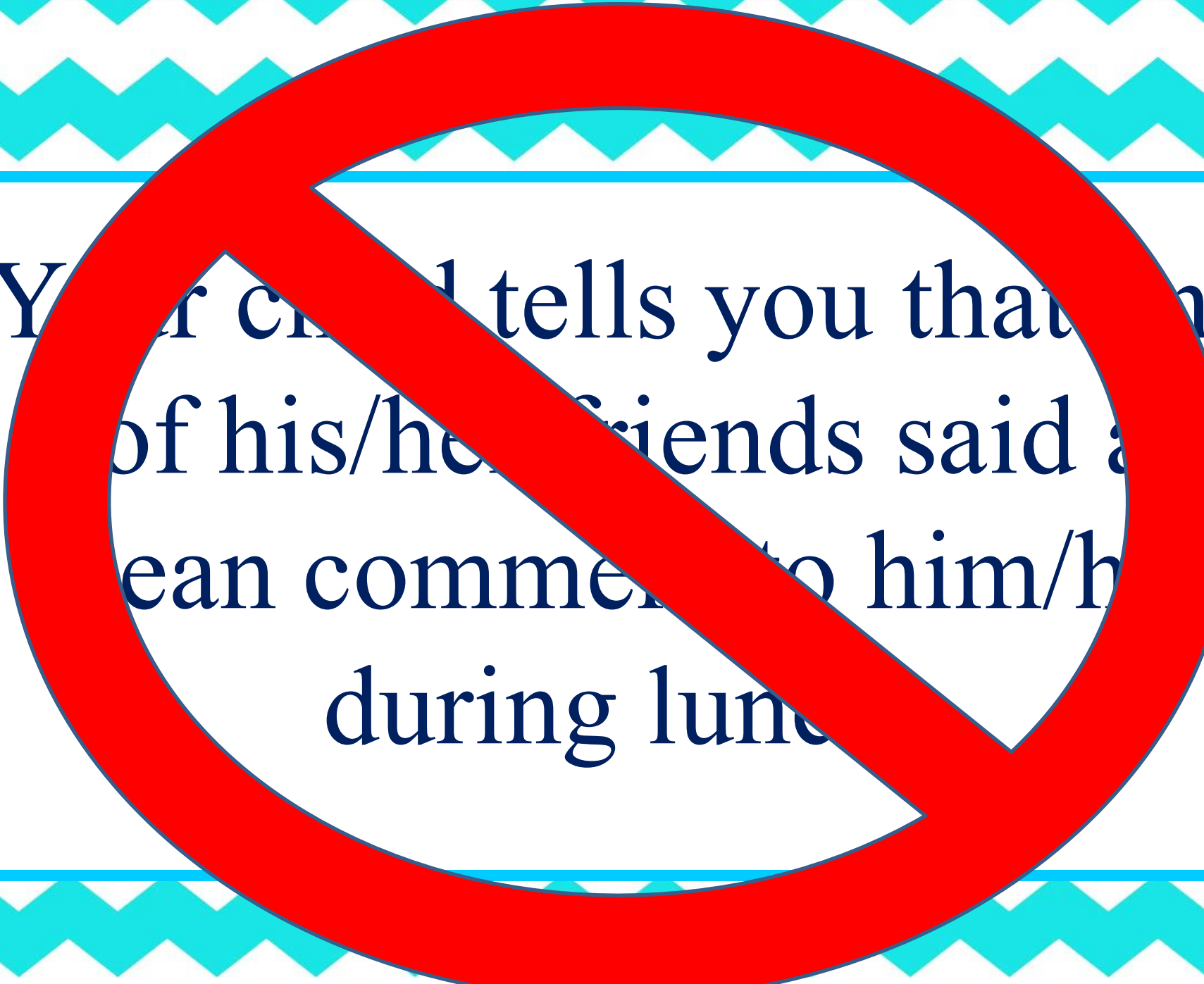
Is it

Bullying



Your child tells you that one
of his/her friends said a
mean comment to him/her
during lunch.





Your class tells you that one
of his/her friends said a
mean comment to him/her
during lunch



Your child no longer want to come to school because his/her classmates are making fun of him/her for the way he looks and the clothes he/she wears. They tell you that you are _____ & it never stops.



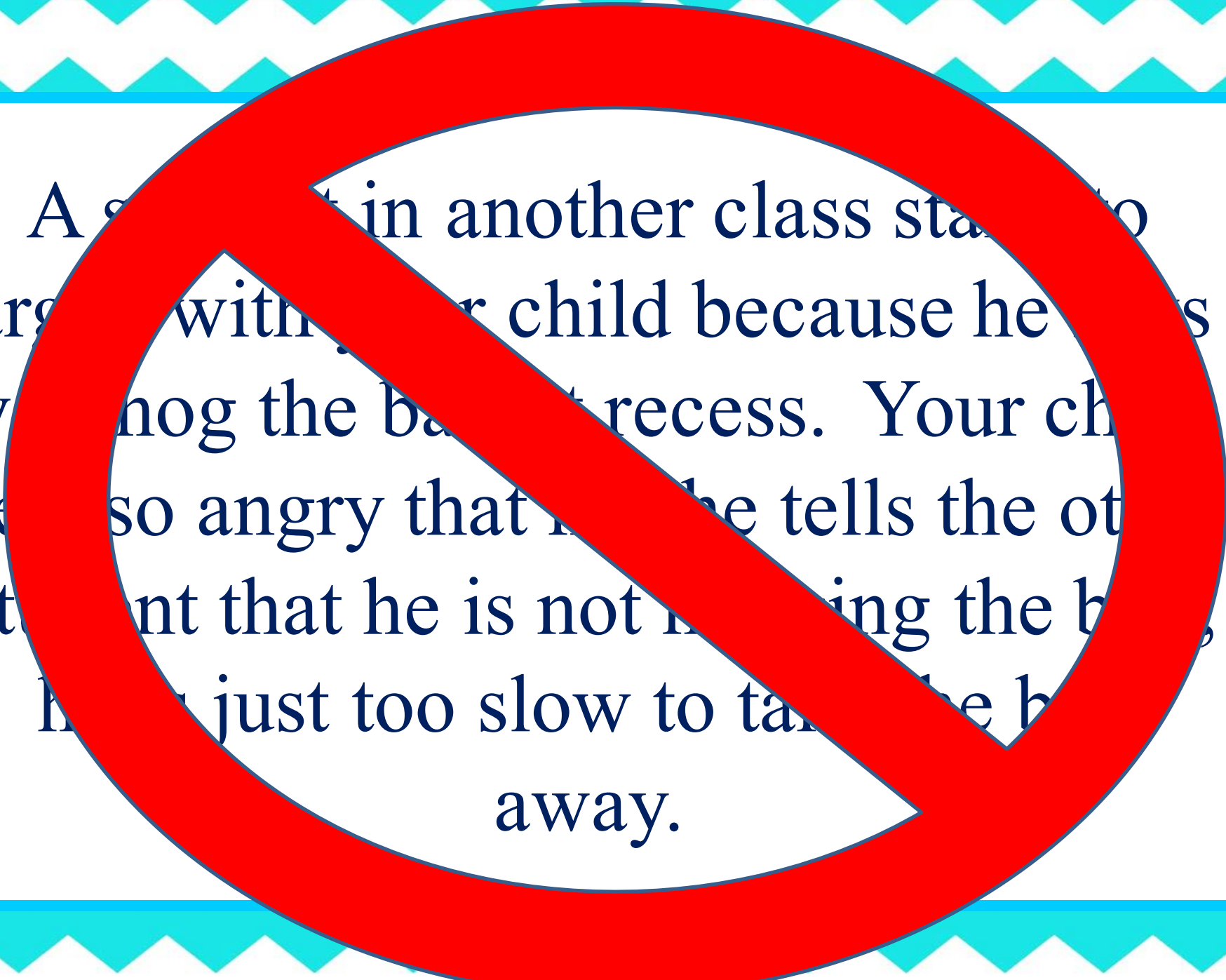
Your child no longer
school because
making _____ way he
ne/she wears.
_____ that you are _____
& it never stops.

BULLYING!



A student in another class starts to argue with your child because he says you hog the ball at recess. Your child gets so angry that he/she tells the other student that he is not hogging the ball, he is just too slow to take the ball away.





A student in another class starts to argue with your child because he is hog the basketball recess. Your child gets so angry that he tells the other student that he is not hogging the basketball just too slow to take the ball away.



Your child confides in you that there are a group of students that always hangout together. When your child asks if he can play with them, they tell him/her, “No, not today we already have teams”. Your child’s feelings are hurt and he/she begins to cry.





You have a child who confides in you that there are a lot of secrets that always hang over their heads together. When your child asks if he or she can play with them, they tell him/her, “No, we already have to go.” Your child’s feelings are hurt and he/she begins to cry.



A student is saying things to other students about your child that are not true. The things that they are saying really hurt your child's feelings. Your child has asked them to stop but they keep doing it.



A student is saying things about
students about things that are
not true. They are
your child's
and has asked them
but they keep doing it.

BULLYING!

BULLYING

Impact of Bullying - Bullied



- Injuries
- Fear
- Embarrassment
- Low self-esteem
- Depression & anxiety
- Risk of suicide

Impact of Bullying - Bystanders



- Tobacco & smoking
- Alcohol or drug use
- Mental health problems
- Depression & anxiety
- Miss or skip school

Physical Impact of Bullying



- Headaches
- Muscle pain
- Digestive upset
- Weight change
- Altered immune function
- Possible link with heart disease

Impact of Bullying - Bullier



- Drug & alcohol abuse
- Aggressive & destructive behavior
- Drop out of school
- Early & risky sexual activity
- Criminal & traffic convictions
- Intimate Partner Violence (IPV)



americanspcc.org

The Nation's Voice for Children

*Hawkins, D. L., Pepler, D., & Craig, W. M. (2001)

*Courtesy of Lisa Morris

*U.S. DOJ & stopbullying.gov

**Any one can be a bully &
anyone can be a target.**



**Why don't kids ask
for help?**

Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless.
- Kids may want to handle it on their own to feel in control again.
- 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.
 - Kids may not want adults to know what is being said about them, whether true or false.
 - 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 and fear losing the support of any friends they may have.

Bullying and Suicide

- Relationship is complex
- Cannot be oversimplified by insinuating or directly stating that bullying can cause suicide.
- It is not accurate and potentially dangerous to present bullying as the “cause” or “reason” for a suicide, or to suggest that suicide is a natural response to bullying.
- Research indicates that persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as depression and anxiety, which can contribute to suicidal behavior.
- The vast majority of young people who are bullied do not become suicidal.
- Most young people who die by suicide have multiple risk factors.
- Some youth, are at increased risk for suicide attempts even when bullying is not a factor.



Who is David?



- David Bartlett Molak, aged 16
 - Eagle Scout with Troop 809
 - Passions were hunting, fishing, and playing video games with his older brothers.
- In the last few months before his death, David was overwhelmed with hopelessness after being continuously harassed, humiliated and threatened by a group of students through text messages and social media.
- David took his own life on January 4, 2016 in his hometown of San Antonio, Texas.

Risk & Protective Factors

How are bullying and suicide related?

- emotional distress
 - exposure to violence
 - family conflict
 - relationship problems
 - lack of connectedness to school
- Lack of a sense of supportive school environment
- alcohol and drug use
 - physical disabilities/learning differences
 - lack of access to resources/support

- emotional stability
- minimal exposure to violence
- healthy family dynamics/support
- healthy relationships
- strong connectedness to school
- Supportive school environment
- free of alcohol/drugs
- access to resources/support

The bottom-line of the most current research findings is that being involved in bullying in any way—as a person who bullies, a person who is bullied, or a person who both bullies and is bullied (bully-victim)—is ONE of several important risk factors that appears to increase the risk of suicide among youth.

What is David's Law?

In June 2017, Senate Bill 179, known as David's Law, passed in the Texas House and Senate with the focus to end cyberbullying abuse in younger generations.

- Sets guidelines for preventing and dealing with cyberbullying.
- Requires all state funded public schools to install a way for students to report cyberbullying anonymously, and for school officials to report incidents to the victim's parents within 2 days.
- Classifies cyberbullying as a criminal offense.



Things to Know

Anonymous Alerts® 

Patented anti-bullying and safety reporting app



KIPP TEXAS
PUBLIC SCHOOLS |

Office Use Only
Date entered into Anonymous Alerts: _____

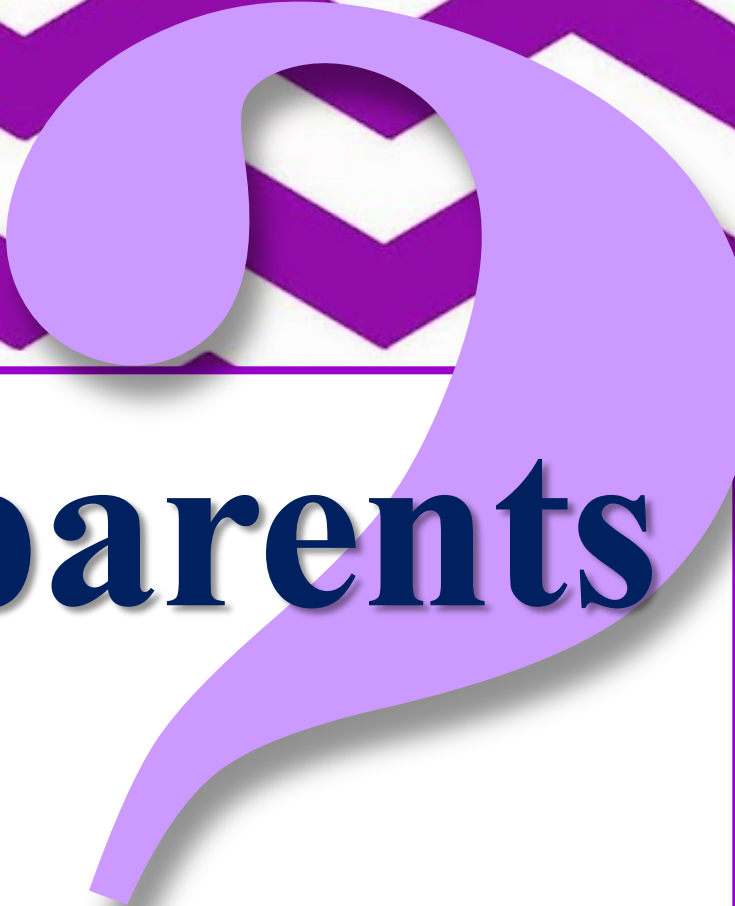
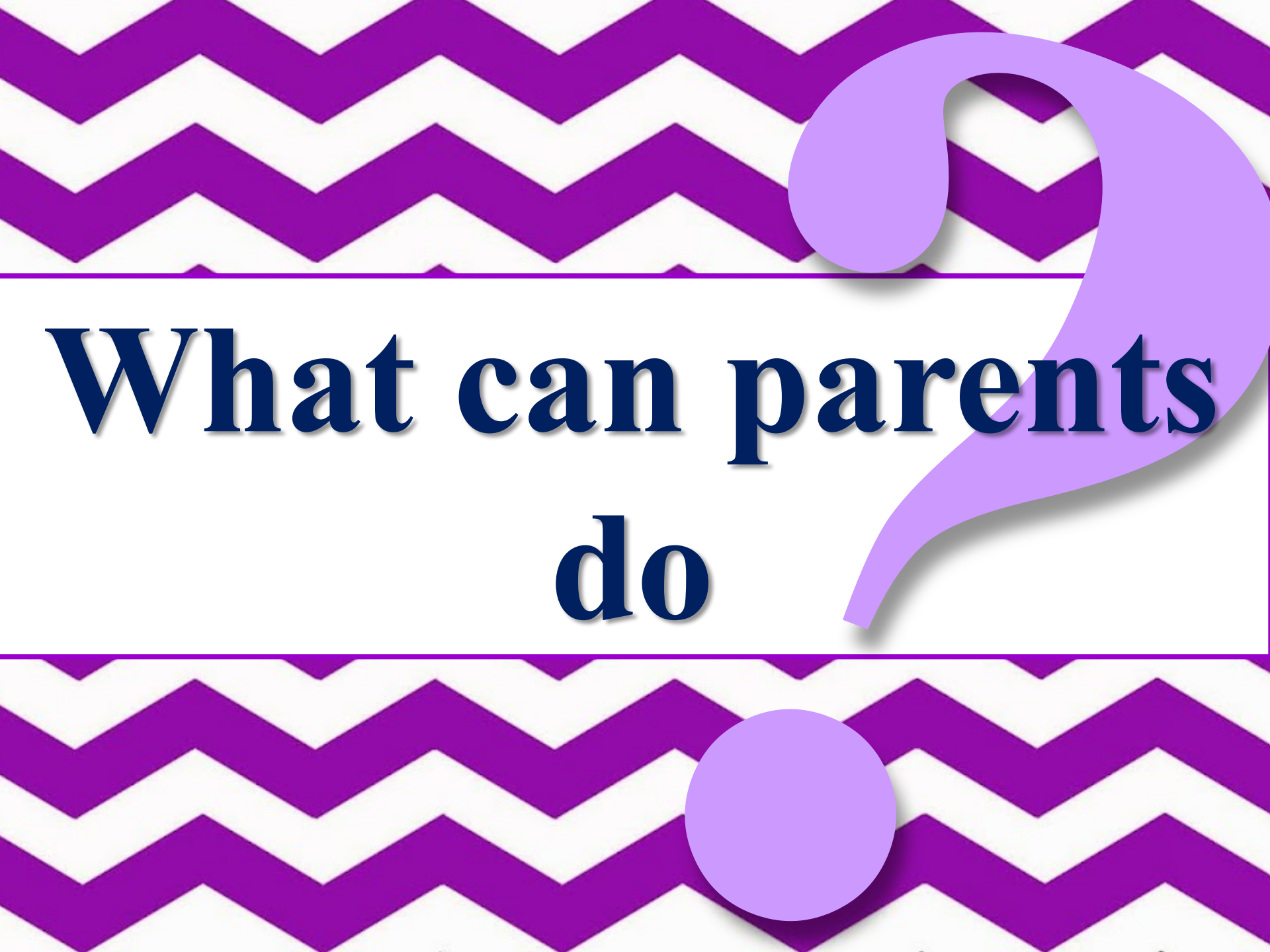
BULLYING INCIDENT REPORT FORM

Today's Date:	Date of Incident:	Time of Incident:	School:
Location of Incident (check all that apply):			
☐ Hallway			
☐ Restroom			
☐ Classroom			
☐ Gym			
☐ Lunch Room			
☐ Playground			
☐ Locker Room			
☐ Bus Stop			
☐ On Bus			
☐ Parking Lot			
☐ To/From School			
☐ After School Program			
☐ School Sponsored Event			
☐ Text/Phone/Internet/Social Media			
☐ Other: _____			
Name of Victim(s):	Name of student(s) bullying:	Name(s) of witnesses/bystanders:	
_____	_____	_____	
_____	_____	_____	
Reported to school by (check all that apply):			
☐ Teacher			
☐ Parent			



- **INTIMATE VISUAL MATERIAL**

- Schools are **not exempt** from reporting a finding of intimate visual material of a minor
- Once reported, other legal complications may occur (i.e. criminal charges for child pornography)



**What can parents
do**

Tips to Give Your Child

- ☐ Encourage your child tell the other student to stop
- ☐ Walk away & stay away
- ☐ Report it every time
- ☐ Speak to an adult in the moment
- ☐ Ask for help
- ☐ Hang out with positive people

**GOAL
SETTING**
WITH
REALISTIC
expectations



**SELF
ESTEEM**



LEARNING
from their
MISTAKES



problem
SOLVING
SKILLS

Understanding and
ACCEPTANCE
OF THEIR OWN
strengths and
weaknesses

RESILIENCE



**SELF-
CONTROL**

Ability
TO RECOGNISE
their own
EMOTIONS
and those
of others



SOCIAL SKILLS
AND **ABILITY** TO SEEK
ASSISTANCE
FROM **OTHERS**



OPTIMISTIC
thinking
PATTERNS

WILLINGNESS to
OVERCOME
DIFFICULTIES
rather than
AVOID
PROBLEMS



Use Checklist to Rule Out Bullying

- ✓ Does your child feel hurt, either emotionally or physically, by the other child's behavior?
- ✓ Has your child been the target of the negative behavior more than once?
- ✓ Does your child want the behavior to stop?
- ✓ Has behavior moved passed being mean or rude?
- ✓ Is your child unable to make the behavior stop on their own?

How to Prevent Bullying

- [Help kids understand bullying.](#) Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- [Keep the lines of communication open.](#) Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- [Encourage kids to do what they love.](#) Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- [Model how to treat others](#) with kindness and respect.



**What if your child sees
someone being bullied**

- 
- ☐ Tell an adult
 - ☐ Help the person get away
 - ☐ Be a good friend to them
 - ☐ Tell them they are not alone
 - ☐ Never encourage bully
- 

BEFORE YOU SPEAK:

T
true

H
helpful

I

N
inspiring

I
necessary

S

IS

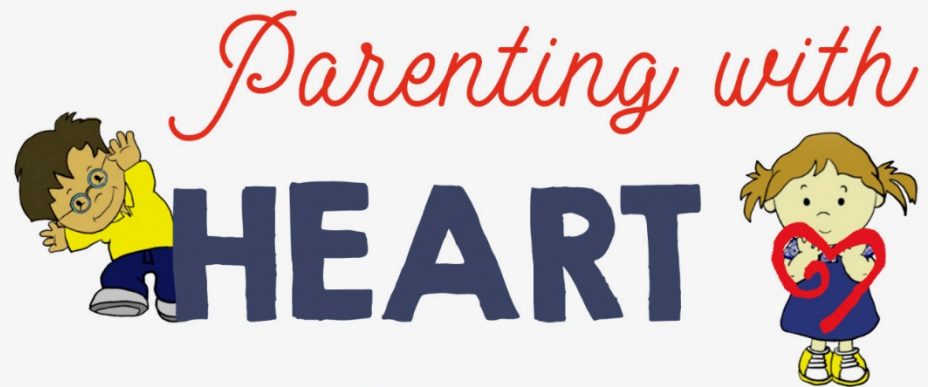
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kind

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Questions





workshops for **KIPP SHARP** *families*

part of SHARPed program

ADHD and Childhood

Things Parents Need to Know

Tuesday, October 25th

8:30 am

SHARP Cafe