



Resource Guide Bullying Prevention

Discussion Questions

1. Describe how Erica Bryant was bullied online. How did her mom help her deal with it?
2. Do you know about cyber-bullying like this in your school or community? What can be done about it? What can you specifically do to ensure cyber-bullying does not happen in your school or community?
3. In the documentary, the counselor asked the students, "What is the difference between tattling and reporting?" What would your response be?
4. Have you ever witnessed bullying behavior and though you did not like what you saw, you chose not to do anything because you were afraid? Looking back at such times, do you wish you had responded differently? Explain your answer.
5. What is the role of courage in changing attitudes toward bullying? Explain your answer.
6. According to the documentary, what are the four best pieces of advice to avoid being bullied and/or changing bullying behavior? Add another piece of advice to this list that would deal very specifically with your community's bullying problem.



Resource Guide Bullying Prevention Mini Fact Sheet

Bullying is physical, verbal and/or emotional abuse, sexual harassment in person or online. In addition to physical abuse, bullies threaten, intimidate, tease, spread rumors and eliminate people from groups. Bullies frequently torment their victims such that they feel helpless, defenseless and are often in real physical and emotional pain. According to recent studies:

- One out of every four students is bullied.
- 30% of students in sixth through tenth grades have admitted to being involved in bullying as a bully, victim, or both.
- Most bullying happens on school grounds, not at home or on the way to school, although online cyber-bullying is a new concern.
- Every seven minutes, a child is bullied. 85% of the time, peers are present and nobody intervenes.

Signs that a child is being bullied can include:

- Clothes, books or possessions are ripped, excessively dirty, damaged or missing.
- Unexplained cuts, bruises or scratches
- A lack of friends or sense of belonging to any groups at school
- Frequent headaches, stomach aches or other physical complaints
- Suffering from bad dreams or bad sleep patterns
- High anxiety and/or low self-esteem

Signs that a child is a bully can include these tendencies:

- Dominant personalities with quick tempers
- Easily frustrated, even at the simplest of tasks
- Lack of empathy for others
- Difficulty in following rules
- Seems to enjoy violence
- Has a high sense of self-esteem
- Hangs out with other bullies or peers who enjoy violence



Resource Guide Bullying Prevention Mini Tip Sheet for Parents

What Parents Should Know

Bullying is like child abuse, rape, sexual harassment and racism: it is an imbalance of power. The aggressor often blames the target and targets often come to blame themselves. Bullying affects both the bullied and bullies. Targets of bullying are more likely to exhibit depression and anxiety. Bullies are much more likely than non-bullies to become adult criminals.

Consistent, fair discipline teaches self-control and responsibility. Remember to give lots of positive attention and spend time playing with, reading with and enjoying your child. Love does not have to be earned. Warmth and time spent together teach connection and empathy. Families in which discipline is inconsistent and where there is little warmth and adult attention are more likely to raise children who bully.

What Parents Can Do

Talk with your children in ways that encourage the sharing of information. Let them know you are concerned and you want to help, but most of all, let them know it is not their fault if they are being bullied. Be supportive and gather information about what has happened. Never approve of retaliation, because it will not solve and often escalates the problem. Even if your child is not being bullied, encourage your child to stand up for others.

Talk with the principal, the teacher and the counselor at school, not only to share your concerns but also to develop strategies to help your child understand that everyone involved will not tolerate bullying. Talk with school administrators and teachers to find out about your children's relationships with peers during the school day and to see if they have observed any incidents of your child being bullied. Clearly state that you will not tolerate this behavior and develop a set of consistent rules and expectations relative to behavior. Be sure to offer praise when peaceful solutions are used to solve problems instead of violent or hostile ones.

Spend more time with your child to find out the details of how he or she spends their day and who their friends are. Encourage participation in activities that develop skills and offer opportunities to learn new ones. If necessary, seek help from a mental health professional such as a social worker.

Above all, you should expect the bullying to stop. If it does not, contact the school again. Help your children find ways to deal with or avoid bullies. Find a club or an organization for them to join outside of school to make new friends and establish a supportive group. Work together to create a list of adults who will help in bullying situations, and make sure they know telling about bullying is not tattling, but an important solution to the problem. Make sure your home a safe haven.



Resource Guide

Bullying Prevention

Lesson Plan: You Be the Judge

Project

Students will analyze short skits about bullying and determine the consequences for those involved.

Objectives

Students will:

- Act out brief original scenarios about bullying
- Act as jury to decide if bullying occurred
- Determine consequences for behaviors

Materials

- Copies of school policy on bullying
- Bullying scenarios
- Pens, pencils
- Paper
- Black/white/green board
- Open space for rehearsal and presentation

NOTE: Previous experience preparing, rehearsing and presenting skits will be helpful for this lesson.

Procedure

1. As a class, review the school's policy on bullying.
2. Break class into groups of no more than four and give each group one of the bullying scenarios, provided below. Each group's task is to prepare a one- or two-minute skit of the scenario to present for the class. Allow 15 minutes to prepare their presentation.
3. Gather the groups back together and have each present their skits, one at a time. Explain to the class that after each presentation, the audience will need to do the following:
 - Identify the bully or bullies
 - Identify the victim
 - Identify the bystanders (if any)
 - Identify the type of bullying going on (physical, verbal, cyber, emotional, racial, other)
 - Determine the consequences for the behaviors exhibited by all participants
 - Discuss other possible actions and outcomes
4. When all the groups have presented and all the consequences have been assigned, ask each student to write a response to one of the skits from the victim's point of view. Will the consequences make him or her feel better? Why or why not? What else, if anything, should be done?
5. As an extension activity, have the students perform their skits and conduct judgment sessions for another class or a student assembly.

Evaluation

- Did students understand the school policy on bullying?
- Did each group prepare, rehearse and present a skit based on a bullying scenario?
- Could students identify the participants in each scenario as well as the type of bullying going on?
- Did each group submit a written response?



Resource Guide Bullying Prevention

Lesson Plan: You Be the Judge Bullying Scenarios

Every day, Marta gets on the bus only to be bothered by the other girls in the front seats. They comment on her clothes and make fun of her backpack. Luckily, Shania lets her sit with her, but she does not talk to Marta.

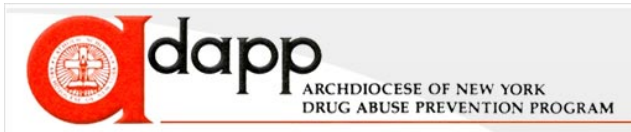
Phillip has a lazy eye and must wear an eye patch. The guys in his class make pirate noises and pull on his leg asking where his peg leg is.

Josue, the new kid in class, speaks little English, and when he does, he has a very strong Brazilian accent. The kids in his class make fun of the way he speaks and laugh at him. The teacher tells them to calm down but does not punish anyone.

Whenever she is at her locker, Clara notices a boy from her class silently staring at her and watching every move she makes. It makes her really uncomfortable. She tells her friend Lashonda who tells her to ignore him, but he does not stop, even when she finally says something.

Ralph is sick and tired of being picked on in PE class for being much shorter than the other guys and finally decides to strike back one day. When one of the bigger guys says something, he turns around and knocks him down. The other kids in the class gather around and cheer the fight on until the teacher breaks it up.

Charlotte is having a party on Friday night and everyone is invited except Toya. Posts and comments about the upcoming party are all over other student's Facebook pages. Charlotte talks about her party to all her other friends even in front of Toya, and she makes sure Toya knows about the party and that she will be the topic of conversations when she is not there.



Connect with Kids

Bullying Prevention Information Resources

ABCs of Cyberbullying for Students www.cyberbullyhelp.com

Connect with Kids www.connectwithkids.com

Kids Health www.kidshealth.org

Love Our Children USA www.loveourchildrenusa.org

National Institute of Mental Health www.nimh.nih.gov

Safe Youth www.safeyouth.org

Stop Bullying Now! Take a Stand, Lend a Hand <http://www.stopbullyingnow.hrsa.gov/index.asp>

Stop Bullying Now! www.stopbullyingnow.com

Youth Crime Watch www.ycwa.org