Bullying

Teacher Resources for bullying intervention and prevention

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Bullying

There are five identifying features of bullying.

- It is deliberate, hurtful behavior.
- It is repeated over a period of time.
- It is often difficult for those being bullied to defend themselves.
- It is difficult for those who bully to learn new social behaviors.
- Those who bully have, and exercise power inappropriately over others.

Social Experience

- Group dynamic
  - Determines status and popularity
- School environment
  - Culture of Violence
- Left alone can easily escalate into more extreme forms of violence
- Power
  - Authority
Teacher Impact

- Awareness and Understanding
- Modeling
- Promote power in group
- Normalize experience
  - Silence kids
- Response
  - Knowledge
  - Individual vs. Whole School Approach

Teacher Objectives

- Make students feel safe
- Raise trust of teachers
- Open discussion about issues
- Connect kids to the school
- Change the culture of the school
- Be proactive and aware

Resources

- CSUS Bullying Materials
  - http://www.csus.edu/cbm
- K-6 Resources
- 7-12 Resources
- Sexual Harassment Resources
- Video Page and Resources
- Resource Links
Resources

- Responding to Bullying
- Different individuals/roles
- K-6, 7-12 specific
- Book List - Each grade
- Lesson Plans, Activities, and Examples
  - Divided into K-3, 4-6, 7-12
- Surveys - for everyone (mapping)
- Anonymous Reporting Forms
Information Resources

- Student Groups
- School Programs
- Parent Letters
- Information- myths
- Cyberbullying Protocols (7-12)
- Additional Information/Sources

Sexual Harassment Resources

- Flirting vs. Harassment
- Responding
- Lessons, activities, and examples
  - Divided into K-3, 4-6, 7-12

Video Resources

- Definition of bullying
- Information about bullying: Guide for leading discussion
- PowerPoint presentation for in class discussion
- Worksheet for 4-6 Grades
- Surveys (pre, post and teacher: teacher script to administer survey)
Key Points
- Clean and inviting environment
- Structure and connection
- Establish Rules
- Safe areas/places/groups/reporting
- Consistency
- Integrated
- Student Involvement
- Open, weekly discussions (1/2 – 1 hr)

Impact of Classroom Discussions
- Students feel safer
- Students feel more connected to school
- Highlights culture that does not accept violence
- Increases focus during the rest of the classroom time - more teaching time
- Gives students voice

Video Uses
- Educate about bullying
- Establish understanding about bullying
- Create discussion about issues
- Use multiple times
- Ultimately learn how to lead class discussions on bullying
7-12 Bullying Video

- For Grades 7 - 12, Reality Show Format
- Length: 15 minutes
  - 4 Parts
- Not an “educational video” but a discussion tool.
- Helps students in grades 7-12 identify strategies and solutions that they feel are appropriate in their school context
- Are willing to use

4-6 Bullying Video

- 4-6 grade kids talking about bullying and personal bullying experiences
- Several different formats (up to teacher)
  - Full story with segments throughout (15 minutes)
  - Separate segments (depending on class discussion)
  - 2 separate stories for discussions
    - Verbal and Relational Aggression
- Not an “educational video” but a discussion tool.

Additional Resources

- The Bully Free Classroom: Over 100 Tips and Strategies for Teachers K-8. by A. Beane
- Bullying Prevention & Intervention: Realistic Strategies for Schools by S. Swearer & D. Espelage
- Bullying Prevention Assistance: CDE
  - [http://www.cde.ca.gov/ls/ss/se/bullyprev.asp](http://www.cde.ca.gov/ls/ss/se/bullyprev.asp)
- For students: The Bully: Discussion and Activity Story on Bullying by Rita Y. Toews
  - [http://www.thebullybook.com/Index.html](http://www.thebullybook.com/Index.html)
- Stop Cyberbullying [http://www.stopcyberbullying.org](http://www.stopcyberbullying.org)