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Stand up to Bullying

BULLYING CURRICULUM FOR FOSTER CARE AND
ADOPTIVE PARENTS

Latonia Marsh, J.D



October 27, 2011

Stand up to Bullying

- In the past few years bullying has received much media attention. Although bullying is not a new phenomenon, the recent onslaught of suicide cases has brought it to the media forefront.
- Today, technology has provided a new format for bullying, through the use of cyber-bullying and on-line stalking.
- This curriculum is designed for MAPP trainers to help foster parents and adoptive parents identify bullying behaviors and help children in their care who may be engaged in bullying or are victims.
- Latonia Marsh, J.D.



President Obama & the First Lady at the White House Conference on Bullying Prevention

If there's one goal of this conference, it's to dispel the myth that bullying is just a harmless rite of passage or an inevitable part of growing up. It's not." That's how the [President explained](#) the first-ever White House Conference on Bullying Prevention during the opening session of the day-long summit. President Barack Obama and First Lady Michelle Obama meet with a group of students and parents from the Conference on Bullying Prevention in the Oval Office, March 10, 2011



What Is Bullying?



www.myce101.com (Inet Computer Education 101 WebBlog)





Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

Imbalance of Power:

people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves

Intent to Cause Harm:

actions done by accident are not bullying; the person bullying has a goal to cause harm

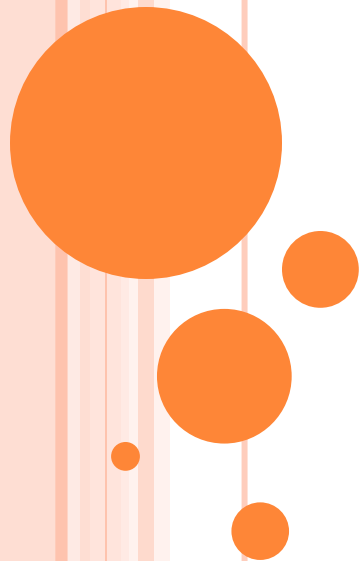
Repetition: incidents of bullying happen to the same person over and over by the same person or group



BULLYING IS



Bullying is when kids hurt or scare other kids on purpose.
Bullying can hurt everyone.
Kids who are bullied sometimes have a hard time standing up for themselves.





Types of Bullying

➤ **Verbal**

Non-Verbal

➤ **Physical**

➤ **Relational, Social, Psychological (Emotional)**

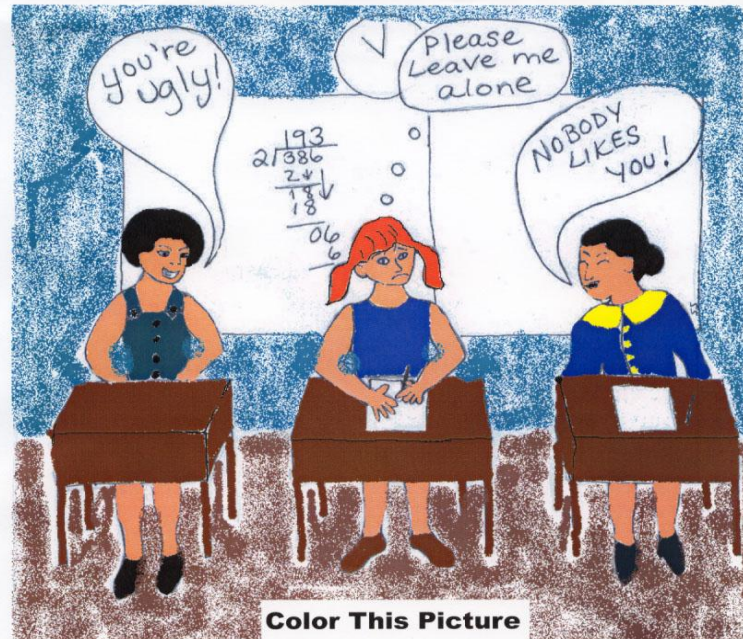
➤ **Cyber bullying**

➤ **Indirect (New)**

➤ **Hazing**



Stand up to Bullying



Verbal Bullying: Teasing and Name Calling

What things could you do to keep this kind of bullying from happening to you?

- Ask children what would they do if this happened to them.



Statistics



— Nine out of ten elementary students have been bullied by their peers, according to a simple questionnaire developed by researchers at Lucile Packard Children's Hospital and the Stanford University School of Medicine. What's more, nearly six in 10 children surveyed in the preliminary study reported participating in some type of bullying themselves in the past year.

Science Daily
(Apr. 12, 2007)



WHERE

**Bullying Happens anywhere
there is a lack of supervision**



BULLYING HAPPENS



THE BULLY

Children who bully witness physical and verbal violence or aggression at home. They have a positive view of this behavior, and they act aggressively toward other people, including adults.

- May hit or push other children.
 - Are often physically strong.
 - May or may not be popular with other children around their same age.
 - Have trouble following rules.
 - Show little concern for the feelings of others.
- Many bullies think highly of themselves. They like being looked up to. And they often expect everyone to behave according to their wishes. Children who bully are often not taught to think about how their actions make other people feel.



© 2009 Kevin Spear kevin@kevinspear.com www.kevinspear.com
"The problem with you bullies is you don't know how to take constructive criticism."



THE BULLIED

Characteristics of the bullied child

Children who are bullied tend to be:

Sensitive.

Socially withdrawn. They may think poorly of themselves, or they may have a quiet temperament.

Anxious.

Passive. They often let other people be in control and do not stand up for themselves.

More likely to get depressed.



THE BYSTANDER

○ What Bystanders Can Do:

- If they feel safe, stand up to the bully. Calmly tell them to stop their behavior, but also walk away. Standing up to the bully does not mean physically fighting.
- Always tell an adult. Being bullied or witnessing bullying is not something that should be kept a secret. In many schools it can be done anonymously if there is fear of retribution.
- Bystanders can invite the child who is being bullied to join them with their friends.
- Be willing to join clubs or organizations to meet a new kids and make new friends---bystanders have the power to stop bullies



RECOGNIZING THE WARNING SIGNS

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. However, these warning signs may indicate other issues or problems, as well. If you are a [parent](#) or [educator](#), learn more about talking to someone about bullying.



Warning signs of the bullied child:

Comes home with damaged or missing clothing or other belongings

Reports losing items such as books, electronics, clothing, or jewelry

Has unexplained injuries

Complains frequently of headaches, stomachaches, or feeling sick

Has trouble sleeping or has frequent bad dreams

Has changes in eating habits

Hurts themselves

Are very hungry after school from not eating their lunch

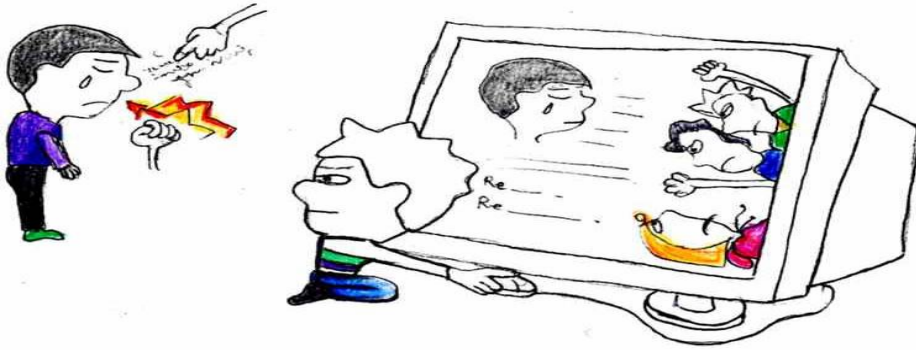
Runs away from home

Loses interest in visiting or talking with friends

Is afraid of going to school or other activities with peers



CYBER BULLYING



"Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.



LET'S LOOK AT THE DIFFERENCES

DIFFERENCES	
<u>BULLYING</u>	<u>CYBERBULLYING</u>
■ DIRECT	■ ANONYMOUS
■ Occurs on school property	■ Occurs off school property
■ Poor relationships with teachers	■ Good relationships with teachers
■ Fear retribution Physical: Hitting, Punching & Shoving Verbal: Teasing, Name calling & Gossip Nonverbal: Use of gestures & Exclusion	■ Fear loss of technology privileges
	■ Further under the radar than bullying
	■ Emotional reactions cannot be determined

www.stopbullyingnow.hrsa.gov





Signs Your Child may be a victim of Cyber bullying

Avoids the computer, cell phone and other technological devices or appears

Stressed when receiving an e-mail, instant message or text

Withdraws from family and friends or acts reluctant to attend school and social events

Avoids conversation about computer use, exhibits signs of low self-esteem including depression and/or fear

Has poor eating or sleeping habits.



Parents



Parents can play a key role in preventing and stopping bullying. But first they have to know if their children bully or are bullied by others. Many parents do not discuss bullying with their children, and many children do not raise the topic of bullying with their parents. Some parents of children who bully may also support such behavior without knowing it. They may use power and aggression to resolve conflicts, or they may fail to keep track of and stop bullying at home. Also, as children get older, bullying often occurs when adults are not around.





What parents and guardians can do

Know what kids are doing online
Limit online socializing for now
Teach the basics of good behavior online

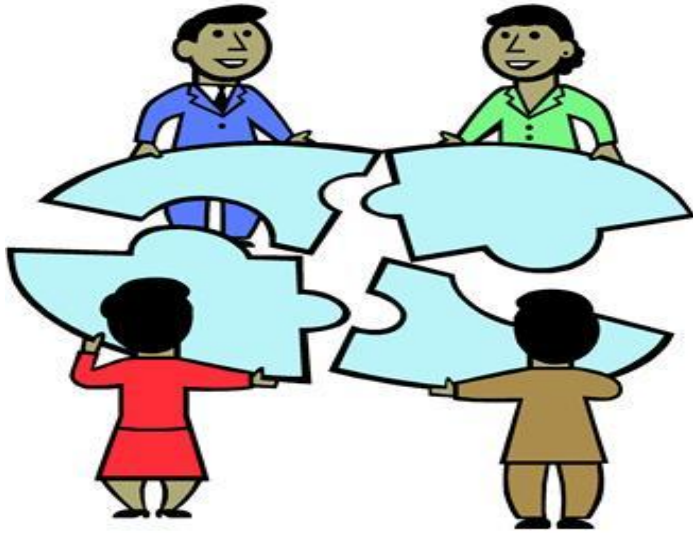
Keep passwords private

Encourage them to talk to a trusted adult

Establish consequences for bullying behavior

Be prepared to deal with cyber bullying





Starting the conversation

Talk about what it means to be a good friend

Talk about online vs. offline talk

Practice writing good emails, texts, or messages

Ask if they've seen kids being mean online

Encouraging children to “stand up, not stand by”

Tell them the door is always open



How Do I Get Help?

There are things you can do to stop the bullying.

If you are a parent or guardian, talk to the school administration or the adult that supervises your child's community activities.



What to Do When Bullying Continues or Gets Worse



Someone is at immediate risk of harm because of bullying

Your child is feeling suicidal because of bullying

Your child's teacher is not keeping your child safe from being bullied

Your school is not keeping your child safe from being bullied

Your child is sick, stressed, not sleeping, or is having other problems because of bullying

Your child is bullied because of their race, ethnicity, or disability and local help is not working to solve the problem

Call the police 911

Contact the [suicide prevention hotline](#) at 1-800-273-TALK (8255)

Contact local school administrator (principal or superintendent)

Contact the State School Department

Contact your [counselor or other health professional](#)

Contact the [U.S. Department of Education's Office on Civil Rights](#)

