

Bullying Prevention

in the Context of
School Climate

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National Center
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Promotion and
Youth Violence
Prevention

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Learning Objectives



Participants will:

- 1) Gain an understanding of the **essence of bullying**, how it emerges, and best practices for preventing and stopping it.
- 2) Examine the ways in which bullying prevention **intertwined** with positive school climate.
- 3) Explore **effective practical strategies** to make bullying prevention an integral part of school climate.
- 4) Deepen their understanding of **cyberbullying** and emerging strategies for preventing it.
- 5) Discuss growing **legal responsibilities** and liabilities from new state anti-bullying laws.



1. Essence of Bullying



Bullying

vs.

Power Imbalance

Power Imbalance

**Deliberately & Repeatedly
Used**

**Deliberately & Repeatedly
Abused**

**To Help & Empower the
Vulnerable**

To Hurt the Vulnerable

Act of Kindness



Learning Needs



What they need to learn:

A Bully – empathy, problem-solving & acts of kindness

A Victim – assertiveness & problem solving
[not submission or aggression]

Bystanders – their own influence and responsibility
& how to stand up, speak out, and seek help

Adults – how to prepare children and themselves to
teach, model, & respond early
and effectively



2. Bullying Intertwined with School Climate



What school features predict how much bullying students experience?

Large or small school?

Public or private school?

School in rich or poor community?

School in community with high or low homicide rate?

School with all boys, all girls, or both boys and girls?

School in community with high or low SES inequality?

The School itself?

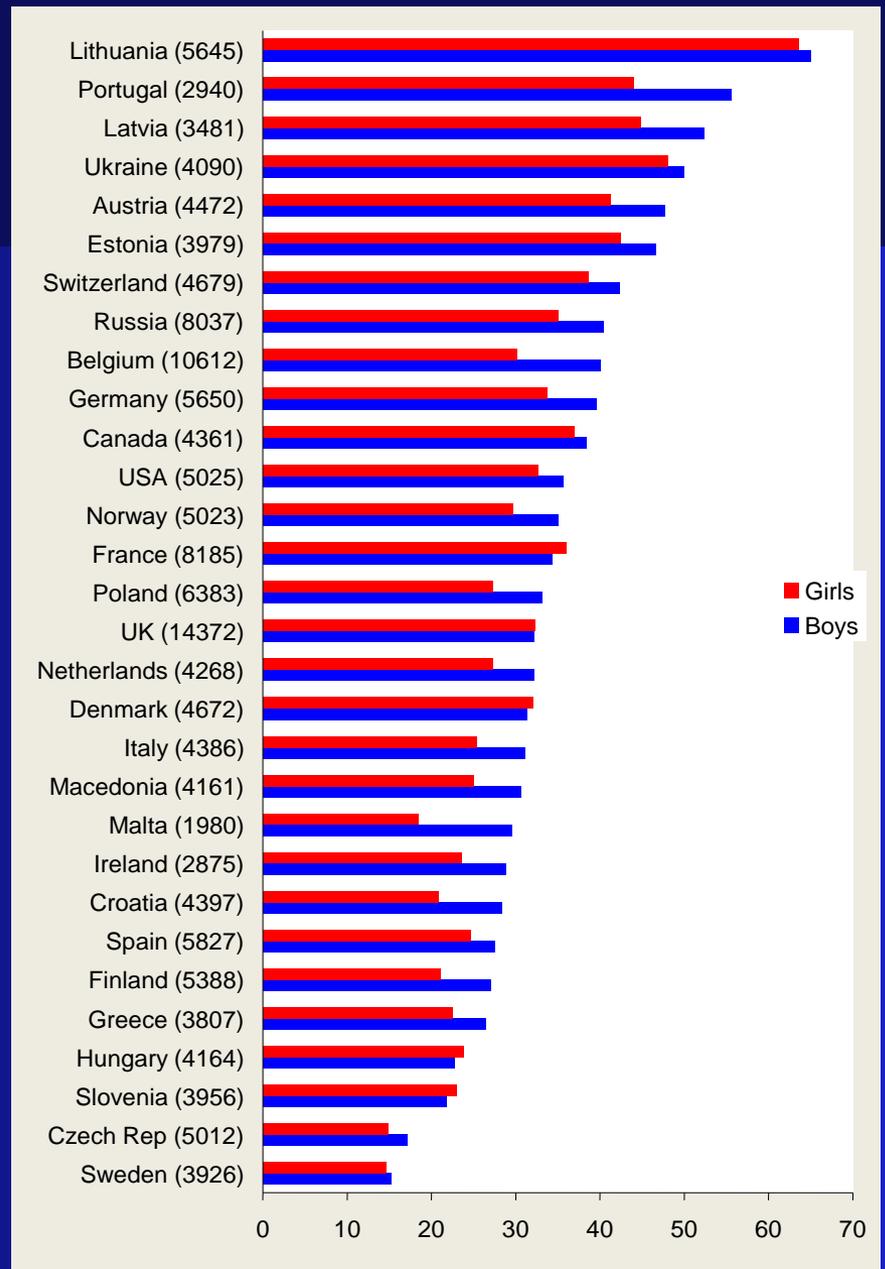
[Findings of: Chaux, E. University of the Andes, Bogota Colombia]

Global Perspective on Bullying

Percentage of school children in developed and transitional countries saying they had been bullied within the past two months

Currie, C et al. (2004). Young People's Health in Context: Health Behaviour in School-aged Children. International Report from the 2001/2002 survey. Geneva, Switzerland: World Health Organization.

[Slide prepared by Kim Storey]



Findings of the 2001/02 HBSC survey
Sample size after countries' names



How are Bullying and School Climate Intertwined?



Bullying prevention intertwined with positive school climate?

Both are created, not given

Based on relationships, perceptions, & behaviors

Everyone contributes (whether actively or
passively)

Can be changed through direct learning, modeling,
and responsiveness

Involve acts of kindness and respect (large & small)

Other connections between BP and SC . . . ?



3. Effective Strategies for Bullying Prevention



- Educational, not punitive approach
- Engage students as part of the solution
- Break taboo and code of silence against discussing and reporting bullying
- Have students and teachers take responsibility for bullying prevention (infusion of responsibility)
- Develop mutually agreed upon rules for teacher & student actions to prevent bullying
- Extend school-based programs into families & community
- Adopt a “bystander strategy” that involves everyone



School Rules for Bullying Prevention



Safe Schools
Healthy Students

- 1. We do not bully others.**
- 2. We help students who are bullied.**
- 3. We include student who are left out.**
- 4. We tell an adult at school and at home when somebody's being bullied.**

– Olweus Bullying Prevention Program



The Bystander Strategy for Bullying Prevention



- Represents a new pedagogic strategy
- Engages all children and adults
- Considers the widest range of options
- Offers third-party objectivity & distancing
- Fosters social perspective-taking skills
- Defines the prevailing social norms
- Calls for an “infusion of responsibility”
- Builds a social climate for preventing violence
- Exemplifies the ideals of participatory democracy



4. Cyberbullying Prevention



Sending or posting
hurtful, embarrassing,
or threatening text or
images — using the
Internet, cell phones,
or other digital
communication
devices



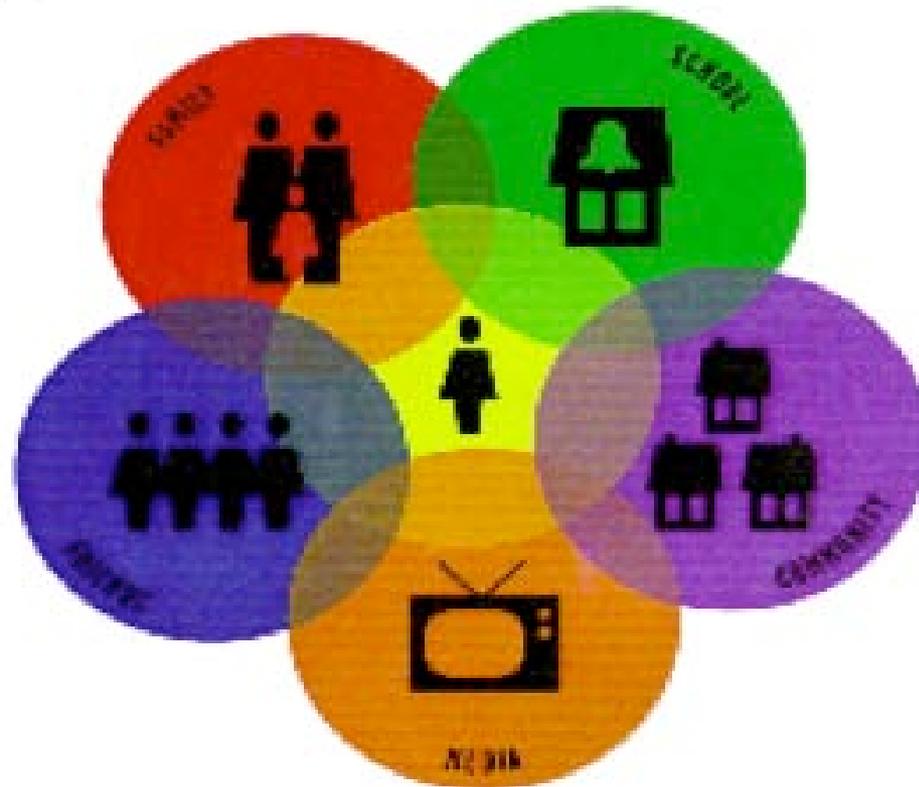


Cyberbullying Prevention: Best Practices for Schools



1. **Assess cyberbullying in the schools**
2. **Create awareness campaigns for students, teachers, parents**
3. **Engage students in creation of Acceptable Use Policy (AUP)**
4. **Educate students on how to avoid and respond to cyberbullying**
5. **Provide professional development for teachers and staff**
6. **Coordinate school efforts with law enforcement & community**
7. **Educate parents re: cyberbullying & school prevention efforts**
8. **Coordinate with other schools in the district and across elementary, middle, & high schools**
9. **Review relevant state laws**

A CHILD'S WORLD



**prevention
via
coordination**



Coordinate Children's Social Worlds for Bullying Prevention



Safe Schools
Healthy Students

- School
- Family
- Peers
- Media
- Community

5. New Legal Responsibilities Prevent Bullying

State Laws on Bullying



- States with laws on Bullying
- States with no laws on Bullying

(Updated December 2009)

To find a specific state law on bullying, go to the Web site for the state legislature and insert bullying as a search term.

States with laws on Bullying

Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Idaho
Illinois
Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Missouri
Montana
Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island
South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington State
West Virginia
Wisconsin
Wyoming

States with no laws on Bullying

Alabama
District of Columbia
Hawaii
Massachusetts
Michigan
Minnesota
Missouri
Montana
New Mexico
North Carolina
North Dakota
South Dakota
Wisconsin
Wyoming





Features of Many State Anti-bullying Laws



1. The word “bullying” and is used in the text.
2. It is clearly an anti-bullying law, not a school safety law.
3. Definitions of bullying & harassment are included, but no definitions of victims.
4. Recommendations on how to make and what is included in a model policy.
5. Involves education specialists at all levels (State, District, School, Parent, Student) to define & set rules, policies, and to find & implement best programs.
6. Mandates – not suggests – anti-bullying programs.



Features of Many State Anti-bullying Laws



7. Due dates are set for when a model policy is developed, school policies are in place, and programs are in effect.
8. Individual protection is provided against reprisal, retaliation, & false accusation.
9. School district is protected against lawsuits upon compliance to policies.
10. Counseling is provided for victims of long-term peer abuse.
11. Accountability reports are made to lawmakers & state education agencies.
12. Cyberbullying is addressed.



National Center for Mental Health
Promotion and Youth Violence Prevention

Resources



Safe Schools
Healthy Students

Social and Emotional Learning and Bullying Prevention

www.promoteprevent.org/publications/pp-guides/social-and-emotional-learning-and-bullying-prevention

Preventing Cyberbullying in Schools & the Community

www.promoteprevent.org/publications/prevention-briefs/preventing-cyberbullying-schools-and-community

Eyes on Bullying

www.eyesonbullying.org

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www.eyesonbullying.org

- Extends effective bullying prevention beyond schools
- Provides all caregivers the tools & resources to become involved in bullying prevention
- Research-based toolkit with interactive activities for parents, grandparents, afterschool teachers, mental health providers, camp counselors, preschool teachers, coaches, and youth workers.

US Dept. of Ed. Online Course: Bullying Prevention

Exploring the Nature & Prevention of Bullying

Constantine, Slaby, & Wardlaw (2004)

for U.S. Dept. of Education, OSDFS

Day 1 – Bullying myths and facts

Day 2 – Bullies, victims, and bystanders

Day 3 – Bullying prevention strategies

Day 4 – The need for a comprehensive approach

Day 5 – Putting it all together

**[www.ed.gov/admins/lead/safety/training/bullying/
bullying.html](http://www.ed.gov/admins/lead/safety/training/bullying/bullying.html)**

SAMHSA Educational Campaign

15+ Make Time to Listen Take Time to Talk . . . About Bullying

- Bullying is NOT a Fact of Life: Guide for Parents/Teachers
- Public Service Announcements
- Conversation Starter Cards & Other Resources

www.mentalhealth.samhsa.gov

1-800-729-2647

HRS A Educational Campaign Stop Bullying Now

Take a Stand

Lend a Hand

Stop Bullying Now!

- Webisodes for children
- Public service announcements
- Campaign communications kit
- Bullying prevention resources

www.stopbullyingnow.org

1-888-ASK-HRSA