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Bullying Prevention Strategies for Schools

Maria Grovner
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Setting the Stage

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Georgia Student Health Survey 2.0

(Grades 6-12)



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Questions 39-45

How often in the last 30 days have you experienced the following?

- I have been bullied or threatened by other students.
- I have been picked on or teased at school.
- I have received a threatening or harassing e-mail from other students.
- I have received threatening or harassing text messages from other students (SMS).
- I have been mocked, tormented, or harassed on a social networking site (e.g., Facebook, Twitter) by other students.
- Someone has bullied or picked on me by pushing, hitting, or kicking me.
- Someone has bullied or picked on me by making fun of me, yelling at me, or saying something mean to me.

[Click to access survey results](#)

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Georgia Student Health Survey 2.0

(Grades 3-5)



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How often in the past couple of months have older, bigger, more popular, or more powerful kids picked on you by...

(Questions 12-15)

- Hitting or kicking you
- Spreading rumors about you
- Threatening you
- Picked on you by leaving you out

Good News!



- Elementary Results for 2016 are now available for public viewing.
- You used to have to contact your principal for access to results.

[Click to access survey results](#)

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Caring Connections & Inclusive Environment

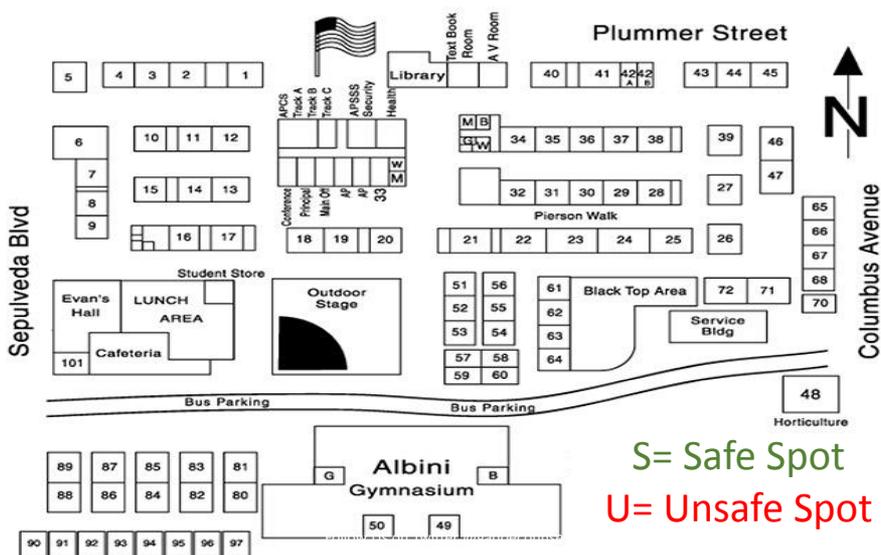


- Adopt-a-Student
- Advisor/Advisee Program
- Mentoring Program
- Small Groups
- **Various recess organized activities**
- **Cooperative games/Play materials for recess**
- **Mix It Up Lunch Days**
- After or before school clubs (school connectedness)
- Student greeters
- Peer Tutors
- Learning Buddies
- Lunch Bunch Groups (pre-selected based on various factors)

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Where are the HOT SPOTS? (an activity)



Bullying Prevention Team



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- Determine if there's a need for a team
- Choose team members who will be committed to efforts
- Broad representation
- Enlist part-time members
- Involve Community Liaisons
- Core Team Members:
 - Administrator
 - Teacher Reps
 - Special Education Teachers
 - School Resource Officers
 - Parents to be liaisons to other parents
 - Perhaps a student representative
 - STUDENT SERVICES PERSONNEL...YOU
- Identify, preview and design evidence-based practices and programs to meet school's needs
- Assess staff's understanding
- Review model anti-bullying policies
- Lead discussions or trainings about bullying and school climate at staff meetings & workshops
- Develop/Review forms to report bullying
- Review data collected
- Evaluate efforts

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School Wide Evidence-Based Bullying Prevention Programs



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- [Positive Behavioral Interventions and Supports \(PBIS\)](#)
- [Olweus Bullying Prevention Program](#)
- [KiVA](#)
- [Safe School Ambassadors \(SSA\)](#)
- [Bully Proofing Your School](#)
- Bully Busters (a manual with 36 activities)
- [Second Step](#)
- [Social-Emotional Learning](#)
- [Site of Evidence Based Programs \(SAMHSA\)](#)

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CCRPI Exceeding the Bar

Personalized Climate
Pre-Data; Implement Program;
Post-Data; Cite research
based program in
narrative
10/11-10/31

Bullying & School Climate



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$$\text{Bullying \& Harassment Incidents (Data)} = 100 * \left(1 - \frac{\text{Total Bullying \& Harassment Incidents}}{\text{Total Incidents}} \right)$$

2015 College and Career Ready Performance Index (CCRPI)

District: Title I School: No

School: Grades: 05, 07, 08

Choose a Report Type: School Middle School

CCRPI Score | Achievement | Progress | Achievement Gap | ED/EL/SWD Performance | Exceeding the Bar | Performance Flags | Financial Efficiency | **School Climate**

School Climate		
Safe and Substance-Free Learning Environment	Student Drug Related Incidents (Data)	93.176
	Violent Incidents (Data)	87.664
	Bullying and Harassment Incidents (Data)	87.402
	Student Drug Related Incidents (Survey)	93.076
	Violent Incidents (Survey)	98.662
	Bullying and Harassment Incidents (Survey)	81.133
Safe and Substance-Free Learning Environment Score		86.852

To access, go to ccrpi.gadoe.org

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Laws & Policies

Georgia Department of Education

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Georgia's Law



- 2010 Georgia Senate Bill No. 250 Georgia Code Annotated §20-2-751.4 – Policies prohibiting bullying; assignment to alternative school; notice. [Link to bill](#)
- 2015 Georgia House Bill 221 End to Cyberbullying Act [Link to bill](#)

Core Elements of a Policy

- Statement of purpose for your stance against bullying
- Clear definition of bullying
- Responsibilities of stakeholders instructions for reporting incidents
- Description of the support for targeted students of bullying
- Discipline procedures and strategies for behavior reform
- Prevention and training procedures to counter bullying

Examining Your Policy



- Examine your school and or district's policy
- Does it need to be revised?
- Is it clear for all stakeholders to understand?
- If changes are needed, how will you go about suggesting changes?

Consequences Levels



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LEVEL ONE:

- Conference with the student about the incident
- Stress behavior is unacceptable
- Behavior will be monitored
- What will happen if it continues

LEVEL TWO:

- Administrator-issued disciplinary referral
- Behavior Coaching (examples next 2 slides)

LEVEL THREE:

- Severe or recurring incidents
- Administrator issued disciplinary referral
 - ISS, OSS, Saturday School,
 - Referral to police or community agency, if required
 - Discipline hearings

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Behavior Coaching Consequences



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Consequences to educate student about negative effects of bullying

- PSA or poster
- View an anti bullying assembly video and write a reflection paper
- View age appropriate bullying films and then answer teacher or counselor designed questions
- Read an age appropriate book about bullying and do a book report
- Reflective paper of lesson learned from incident

Consequences that involve social-emotional remediation

- Conduct a lesson about empathy and present to a staff member or a class of younger students
- Social emotional training
- Develop a behavior management plan with a staff member

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Behavior Coaching Consequences



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Consequences that involve a service project

- Do monitored community service hours
- Chores at the school
- Read bullying prevention books to younger students
- Be a cross age tutor to a younger student

Consequences that involve deprivation of school privileges

- Forfeit recess or school activities
- Isolated lunch or class setting

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- Try out a visual symbol
- Use a song
- Use a book
- Mobilize Peer Support
- Make a video
- Develop a welcome packet
- Email blast to parents
- School Communication
- Poster Contests
- Invite parents to attend an assembly students may attend
- Partner with your art classes to design bullying prevention placements for local restaurants
- Give parents a list of questions about the policy to discuss with their children
- Grade Level or Department Staff Meetings reading and discussion
- Provide training or informational workshop to staff (KOSS...Keeping Our Students Safe)

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Recognizing Bullying

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Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. --Stopbullying.gov



Core Elements of Bullying

- Aggression
- Repetition
- Power Imbalance
- Intentional Cruelty

Types of Bullying

- Verbal
- Physical
- Relational Aggression
- Cyberbullying
- Sexual Harassment

Georgia Department of Education

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Educating Your Staff



- Brief Presentation/Staff Training (not just one time)
- Bully Prevention Team (Book Club)
- Movie Night or Review movie clips
- One page document
- Train one staff member per grade level or department. Have that person provide training to others in their grade level or department.
- Don't forget about your Educational Support Personnel.

Educating the Masses



Educating Your Students

- Watch film clips
- Listen to song lyrics
- Read children's literature
- Role play
- Have students get artistic with showing understanding
- New student education
- Core Curriculum Lessons

Educating Your Parents

- Post information on school's website
- Write short blurbs in parent newsletters
- One page document
- Parent Lending Library
- Bully Prevention Team (Book Club)
- Movie Night (provide parents with a list and suggest they watch and discuss with their child)
- Informational session/workshop for parents (share at another event)
- Parent Workshop (consider clusterwide or districtwide)

Involving Your Community



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- Local Businesses: Display posters about bullying
- School and Community Librarians: Book Displays
- Coaches: Team Talks...How to respond (i.e. [Todd Kennedy](#))
- Youth Organizations: Make flyers listing the signs of bullying and ways to report it
- Media: Positive prevention efforts you are doing. Trust me they get the negative and quick to report it. *Poster contest winners published in newspaper or on media's website.



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Reporting Bullying

Reporting Procedures for Students



- Create a SIMPLE student reporting form
- Teach reporting vs tattling/ratting/snitching
- Provide MULTIPLE reporting options
 - Hotline
 - Peer Mentors
 - Email address
 - Designated Staff
 - Online form on school's website
 - Report Box
- Offer anonymity
- Report bullying as a duo
- Poster Campaign: It's Ok to Tell; Want to Stop Bullying? Report it?
- Act on the report by meeting with affected parties...even if it isn't truly bullying
- Role Play how to report
- Teach how to fill out a bullying report (describing words, details, confidentiality)

Reporting Procedures



For Parents

- Educate the parents on difference between teasing and bullying
- One page fact sheet
- Use the school website (reporting form and review policy)
- New Parents (share info that may have been given to current parents)
- School Handbook (list reporting procedures)
- Form in the front office. Have it available for a quick email.

For Staff

- Create a SIMPLE student reporting form
- Avoid them sharing with you via "hallway talks"
- Do students feel comfortable sharing info with teachers?
- Follow Up

Responding to Bullying Incidents

Empowering Upstanders

Georgia Department of Education



- [Student Bullying Focus Group](#)
- Tattling vs Reporting.... Snitching vs Informing
- **A**ct Safely. **B**and Together. **C**are for the person who needs help.
- C.A.P. Bullying is **C**ruel. It is not an **A**ccident. Bullies have **P**ower over targets who cannot make them stop on their own .
- **B**efriend the Target • **U**se a Distraction • **S**peak out & Stand Up **T**ell or Text for Help • **E**xit Alone or with others • Give a **R**eason or offer a remedy
- Practice skills that support **B-U-S-T-E-R**
- **Key phrases:** Let's move on!; Come on, let's help.; Are you okay?; I'll go get someone.; That's not what we do here.; Maria was bullied at recess again.; Hey that's mean. Cut it out.; You didn't deserve that.; A teacher is coming!!; Ms. Grovner is going to close the door if we don't hurry up.; Will the consequences be worth it?

RESOURCES



- [Bullying Prevention Toolkit](#) (more websites)
- [Analysis of State Bulling Laws and Policies](#) (District pg. 59)
- [Cyberbullying Toolkit for Educators](#) (from Common Sense Media)
- [National Education Association: Bully Free It Starts With Me](#)
- [NEA Toolkit](#)
- [Stomp Out Bullying](#)
- [PACERs National Bullying Prevention Center](#) WEAR **ORANGE** on 19th for unity
- [Center for Parent Information and Resources](#) (use to help create one pg. for parents)
- [GLSEN](#)
- [Bullying Prevention Resources Guide](#)
- [How to Create Social Media Guidelines for Your School](#)
- [Richmond County School System Bullying Packet](#)

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Video Links



- [Ally's Story: Second Thoughts on Sexting](#)
- [Megan's Story Lesson Plan re: Sexting](#)
- [The Price of Silence PSA](#) (empowering upstanders)
- [Cyberbullying Talent Show PSA](#)
- [Out of Your Hands](#) re: sexting
- [STAND THE ANTHEM \(Official Music Video\)](#)
- [McGruff - Anti-Bullying Film](#)
- [The Meanest Girl in Second Grade](#)
- [Kid Videos for Elementary](#)

Keepvid
.com

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EXTENSIONS

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enter the link of the video you want to download: e.g http://www.youtube.com/watch?v=bMUxpTb_wWc

DOWNLOAD

2.0

Anti-Bullying Week



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Anti-Bullying Week



Monday, November 3rd:
One School, One Goal: Bully Free--Wear blue to show your support AGAINST bullying.



Wednesday, November 5th:
Be a Superhero: Take Action Against Bullying--Wear your favorite superhero shirt.



Thursday, November 6th:

Special SOAR Lesson
Wear Creekland/Eagle spiritwear to show that WE ARE FAMILY!!



Friday, November 7th:

Stand Up and Team Against Bullying--
Team Spiritwear Day--Wear your favorite team's apparel.

- Any week is sufficient
- We were out of school on that Tuesday. No lesson.
- Video each morning that week
- Advisement Lesson
- We had students to get on morning announcements to give statistics and encourage reporting.

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Upcoming Webinar

Motivating the Unmotivated Student

Oct. 26, 2016, 1:00 PM

[Register](#)