

# Bullying No More!!!!

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## SUMMARY

Bullying can occur as early as preschool and can be an issue through high school and even into adulthood. Understanding the types and causes of bullying and learning steps to effectively address bullying when it happens empowers educators and students to create a safe environment for everyone to learn, grow, and thrive.

## AUDIENCE

All educators and parents in grades Pre-K-12.

## SHORT STORY

One day a little boy throws crayons at a little girl and runs under the teacher's desk. When asked by his mom "why did you throw the crayons" he said "cuz she called me stupid." Some may call this little incident normal childish argument. After careful questioning, the students it was found that this little girl was calling the boy names for the whole week. This is a form of bullying. Much of this story is reality in many classrooms today.

As children grow up most have different types of social groups in middle and high school such as the "jocks", the "cheerleader diva's", "nerds" and others.

Bullying has been around for many years however, in the last past couple of years high profile incidents have been associated with bullying.

## DEFINITION

A **bully** is a person who exhibits deliberate, aggressive and repeated behavior that's intended to cause physical, verbal, and mental harm to a target.

**Target** is a person who receives the physical, verbal, and mental harm from the bullying.

**Bystander** is a person that sees and/or hears what is happen in a bullying situation. While not directly involved bystanders may still be negatively impacted by the bullying. Bystanders may also be able to help create an environment where bullying is not accepted.

## TYPES OF BULLYING

There are four general types of bullying

- 1) **Physical** involves pushing, shoving, tripping, kicking, hitting, slapping, and taking possessions, such as books or money from the target.
- 2) **Verbal** includes name calling, teasing, put-downs, threats, and bigoted or sexist remarks
- 3) **Relational** harms a target by manipulating and damaging the target's social standing. Behaviors include exclusion, spreading rumors and gossip, and threatening to damage or change the target's friendships or relationships with others.
- 4) **Cyberbullying** is the use of technology like cell phones, computers, web sites, and other emerging technologies to bully by embarrassing, humiliating, or making fun of the target.

## WHY STUDENTS BULLY

- 1) Bullies bully because they want to feel like they have power.
- 2) Bullies may have low self-esteem and bully others to make themselves look stronger.
- 3) Bullies may be trying to cover up bad feelings that they have because of an interaction with someone else such as a parent, sibling, or peer, where they felt powerless and/or that their feelings were not valued.

## WHY IS THE TARGET A TARGET?

- 1) Students who may look or act differently from most of the class or even are just perceived as “different” by others.
- 2) Students who are new to the class.
- 3) Students that seem scared or who are perceived as weak.

## PREVENTING BULLYING AT SCHOOL

### 1) Set up a safe climate

- a. Schools provide a safe environment for students to feel cared for and encouraged.
- b. Provide a safety zone for students to talk about differences.

### 2) Support student empowerment

- a. Provide students the ability to be empowered in who they are on many levels including exploring and expressing their culture, talents, and interests.

### 3) Set up rules and expectations

- a. Set clear rules and consequences.
- b. Positive, responsible, and respectful behavior modeled by all school personnel
- c. Parents and teachers encourage the students to do well.

### 4) Constructive use of time

- a. Provide student with time to promote creative activities such as drawing classes, dance programs, sports clubs, writing groups, science groups, etc.

### 5) Provide Positive values

- a. Provide a place to promote high value on understanding and helping other people.
- b. Encourage students to stand up for her or his beliefs in a positive way.
- c. Encourage honesty even when it is not easy. This includes sharing one’s own truth and listening to and accepting the truth of others.
- d. Taking personal responsibility for the effects of one’s words and actions on others.

### 6) Positive Identity

- a. Provide a place where students feel comfortable and proud of their identities, including but not limited to disabilities, ethnicity, faith/religion, family status, gender, language, and sexual orientation.

## REAL LIFE APPLICATIONS

- a. Roll play different scenarios which initiate an open conversation about bullying.
- b. Select students to be Peacemakers in the school/classroom, rotate rolls so that all get a chance to be a Peacemaker.
- c. Provide a Peace space - a place where conflicts can be resolved.

## RELATED RESOURCES

**Website:** Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

<http://csefel.vanderbilt.edu/index.html>

**Books:** *Siggy and the Bullies* by Blanche R. Dudley, Ed.D. (2013) and *The Hundred Dresses* by Eleanor Estes (1944)

RAFT hands-on activities that can be used to support bullying prevention include:

**Bobble Heads** [http://www.raft.net/ideas/Bobble\\_Heads.pdf](http://www.raft.net/ideas/Bobble_Heads.pdf) and

**Get Out of those Yarncuffs** [http://www.raft.net/ideas/Get\\_Out\\_of\\_those\\_Yarncuffs.pdf](http://www.raft.net/ideas/Get_Out_of_those_Yarncuffs.pdf)