Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, but define yourself.”
Bullying is...

- Engagement of a behavior whether or not intentional in a repeated manner to gain power or control that results in:
  - Distress
  - Social embarrassment
  - Discrimination
  - Damage of their property
  - Or the placement of the victim in reasonable harm, distress, embarrassment, discrimination, humiliation or damage
Examples include..

- **Direct bullying**
  - Hitting, kicking, shoving, spitting
  - Taunting, teasing, racial slurs, verbal harassment
  - Threatening, obscene gestures
Examples include..

- Indirect bullying
  - Getting another person to bully someone
  - Spreading rumors
  - Deliberately excluding someone from a group or activity
- Cyber-bullying (Digital Footprint)
  - Cell phone (text messages)
  - Emails
  - Social networking websites
  - Instant messaging
Gender differences

- Typically, boys bully more than girls.
- Boys report being bullied by boys; girls report being bullied by boys and girls.
- Boys are more likely than girls to be physically bullied by their peers.
- Girls are more likely to be bullied through rumor-spreading, sexual comments, social exclusion.
Conditions surrounding bullying

- Children usually are bullied by one child or a small group
- Common locations: outside, classroom, lunchroom, halls, bathrooms, cyberspace
Students who demonstrate bullying behavior

- Get into frequent fights
- Steal or vandalize property
- Consume illegal substances
- Frequently late or absent from school
- Earn lower grades than their peers
- Have a negative view of school
- Quick tempered
- May be bullied themselves by many children
Rough Play vs. Bullying

- Relationship among parties
- Facial expressions and general atmosphere
- Balance of power
- Intention
Students who are bullied:

- Have low self-esteem
- Have high rates of extreme sadness
- Frequently late or absent from school
- May be bullied by many children
- Passive targets
- May be shy
- Find it easier to associate with adults than students
- No longer want to participate in activities they once liked
- Suddenly change friends
- Begin to bully siblings or family pets
Why is it not noticed?

- Bullying is not noticed because:
  - Most frequently occurs in unstructured school areas
    - Low staff to student to student ratios
  - Students who bully act in ways that adults don’t notice
    - Behave covertly, especially in the presence
  - Adolescents are masterful at shielding their social, and anti-social lives from adults
Why is it not reported?

- Victims are ashamed, fear retaliation, believe that adults can’t or won’t help
- Middle school and high school boys are less likely to report victimization
- Bystanders may not interpret what they see as bullying
- Why don’t children report?
  - 66% of victims don’t know what will happen
Tattling vs. Telling

- Unimportant
- Harmless
- Accidental
- Could solve alone
- Trying to get someone in trouble

- Important
- Someone being hurt
- Purposeful
- Needs help to solve
- Trying to help someone else
Why not fight back?

- Negative consequences
  - Physical injuries
  - Suspension
  - Increased bullying/retaliation
  - Belief that violence is an acceptable way to deal with problems
Why so much attention?

- Students cannot learn if they fear for their safety or are distracted by rumors or harassment.
- Bullying behavior CAN CHANGE with early and proper interventions.
Students who observe..

- 38% - do nothing, because it’s none of my business, it’s not me and I don’t want it to be
- 27% - I don’t do anything, but I think I should
- 35% - I try to help him or her
Framework for Prevention

- District Wide
- School Wide
- Classroom Level
- Individual/ Small Group
- Parent/Community
What We Believe In...

- **Respectful**
  - Act respectfully toward all individuals and groups
  - We will try and include people who are left out

- **Responsible**
  - We will be responsible members of our learning community
  - We will be responsible bystanders
  - If we know that somebody is being bullied, we will tell an adult who can help.

- **Ready to Learn**
  - Know how to report bullying
    - [www.cumberlandschools.org](http://www.cumberlandschools.org)
    - In person with a trusted adult
  - Know who you can trust, identify them and seek them out for advice
If you witness bullying...

- And intervene, bullying stops within 10 seconds 57% of the time
- Tell the student who is bullying to stop
- Help the victim walk away
- Recruit friends to help the victim
- Get an adult
- Befriend the victim
- Report the situation
Resources

- All school presentations will be available on the district website
- Links to helpful website will also be available