



October 2015 National Bullying Prevention Month

Bullying Prevention Guide Week 1-Week 4

The North Carolina School Counselor Association wants every school to participate this October 2015 in Bullying Prevention activities to help educate and protect all of our students from being harassed and/or bullied. The following information, materials, and activities are a guide to help in this effort to prevent bullying.

Week 1

All schools share information and/or participate in:

- Bullying Prevention Awareness Date
 - October 5-World Day of Bullying Prevention / Ask all students, staff, and the community to wear a “**BLUE**” shirt!
- Share Bullying Prevention Information with **ALL** Students, such as:
 - Bullying, Harassment Definition
 - Bullying behavior is any **repeated**, systematic pattern of gestures that can be written, electronic, verbal communications, or could be a physical act, threatening communication on school property or at any school sponsored function and/or on a school bus.
 - Types of Bullying
 - **Physical bullying:** Physical bullying is any unwanted physical contact between the bully and the victim. This is one of the most easily identifiable forms of bullying. Examples include punching, pushing, kicking, teasing, fighting, etc.
 - **Emotional bullying:** Emotional bullying is any form of bullying that causes damage to a victim’s psyche and/or emotional well-being. Examples include spreading malicious rumors about people, keeping certain people out of a “group”, the silent treatment, etc.
 - **Verbal bullying:** Verbal bullying is any slanderous statements or accusations that cause the victim undue emotional distress. Examples include profanity at a target, tormenting, rumors, being laughed at, etc.
 - **Cyber-bullying:** Cyber-bullying is any bullying done through the use of technology. Cyber bullying includes, but is not limited to, abuse using email, instant messaging, text messaging, websites, social networking sites, etc.
 - Steps to Address Bullying in Schools
 - **Assess bullying in your school.** Determine where and when bullying occurs.
 - **Increase adult supervision in bullying “hot spots.”** Work with support staff, such as cafeteria staff, bus stop and playground monitors and bus drivers, who may observe bullying incidents that unfold outside the classroom.

- **Involve students, parents, teachers, and staff in bullying prevention.** Establish a school safety committee and task force with a coordinator whose job it is to plan, implement and evaluate your school's bullying prevention program.
 - **Encourage teachers and staff to file incident reports of bullying.** Keep track of critical incidents, and assess and evaluate your bullying prevention program.
 - **Create policies and rules.** Create a mission statement, code of conduct, and school-wide rules that establishes a climate in which bullying is not acceptable. Disseminate and communicate widely.
 - **Integrate bullying prevention material into curriculum and school activities.** Implement curriculum-based, class-level discussions and activities about bullying (e.g., role-playing activities) at each grade level.
 - **Promote extracurricular activities.** Reinforce positive social interactions in an inclusive environment.
 - **Raise awareness about your bullying prevention initiative.** Launch an awareness campaign to make the objectives known to the school, parents, and community members.
 - **Establish a school culture of acceptance, tolerance and respect.** Take advantage of staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook.
- What Can Parents Do?
 - Contact a school administrator, counselor, social worker or psychologist for help.
 - Provide positive feedback for children demonstrating appropriate behavior.
 - Use alternatives to physical punishment to stop bullying behavior, such as the removal of privileges.
 - Stop bullying behavior as it is happening and begin working on appropriate social skills early.
- What the Data Says About Bullying
 - Find out the data at your school and share.
 - Nationally over 3.2 million students are victims of bullying each year.
 - 1 in 4 teachers see nothing wrong with bullying and will only intervene 4 percent of the time.
 - Approximately 160,000 teens skip school every day because of bullying.
 - 1 in 7 students in grades K-12 is either a bully or a victim of bullying.
- Recognizing the Warning Signs in Students (some examples)
 - 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.
 - Have changes in eating habits.
 - Hurts themselves.
 - Are very hungry after school from not eating their lunch.
- What Students Can Do
 - Speak up against bullying.
 - Walk away.
 - Tell an adult you trust.
 - Stick together.

Week 2

All schools share information and/or participate in:

- Getting the word out about your School Board Policy on “**Bullying / Harassment**”.
- Informing staff and community about the “**Types of Bullying**” (listed above).
- Informing staff and community about “**What the Data Says about Bullying**” (listed above).
- Have students complete an anonymous survey asking questions such as:
 - Have you been bullied? If so, what type of bullying did you experience?
 - Have you bullied anyone? If so, what type of bullying did you cause?
 - Is bullying repeated or a one-time occurrence?

Week 3

All schools share information and/or participate in:

- Bullying Prevention Awareness Date
 - October 21- Unity Day in the United States-Ask all staff, students, and the community to wear an “**ORANGE**” shirt!
- RESPOND TO BULLYING / <http://www.stopbullying.gov/respond/index.html>
 - Stop Bullying on the Spot
 - Find Out What Happened
 - Support the Kids Involved
 - Be More Than a Bystander
- Does your School have a Safe Schools Tip Line? If so, make sure it is available to all students, parents, and community.

Week 4

All schools share information and/or participate in:

- Providing resources (**links**) such as
 - Your School and/or District Websites that have Bullying Prevention Information
 - StopBullying.gov
 - GLSEN
 - Pacer Kids Against Bullying
 - It Gets Better Project (You Tube) / Dan Savage
 - Bullying Prevention Videos: <http://www.stopbullying.gov/videos/index.html>
- Have Students Participate in a Bullying Prevention Video Campaign Kick-off
 - Each school team produces a 90 second video on Bullying Prevention.
 - All students should receive certificates for participating.
 - Award first, second, and third place plaques at each school level.

