



# BULLY PREVENTION IN SCHOOL AND *Community*

## PREVENTION AND EARLY INTERVENTION PROGRAM

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*Dare to Care was awarded the 2016 Government of Alberta Inspiration Award for Leadership in Bully Prevention.*

# SCOPE OF THE

# Problem

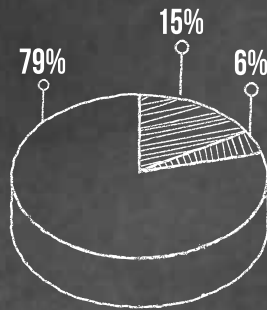
ON AVERAGE IN ANY SCHOOL, SPORT ORGANIZATION, OR WORKPLACE

**15%** ARE TARGETS OF BULLYING

**6%** ARE BULLIES

**79%** ARE THE SILENT MAJORITY

(PREVNet Canada)



**BULLY CARING**

**79% SILENT MAJORITY**

*What's wrong with this picture?*

**TARGETS**

- In the U.S. it is estimated that **160,000** students miss school each day because of fear.
- Of boys identified as bullies in grades six to nine, **60%** had a criminal record by age 24.
- Without a clear school policy on bullying and a strong commitment to ensure its implementation, students will not feel supported in standing up to bullying. Only **4%** of bullying is reported to adults because students are too afraid to speak up.
- **20%** of children who have bullied have a mental illness issue requiring medical treatment as a young adult. (Sourander, 2015)
- **23%** of children who are frequently targeted have sought help for a mental illness issue by age 30. (Sourander, 2015)
- **50%** of all lifetime cases of mental illness/brain illness begin by age 14. The average delay between onset of symptoms and intervention is 8–10 years. (National Alliance on Mental Illness)

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# DEFINITION OF BULLYING



- TARGETING AN INDIVIDUAL OR GROUP WITH REPETITIVE AND INTENTIONAL NEGATIVE ACTIONS
- IMBALANCE OF POWER BETWEEN THE BULLY AND THEIR TARGET. TARGET FEELS HELPLESS TO DEFEND THEMSELVES
- UNEQUAL LEVELS OF AFFECT

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# IS IT BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's

## **RUDE**

When someone says or does something *intentionally* hurtful and they do it once, that's

## **MEAN**

When someone says or does something *intentionally* hurtful and they keep doing it-even when you tell them to stop or show them that you're upset, that's

## **BULLYING**



# TYPES OF *Bullying*

## **PHYSICAL AGGRESSION**

Pushing, grabbing, hitting, spitting, tripping, etc. Also includes destruction of property and threatening.

## **VERBAL AGGRESSION**

Name calling, put downs, swearing, etc.

## **SOCIAL ALIENATION**

Spreading rumors, gossiping, excluding from group.

## **INTIMIDATION**

To frighten or threaten someone usually in order to persuade them to do something they don't want to do.

## **SEXUAL HARASSMENT**

Any comments or actions of a sexual nature that are unwelcome and make the recipient uncomfortable. This includes derogatory and/or hurtful comments about an individual's gender, gender identification, or sexual orientation.

## **RACIAL, ETHNIC, OR RELIGIOUS HARASSMENT**

Offensive comments, jokes or behaviors that disparage or ridicule an individual's race, ethnic, or religious background/beliefs.

## **CYBER BULLYING**

Under Canada's Criminal Code, the offence of cyberbullying is defined as sharing intimate images of a person without the consent of the person in the image. This law applies to everyone, not just people under 18. The intent of this is to protect the privacy of a person.

[www.getcybersafe.gc.ca](http://www.getcybersafe.gc.ca)

## **ONLINE ABUSE**

Online abuse covers any type of behaviour on the Internet, using any type of device or technology, that intentionally harms a person(s). This behaviour may or may not be considered criminal in nature.



Resources for Parents:

[www.protectchildren.ca](http://www.protectchildren.ca)

[www.getcybersafe.ca](http://www.getcybersafe.ca)

[www.needhelpnow.ca](http://www.needhelpnow.ca)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[www.cybertip.ca](http://www.cybertip.ca)

[www.stopthinkconnect.org](http://www.stopthinkconnect.org)

[www.mediasmarts.ca](http://www.mediasmarts.ca)

[www.prevnet.ca](http://www.prevnet.ca)

## WHAT CAN PARENTS DO TO MINIMIZE OPPORTUNITIES

- Establish a two-way contract with your child that includes in the agreement that they will tell you if they are experiencing cyberbullying.
- Teach your child to self monitor.
- Keep your home computer in a busy area of your house.
- Take all internet access out of your child's bedroom.
- Set up accounts with your children: FB, Instagram, Snapchat, etc.
- Keep a list of all their screen names and passwords.
- Regularly go over their 'buddy list' with them.
- Download an app that translates lingo (eg. text decoder).
- Contact internet service provider and set up each home device on a time out schedule.

## SIGNS YOUR CHILD IS BEING CYBERBULLIED

- Long hours on the computer.
- Closes window on their computer when you enter the room.
- Is secretive about internet activities.
- Behavioral and/or emotional changes at school, home and/or at sports.
- May claim to be doing homework on the Internet but is actually accessing chat rooms
- May be falling behind in their school work.
- May find unexplained long distance telephone call charges.
- Won't say who they are talking to on-line or via texts.
- May find unexplained pictures on the computer.
- May not want to go to school or sport practice.
- Reluctant to access their social media or texts.



# CYBER ABUSE

Sometimes things can go wrong online and we need help.  
What to do and who to call.

The following information on cyberbullying is courtesy of Kathy Macdonald, Cyber Security Specialist:

## PREVENTING RISKS FROM CYBERBULLYING AND ONLINE ABUSE

- Remain as anonymous as possible on the Internet. Never publicly display your home address, mobile phone number or full date of birth.
- Always post with a voice that is empathetic, kind, humble and positive.
- Apologize immediately when you are wrong.
- Be modest with your photos do not show off nudity, jewelry or money.
- Be kind. Don't post pictures of your friends online without their consent.
- Taking and sharing intimate images of people is dangerous. In the wrong hands, intimate images can be used to blackmail people.
- Never post an image that might embarrass or humiliate anyone.
- Be kind and diligent. Never take or share a photo that you would not want the world to see.
- Don't announce someone else's good news.
- Always ask, "Would I say this to someone's face?" If you wouldn't, then don't say it anywhere online.
- Keep physical control of your mobile device at all times, especially in public locations.
- If you are unable to carry your mobile device, ensure it is securely locked away.
- Set a strong passcode on your mobile device and minimize the amount of information and images you carry on the device.
- Check your privacy settings in social media at least once a month. Ensure you're sharing only what you want others to see.
- Know your followers personally and only accept friend requests from people you know personally.





## HOW TO RESPOND TO CYBER ABUSE?

- Don't respond to abusive incidents directly.
- Block and ignore people who you feel are abusive, insulting, rude or disrespectful.
- Consider deleting, "unfollowing" or "unfriending" abusive contacts.
- Take a screenshot or print texts, images, emails that you consider abusive or possibly criminal in nature.
- Ask for help from people you trust or contact the KidsHelp Phone at **1-800-668-6868** for support
- Continue to monitor abusive situations.
- Become an online advocate.
- Report offensive or obscene remarks to the website you are using or to your Internet Service Provider (ISP), your coach, your school, your workplace supervisor or a specialized organization.

## WHEN TO CALL POLICE

- If you are being coerced, threatened, extorted or blackmailed by someone.
- If a person knowingly posts online or shares with someone else, a sexual or intimate picture or video that was created in private circumstances.
- If someone views, keeps, sends, posts or takes pictures or videos of naked or semi-naked person(s) under 18, or of a person under 18 engaging in a sex act.
- If you believe a person under the age of 18 is being lured or exploited online.

Please share this information with your teammates, co-workers, family & friends.

***"Be Diligent, Be Skeptical and Be Kind Online!"*** — Kathy Macdonald

kathy@kathymacdonald.ca  
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**REACTIVE**  
*Children*  
EASY TO ANGER



## REACTIVE CHILDREN/EASY TO ANGER

Misinterpret Social Cues – see problems where problems don't exist.

- Have an overdeveloped Brainstem – more pathways hardwired to that area.
- Easily slip into Fight or Flight or Flee.
- Very unpredictable and therefore not well liked by peers.
- Have remorse and guilt after one of their outbursts.
- While they are often involved in conflicts, the majority of Reactive Children are NOT bullies

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# IDENTIFYING TARGETS OF *Bullying*

## SIGNS AT HOME

- Coming home from school with torn or disordered clothing, or with damaged books.
- Having bruises, injuries, cuts and scratches that can't be explained.
- Not bringing home classmates or other peers after school and seldom spending time in the homes or playgrounds of classmates.
- Not having a single good friend.
- Seldom invited to parties.
- Appearing afraid or reluctant to go to school in the morning, having a poor appetite, repeated headaches, or stomach pains (especially in the morning).
- Choosing an "illogical" route for going to and from school.
- Losing interest in schoolwork, drop in grades.
- Appearing unhappy, depressed, showing unexpected mood shifts with irritability and sudden outbursts of temper.
- Requesting or stealing extra money from family (to give to bullies).

## SIGNS AT SCHOOL

- Being (repeatedly) teased, called names, taunted, belittled, ridiculed, intimidated, degraded, threatened, given orders, dominated, subdued.
- Being made fun of and laughed at in a derisive and unfriendly way.
- Getting picked on, pushed around, shoved, punched, hit, kicked and not being able to adequately.
- Becoming involved in 'quarrels' or 'fights' in which they are fairly defenseless and try to withdraw (perhaps cry).
- Having their books, money, or other belongings taken or damaged.
- Having bruises, injuries, scratches or torn clothing that can't be explained.
- Often being alone and excluded from peer group during breaks and lunchtime; not seeming to have a single good friend in the class.
- Being among the last chosen in team games.
- Trying to stay close to the teacher or other adults during breaks.
- Having difficulty speaking up in class.
- Appearing depressed, unhappy, distressed, tearful.
- Showing sudden or gradual deterioration of schoolwork.

# STEPS TO TAKE IF YOUR CHILD IS BEING BULLIED



## LISTEN

- Often children do not wish to tell their parents due to shame and embarrassment, or fear that the bullies will retaliate if they tell. If you are worried that your child is being bullied, ask him or her directly. Take whatever your child says seriously and find out exactly what has been going on. Don't promise to keep the bullying a secret but reassure your child that you will help them sort out the problem. **DOCUMENT THE SITUATION!** Watch for symptoms that your child may be a bullying target

## TELL THE SCHOOL

- Work with the school immediately to make sure your child is safe, that monitoring at school is adequate. If the bullying is happening on the way to and from school, arrange for the child to get to school with older, supportive children or take him or her until other interventions take place. Document the situation.
- **Step 1:** Document and set up a meeting with the Classroom Teacher
- **Step 2:** Follow up with Classroom Teacher a week later. Share your observations with the teacher. If you feel nothing has changed for your child, then inform teacher that you will continue to document and will check in again in a few days.
- **Step 3:** After two meetings with the teacher if nothing has changed for your child, then take your concerns to Administration. Continue to document throughout this time.

## WORK WITH OTHER PARENTS

- Bullying is a community problem, not just a school issue. Work with other parents in the community to ensure that the children in your neighborhood are supervised closely on their way to and from schools. **DON'T BE A SILENT MAJORITY!!! GET INVOLVED!!**

## TEACH SOCIAL SKILLS

- If you find that your child is a perpetual target and that they are bullied wherever they go, try and think how your child reacts to people. Perhaps they don't know how to talk or play with other children. If you find your child is targeted in all social settings and not just at school then watch him/her interact with siblings and peers. Are there social skills that are weak or lacking? If so, help them develop these skills through role playing and behavior charts. If your child is timid and lacks friends, try to arrange for your child to participate in positive social groups which meet his or her interests. Developing your child's special skills and confidence in the context of a positive social group can be very helpful.



**WHAT I CAN DO  
IF I AM BEING  
BULLIED?**

# HA HA SO

**HELP  
ASSERT YOURSELF**

**HUMOR  
AVOID**

**SELF TALK  
OWN IT**

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# CHARACTERISTICS OF A *Bullying*

Bullies are best identified by their personality style rather than by outward manifestations based on appearance, number of friends or achievement:

- A bully is a child who values the rewards that aggression can bring.
- A bully is a child who lacks empathy for their or their target and has difficulty feeling compassion.
- A bully tends to lack guilt. He or she fully believes that the target provoked the attack and deserved the consequences.
- A bully likes to be in charge, to dominate and to assert with power. A bully likes to win in all situations.
- A bully's parent(s) or other significant role model(s) often model aggression.

## WHAT CAN I DO IF MY CHILD IS BULLYING?

**STAY CALM:** When faced with a report that your child has been bullying others, it is important to resist the urge to react with anger or defensiveness. Talk to your child, talk to his or her teachers and administrators. (Keep in mind that a bully will try to deny or minimize wrongdoing.)

**BE FIRM:** Make it very clear to your child that you will not tolerate this kind of behavior and discuss with your child the negative impact bullying has on the victim. Do not accept explanations that "it was all in fun."

**ENCOURAGE EXPRESSION:** Find out if there is something in particular which is troubling your child. While it is important to acknowledge your child's feelings, it is crucial that he/she not be allowed to avoid responsibility or **BLAME THE TARGET FOR THEIR ACTIONS**.

**USE NON-VIOLENT CONSEQUENCES:** Physical punishment reinforces the idea that violence solves problems. Children learn from our behavior, therefore, parents must demonstrate civilized ways of dealing with conflict. The consequence must be in proportion with the severity of your child's actions as well as appropriate for his/her age and stage of development. \*\*\*Praise the efforts your child makes toward non-violent and responsible behavior.

**AID RECONCILIATION:** Work out a way for your child to make amends for the bullying.

**SET RULES/LIMITS:** Stop any show of aggression immediately and help the child find other, non-aggressive ways of reacting. Increase supervision of your child's activities and whereabouts, and who they are associating with.

**MONITOR TELEVISION:** If your child is viewing violent television shows and is playing violent video games, this may increase violent and aggressive behavior. Teach your child to become a critical user of media by discussing inappropriate t.v. programs, movies, video games, etc.

**SPEND TIME:** Re-connect with your child. Provide reassurance that you still love them ~ it is the behavior you don't like. Spend at least one hour of quality time with your child every day.

**REFLECT:** Parents must be a positive role model for their children. Recognize that every time you interact with your children (or they see you interact with others), you are teaching them something. Model and reinforce caring and sensitivity to others.



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