

## Bullying Policies & Prevention

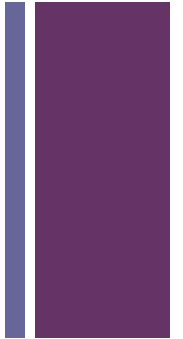
Prepared by: Ashley Zenke

# + Types of Bullying

- Verbal: name-calling, teasing
- Social: spreading rumors, leaving people out on purpose, breaking up friendships
- Physical: hitting, punching, shoving
- Cyberbullying: using the Internet, mobile phones or other digital technologies to harm others



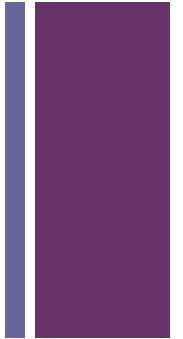
# + Cyberbullying



- Sending mean messages or threats to a person's **email** account or **cell phone**.
- Spreading rumors online or through texts.
- Posting hurtful or threatening messages on **social networking sites** or web pages.
- Stealing a person's account information to break into their account and send damaging messages.
- Pretending to be someone else online to hurt another person.
- Taking unflattering pictures of a person and spreading them through cell phones or the Internet.
- **Sexting**, or circulating sexually suggestive pictures or messages about a person.



# Statistics of 2010



- Over half, about 56%, of all students have witnessed a bullying crime take place while at school.
- A reported 15% of all students who don't show up for school report it to being out of fear of being bullied while at school.
- There are about 71% of students that report bullying as an on-going problem.
- Along with that same vein, about 1 out of every 10 students drops out or changes schools because of repeated bullying.
- Some of the top years for bullying include 4th through 8th graders in which 90% were reported as victims of some kind of bullying.
- There are about 282,000 students that are reportedly attacked in high schools throughout the nation each month.



# Effects of Bullying

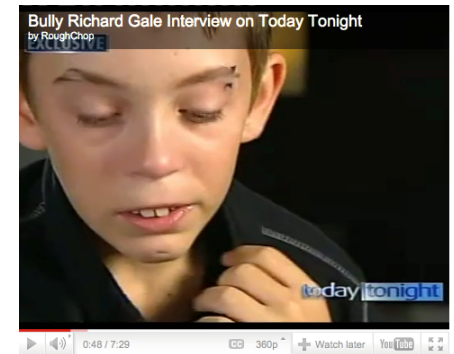
<http://www.stopbullying.gov/topics/effects/index.html>



- People who are bullied:
  - Higher risk of depression and anxiety
  - Increased thoughts of suicide.
  - More likely to have health complaints.
  - Have decreased academic achievement.
  - Are more likely to miss, skip, or drop out of school.
  - More likely to retaliate through extremely violent measures.
  
- People who bully others:
  - Higher risk of abusing alcohol and other drugs in adolescence and beyond.
  - More likely to get into fights, vandalize property and drop out of school.
  - More likely to engage in early sexual activity
  - More likely to have criminal convictions and traffic citations as adults.
  - More likely to be abusive toward their romantic partners, spouses or children as adults.
  
- People who witness bullying
  - Have increased use of tobacco, alcohol or other drugs.
  - Have increased mental health problems, including depression and anxiety.
  - Are more likely to miss or skip school

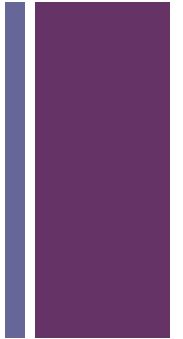


# Current Minnesota Laws & Bullying In The News





# Minnesota Laws/Policies



## ■ Bullying/Harrassment

- Statute 121A.03 requires each school board to adopt a written sexual, religious, and racial harassment and violence policy.
- Statute 121A.0695 (2005) states that the policy needs to specifically include prohibiting intimidation or bullying of any student. This policy must be conspicuously posted throughout each school building, given to district employees and independent contractors, and included in each school's student handbook. Each school must further develop a process for discussing the policy with students and employees. Added in 2005, the policy may encourage violence prevention and character development education programs to prevent and reduce policy violations.

## ■ Cyber Bullying

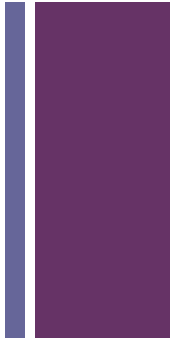
- SB646 (2007) states that the intimidation and bullying policy required by 121A.0695 (2005) must address intimidation and bullying in all forms, including electronic forms and forms involving Internet use.

## ■ Hazing

- Statute 121A.69 (2003) requires each school board to adopt a written policy governing student or staff hazing that applies to student behavior on or off school property and during and after school hours. The policy must include reporting procedures and disciplinary consequences for violations, and must be included in the student handbook.



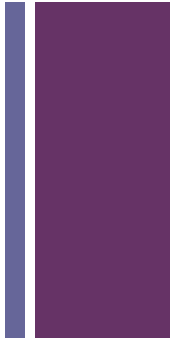
# Minnesota's anti-bullying law among weakest in nation



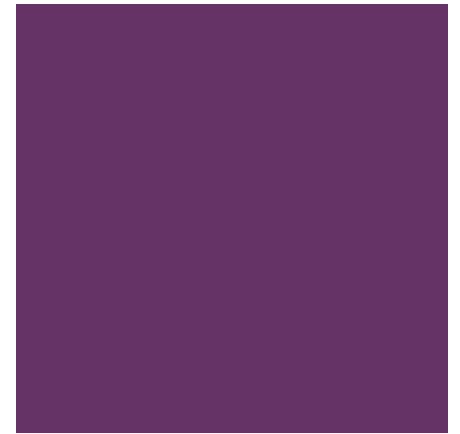
- Winona Daily News
  - [http://www.winonadailynews.com/news/local/article\\_321d4cf4-7f6d-11e0-9110-001cc4c03286.html?mode=story](http://www.winonadailynews.com/news/local/article_321d4cf4-7f6d-11e0-9110-001cc4c03286.html?mode=story)
- “Each school board shall adopt a written policy prohibiting intimidation and bullying of any student. The policy shall address intimidation and bullying in all forms, including, but not limited to, electronic forms and forms involving Internet use.”
- One of the shortest in the nation (37 words).
- The law contains no definition of bullying.
- Leaves individual districts largely responsible for implementing bullying prevention measures.
- Virtually no tracking of bullying incidents by Minnesota school districts.



# National civil rights groups sue Anoka-Hennepin School District



- <http://abcnewspapers.com/2011/07/27/national-civil-rights-groups-sue-anoka-hennepin-school-district/>
- <http://www.minnpost.com/asset/ctyhfr/anokacomplaint072111.pdf>
- Two national civil rights groups filed a lawsuit against the Anoka-Hennepin School District, seeking to end the district's sexual orientation curriculum policy, also known as the neutrality policy.
- It's a policy called a "gag" policy by some members of the lesbian, gay, bisexual, transgender (LGBT) community, and the lawsuit filed on behalf of five current or former Anoka-Hennepin students, charges that the policy prevents teachers from discussing issues related to LGBT people.
- The lawsuit was filed in U.S. District Court by the Southern Poverty Law Center (SPLC) and the National Center for Lesbian Rights (NCLR).



## + Dr. Phil

<http://www.youtube.com/watch?v=4sNHMoWIoBQ&feature=related>

Options for help



# Dr. Phil

<http://www.youtube.com/watch?v=blIY2iumPqY&feature=endscreen&NR=1>

A clip of a statement Ellen Degeneres made regarding bullying.





## + Anderson Cooper

<http://www.youtube.com/watch?v=HRtMq2E7e7Y&feature=related>

Bullying prevention begins with curriculum implementation

Teacher/child relationship especially important



# Dateline

<http://www.cbsnews.com/video/watch/?id=7381364n>

- The Bullyside Project
- Assistant principal at RI school faced bullying head-on. She surveyed all of the students, reinforced that bullying is everywhere.
- Jessica Logan
  - Called names and picked on by the boys.
  - Texted a photo of herself to a boy and two of her girlfriends took the photo from Jessica's phone.
  - She spoke up on a TV show, with her identity blocked, but the bullying got worse. Hung herself.
  - Her mom appeared before the OHIO senate to pass the Jessica Logan Act. Will give schools in OHIO the power to punish a bully even if it happens off of school property.
- Dara
  - transferred schools.
  - Turned to the principal he spoke to them, but nothing was done to punish them.
  - She had printouts of the cyber bullying, but wanted evidence that it was happening in school. Started receiving hurtful text messages.
  - Filed lawsuits against children, the school and the principal for negligence and bullying.
- Birchwood School's social worker teaches kids ways to cope with it. Became the trusted adult to many bullied children. Put on a bullying play at the school, the bullied kids felt it made a difference. There is a box to report anonymously about incidences of bullying and created support groups.





# CBS/NBC



<http://www.youtube.com/watch?v=OH6TSrkCNlo&feature=related>

- Bullied from an early age on, attacks caught on cell phone. Parents are suing one of the bullies and say the school district may be next because they feel the school isn't doing enough.

<http://www.youtube.com/watch?v=-5wJxZEnRII&feature=relmfu>

- Story of an Ohio teenager that committed suicide. Parents say the school is responsible, saying they ignored a bullying problem. Math teacher never reported anything about the bullying of this student. School board isn't doing anything to prevent this from happening again.

# + Cyberbullying ABC Family



- Cyberbully follows Taylor Hillridge, a teenage girl who falls victim to online bullying, and the cost it takes on her as well as her family and friends. Taylor is a pretty seventeen-year-old student dealing with her parents' recent divorce and painfully aware of her lower social status in high school. When her mom gives her a computer for her birthday, Taylor is excited by the prospect of going online to meet new friends without her mother always looking over her shoulder. However, Taylor soon finds herself the victim of betrayal and bullying while visiting a popular social website. Obsessed with the damaging posts, she begins to withdraw from her family and friends, including her life-long best friend, Samantha Caldone. Tormented and afraid to face her peers at school, Taylor is pushed to an extreme breaking point. It is only after this life-changing event that Taylor learns she is not alone—meeting other teens, including a classmate, who have had similar experiences. Taylor's mom, Kris, reels from the incident and takes on the school system and state legislation to help prevent others from going through the same harrowing ordeal as her daughter.



# School policies/procedures

- Winona Area Public Schools
  - Bullying Prohibition Policy
  - Violence Prevention Policy

- [http://www.winona.k12.mn.us/school79/geniel4/images/files/microsoft word - 514 bullying prohibition rev 11 18 10. pdf](http://www.winona.k12.mn.us/school79/geniel4/images/files/microsoft%20word_-_514_bullying_prohibition_rev_11_18_10.pdf)

- [http://www.winona.k12.mn.us/school79/geniel4/images/files/microsoft word - 525 violence prevention rev 9 1 2011. pdf](http://www.winona.k12.mn.us/school79/geniel4/images/files/microsoft%20word_-_525_violence_prevention_rev_9_1_2011.pdf)



# + 8 Skills to Face Bullying

- Walking with Awareness, Calm and Confidence
- Leaving in a Powerful, Positive Way
- Setting a Boundary
- Using Your Voice
- Protecting Your Feelings From Name-Calling
- Speaking Up for Inclusion
- Being Persistent in Getting Help
- Using Physical Self-Defense as a Last Resort





# 8 Effective People Safety Actions For Adults to Prevent Bullying

Address Bullying-It's Not Harmless

Make Bullying Against the Rules

Teach Kids to Act Aware, Calm, and Confident

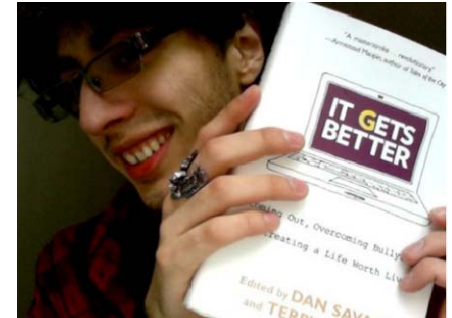
Teach Kids Target Denial Skills

Teach Kids the Protective Power of Words

Teach Kids to Defend Themselves Physically

Teach Kids to Get Help

Give Kids the Chance to Practice.



# + 7 Solutions for Parents

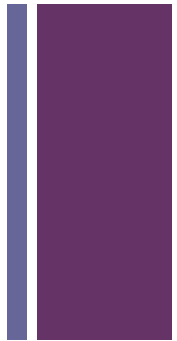
- Stop Yourself from Knee-Jerk Reactions
- Get Your Facts Right
- Pinpoint the Cause
- Protect Your Child
- Prevent Future Problems
- Get Help for Your Child
- Make this into a Learning Experience





# What to Do When Bullying Continues or Gets Worse

[http://www.stopbullying.gov/topics/get\\_help/index.html](http://www.stopbullying.gov/topics/get_help/index.html)



<b>Someone is at immediate risk of harm because of bullying</b>	<b>Call the police: 911</b>
Your child is feeling suicidal because of bullying	Contact the suicide prevention hotline: 800-273-TALK (8255)
Your child's teacher is not keeping your child safe from being bullied	Contact local school administrator (principal or superintendent)
Your school is not keeping your child safe from being bullied	Contact the State School Department
Your child is sick, stressed, not sleeping, or is having other problems because of bullying	Contact your counselor or other health professional
Your child is being bullied because of their race, ethnicity, or disability and local help is not working to solve the problem	Contact the US Department of Education's Office on Civil Rights

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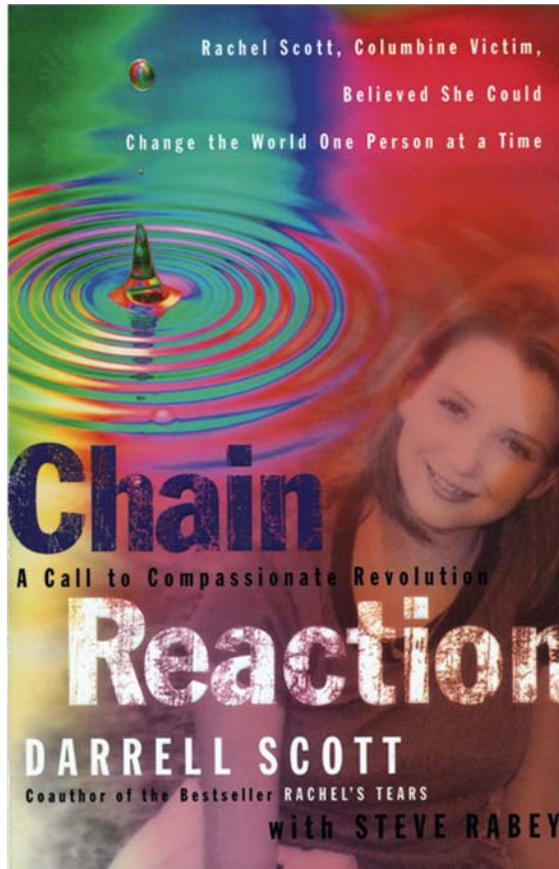
DARE curriculum

Deadline May 18, 2012 for Fall



- D.A.R.E. Starter Kits are provided by D.A.R.E. America for the initial first year implementation of the program. The kit includes a 5<sup>th</sup>/6<sup>th</sup> grade D.A.R.E. workbook, bookmark and pencil for each student.
- [http://www.dare.com/officers/Officers StartaDAREProgram/documents/DAREStarterKitOrderForm 000.pdf](http://www.dare.com/officers/Officers%20StartaDAREProgram/documents/DAREStarterKitOrderForm%2000.pdf)

# + Rachel's Challenge



- Rachel's Challenge programs are age specific for K-12. Programs generally include school assemblies, student and staff training, community presentations, and follow along strategies to sustain the impact of the initial motivation to improve the educational environment.
- Presentation on January 31st in Winona.



# Bullying Academy

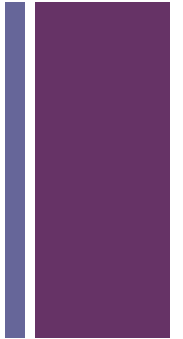
Free Online-Grant Funded for 2011-2012 School Year

■ <http://www.bullyingacademy.org/index.cfm>

■ Anti-bullying program for 4<sup>th</sup>-8<sup>th</sup>



# + Questions



Kalene Engel, Executive Director

Winona County Criminal Justice Coordinating Council

171 West Third Street

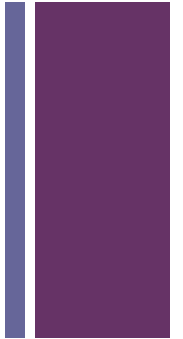
Winona, MN 55987

Phone: (507) 454-3646

E-mail: [kalene@engellawoffice.com](mailto:kalene@engellawoffice.com)

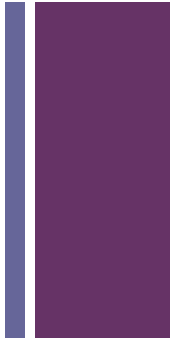
[www.winonacountycjcc.org](http://www.winonacountycjcc.org)

# + Resources



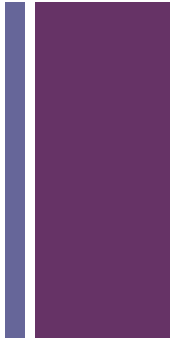
- <http://www.stopbullying.gov/topics/cyberbullying/parents/index.html>
- [http://www.stopcyberbullying.org/what is cyberbullying exactly.html](http://www.stopcyberbullying.org/what_is_cyberbullying_exactly.html)
- [http://www.olweus.org/public/laws\\_minnesota.page](http://www.olweus.org/public/laws_minnesota.page)
- [http://kidshealth.org/teen/your\\_mind/problems/bullies.html#](http://kidshealth.org/teen/your_mind/problems/bullies.html#)
- <http://kaaltv.com/article/stoies/S2385735.shtml?cat=10217>
- <http://cwpw.org/newsbullying.html>
- <http://www.bullyingstatistics.org/content/bullying-statistics-2010.html>
- <http://www.olweus.org/public/bullying.page>
- <http://www.bullyingacademy.org/index.cfm>
- <http://www.educationbug.org/a/school-bullying.html>

# + Resources



- <http://pbskids.org/itsmylife/friends/bullies/index.html>
- [http://www.kidpower.org/resources/articles/prevent-bullying.html?gclid=CLCaII\\_hoq0CFWkDQAoduDOplw](http://www.kidpower.org/resources/articles/prevent-bullying.html?gclid=CLCaII_hoq0CFWkDQAoduDOplw)
- <http://www.rachelschallenge.org/>
- <http://www.purdue.edu/odos/soc356x/articles/7BullyingatSchool.pdf>
  - booklet from Purdue re bullying

# + Videos

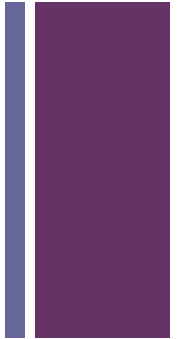


- CNN-Anderson Cooper----- Bullying: NO Escape 6 parts
- <http://www.youtube.com/watch?v=AJ- pi-WWvI&feature=related>
- <http://www.youtube.com/watch?v=RcoFIu7qiC4><http://www.youtube.com/watch?v=j5IQ0UxN2F0&feature=related>
- [www.youtube.com/watch?v=j5IQ0UxN2F0&feature=related](http://www.youtube.com/watch?v=j5IQ0UxN2F0&feature=related)
- <http://www.youtube.com/watch?v=A7eNIUu7xwQ&feature=related>
- <http://www.youtube.com/watch?v=HRtMq2E7e7Y&feature=related>
- <http://www.youtube.com/watch?v=YeWD Pbd rFw&feature=related>

# + Videos

- 7 parts---DR PHIL. Bullied to Death
- <http://www.youtube.com/watch?v=kfybjoJNob0>
- <http://www.youtube.com/watch?v=blIY2iumPqY&feature=endscreen&NR=1>
- <http://www.youtube.com/watch?v=jSymuVXrWg8&feature=related>
- <http://www.youtube.com/watch?v=cD-u97Bik5U&feature=endscreen&NR=1>
- <http://www.youtube.com/watch?NR=1&feature=endscreen&v=wTtwceXJtFk>
- <http://www.youtube.com/watch?NR=1&feature=endscreen&v=N5JXHWDMXOI>
- <http://www.youtube.com/watch?v=4sNHMoWIoBQ&feature=related>

# + Videos



- <http://www.youtube.com/watch?v=-5wJxZEnRII&feature=relmfu>
  - CBS story of a 17 year old that committed suicide, parents believe the school didn't do enough.
- <http://www.youtube.com/watch?v=OH6TSrkCNlo&feature=related>
  - NBC story of a boy that was bullied from elementary school on. Parents say the school isn't doing anything.
- <http://www.youtube.com/watch?v=ElhQtFPqvi0&feature=relmfu>
  - CBS
- <http://www.cbsnews.com/video/watch/?id=7381364n>
  - 48 hours episode on bullying