

# Students' Anti-Bullying Presentation

**CHOOSE  
PEACE**  
**STOP  
VIOLENCE**



OFFICE OF PREVENTION PROGRAMS  
PLANTING THE SEEDS FOR A SAFE AND HEALTHY TOMORROW



**School Board of Broward County**  
**Student Support Services**  
**Office of Prevention Programs**

**BLAST • Character Ed • Prevention Specialist • Project Bridge • Reality Ave**  
**WORKSHOPS**

**HIV/AIDS**

**Health & Wellness**

**Violence**

**CHAMPS**

**Substance Abuse**

# Agenda

1. What is bullying and what are its types and trends?
2. What are the consequences of bullying (i.e. – why do we care about it)?
3. What can we do to help prevent and intervene safely with bullying?

**What are YOUR expectations?**

# What is Bullying?

Bullying is the ***intentional, repeated, hurtful*** action against someone who has ***less power.***

**R** - Repeated

**I** - Imbalance of Power

**P** - Purposeful



# HOW DO THEY COMPARE?



# BULLYING

is

## Is This Bullying?

**R** - Repeated  
John tripped Bob and took the basketball from him during recess. He laughed as Bob got upset and began a game of ball with his friends telling them, "Don't let Bob play basketball with us, he's a loser!"

**I** - Imbalance of Power

**P** - Purposeful

More than 1 time

*So how would this ONE time incident be handled?*

*What if yesterday during first period John also spit on Bob?*

# What Has History Shown Happens When Bystanders Allow Bullying?



***Bullying is on the Violence Continuum***



**Don't let tragedy be your catalyst to change.  
Awareness + Action = Prevention**

# Why Do People Bully?

$$B = F(P, E)$$

Behavior is a function of the person and the environment.

## Motivations of the person bullying:

- Attention
- Peer pressure, thinking everyone does it
- Electronic availability
- Boredom, drive for excitement & drama
- Revenge, retaliation
- Ignorance
- Impulse control
- Acting out hurt/anger/pain from other areas of life
- Desire for popularity/status/power/domination



*Climbing the Social Ladder*

**Those who bully are doing what they think bystanders want.**

# Types of Bullying

*Bullying is a 3-headed beast.*

- verbal
- mental
- physical



# Trends in Bullying Violence

*It's all about the imbalance of power used to control and hurt another.*

## Relationship & Dating Violence

- 1 in 3 teenagers know a friend who has been hit, punched, kicked, slapped, choked or physically hurt by their partner
- 30% of women ages 15-19 murdered each year, are killed by their husband or boyfriend



*How do age-discordant relationships affect Broward Co girls?*

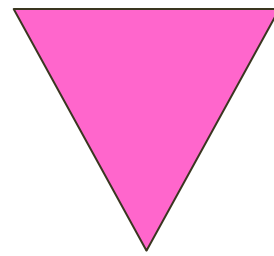
## Sexual Harassment

- 85% of girls and 76% of boys have been sexually harassed
- 18% of those incidents were perpetrated by adults

Dating violence and sexual harassment happens to males & females.

***Why are males less likely to report sexual or dating abuse?***

# Sexual and Gender Orientation



## According to studies, these students:

- hear anti-gay slurs once every 14 minutes, often from adults
- are bullied long-term (5 yrs), systematically, and by groups
- are 3 times more likely to commit suicide
- about 80% of students abused for being "gay" are heterosexual



## Is School a Safe Place to be Gay?

Nearly 30% of gay teens had been threatened in the past month with a weapon at school, compared to 7% of heterosexual students.

***We all have the capacity & expectation for compassion & respect - whatever our belief system.***

# CYBER-Bullying: Bullying Meets Technology

- 42% of the youth studied had been cyberbullied
- 53% admitted cyberbullying others online



**Cyberbullying** is **willful** and repeated **harm** inflicted through the medium of **electronic** text or imaging and it may constitute a computer crime. -Bill Belsey

# Have You Ever?



- Forwarded an unkind email or rumor?
- Not deleted a post that is cruel?
- Encouraged friends to laugh AT another?
- Stayed silent when another was tormented or threatened?
- Voted on whether someone was "hot" or "not"?
- Let others take or sent pics/video of personal moments or compromising positions?
- Responded in anger or were hurtful, but then said were just "joking"?

# CYBER-Bullying: Bullying meets Technology

*While Online: 42% of the youth victimized & 53% bullied*

## **It takes the form of:**

- Angry/insulting/threatening msgs
- Impersonating the target
- Broadcasting secrets
- Excluding the target
- Creating/spreading rumors
- Bashing polls
- Notification/warning wars



**It happens everywhere!** Social Networking sites, Slam Rooms, chat sites, sites devoted to making a person feel bad, Flame Email, Instant Messaging , Cell Phones, Gaming

## **Why is it so common? Online anonymity give youth:**

- Confidence
- No empathy since aren't F2F
- New kind of freedom without limits
- The view that it is less real and entertainment
- Parents unaware
- Spreads *quickly!*

# What Are The Emotional Costs of Cyberbullying and Sexting?

- Cell pictures can be available for 30-50 years
- Pictures may be distributed worldwide
- Limits ability to get into college, the military, or a job
- Causes significant emotional fallout: fear, loneliness, depression, suicide, anger, frustration, failing grades, desire for revenge

## **Cyberbullying can be more damaging than F2F due to its:**

- Longer duration
- No escape in the safety of your own home
- Greater audience impact since it's both local & global
- It seems like it's many people when may be only 1 or 2
- Very hard to stop due to anonymity and viral nature



# The Legal Costs of Cyberbullying



Florida girls charged with aggravated stalking after creating lewd fake Facebook profile about classmate

Mother sues for \$50,000 over fake Facebook profile created about her son



Former high school classmates charged with criminal impersonation, harassment and conspiracy

***What is sexting and how can it be used to cyberbully?***

# The Legal Cost of Sexting

**Sexting House Bill 75 passed, enacts October 1, 2011**

**What will each of these students be charged with if anything?**

- 1. 16 YO boy** encourages a **15 YO girl** to text him sexually explicit photos and a movie of herself, he then forwards it to **his friends**.
- 2. 15 YO girl** took nude photos of herself and sent them to **classmates**; two days later she sends the pics to them again.
- 3. 14 YO girl** sends a semi-nude pic of herself to **14 YO boyfriend** at his request, the next day he sends it to **his best friend**, a month later they break up & he sends it to the **whole class**.

A minor who knowingly possesses or distributes a minor porno image:

1. first offense is non-criminal (community service/fine/training)
2. second offense is a first degree misdemeanor (1 yr jail, 1 yr probation, and \$1,000 fine)
3. third offense is a third degree felony (5 yrs in prison, 5 yrs probation, and \$5,000 fine)

**A minor will NOT be found guilty if they did ALL 3:**

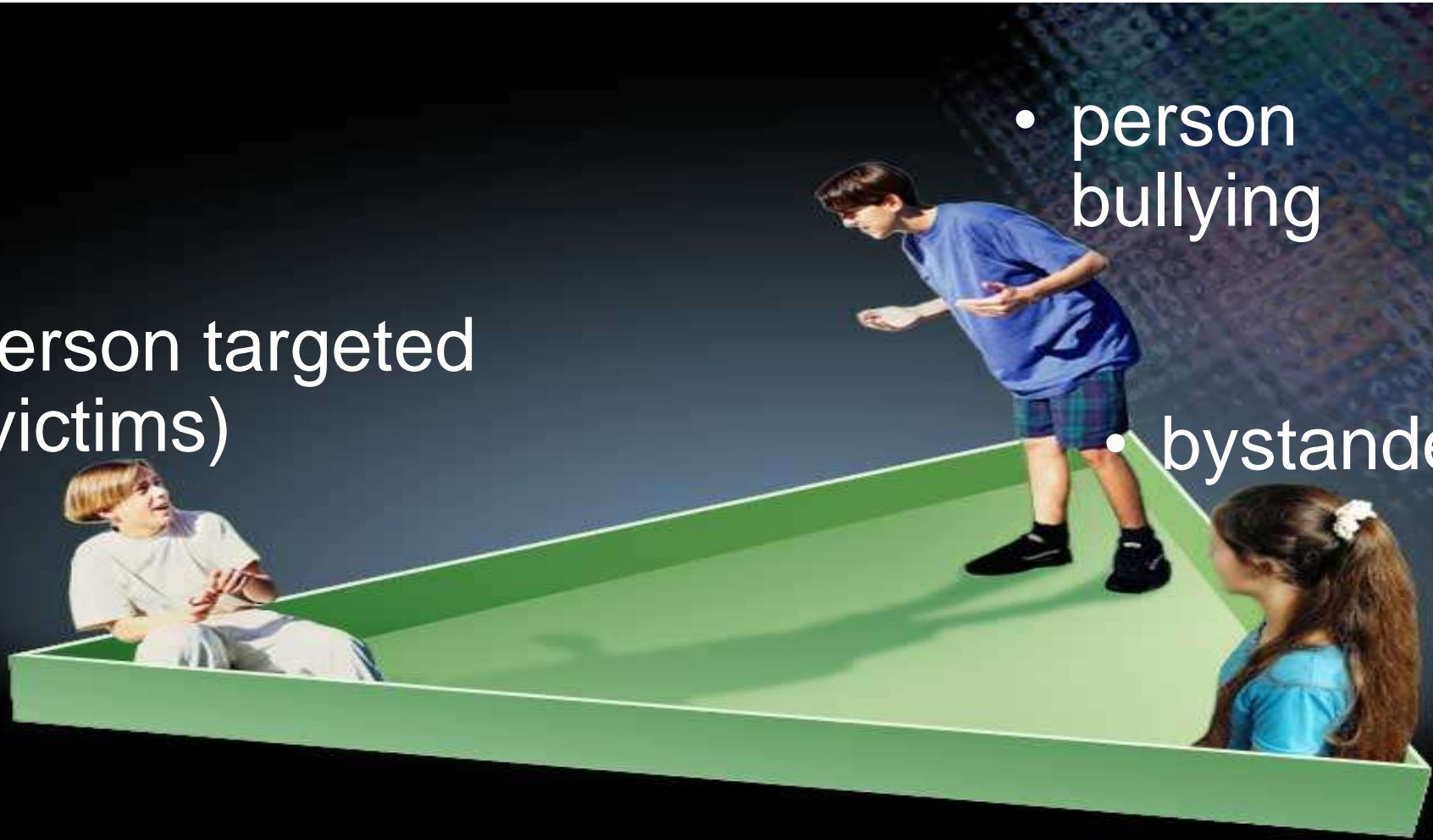
1. didn't solicit it, 2. didn't transmit it, and 3. tried to report it.

***How can sexting be used as a form of dating violence?***

# Who is Involved in Bullying?

## The Bullying Triangle – roles can change

- person bullying
- person targeted (victims)
- bystanders



***Bullying is a process, not a person or age. The underlying theme remains humiliation and loss of quality of life.***

# Who Are The Bystanders?

*The majority of us, 80% - we hold the power to stop it.*



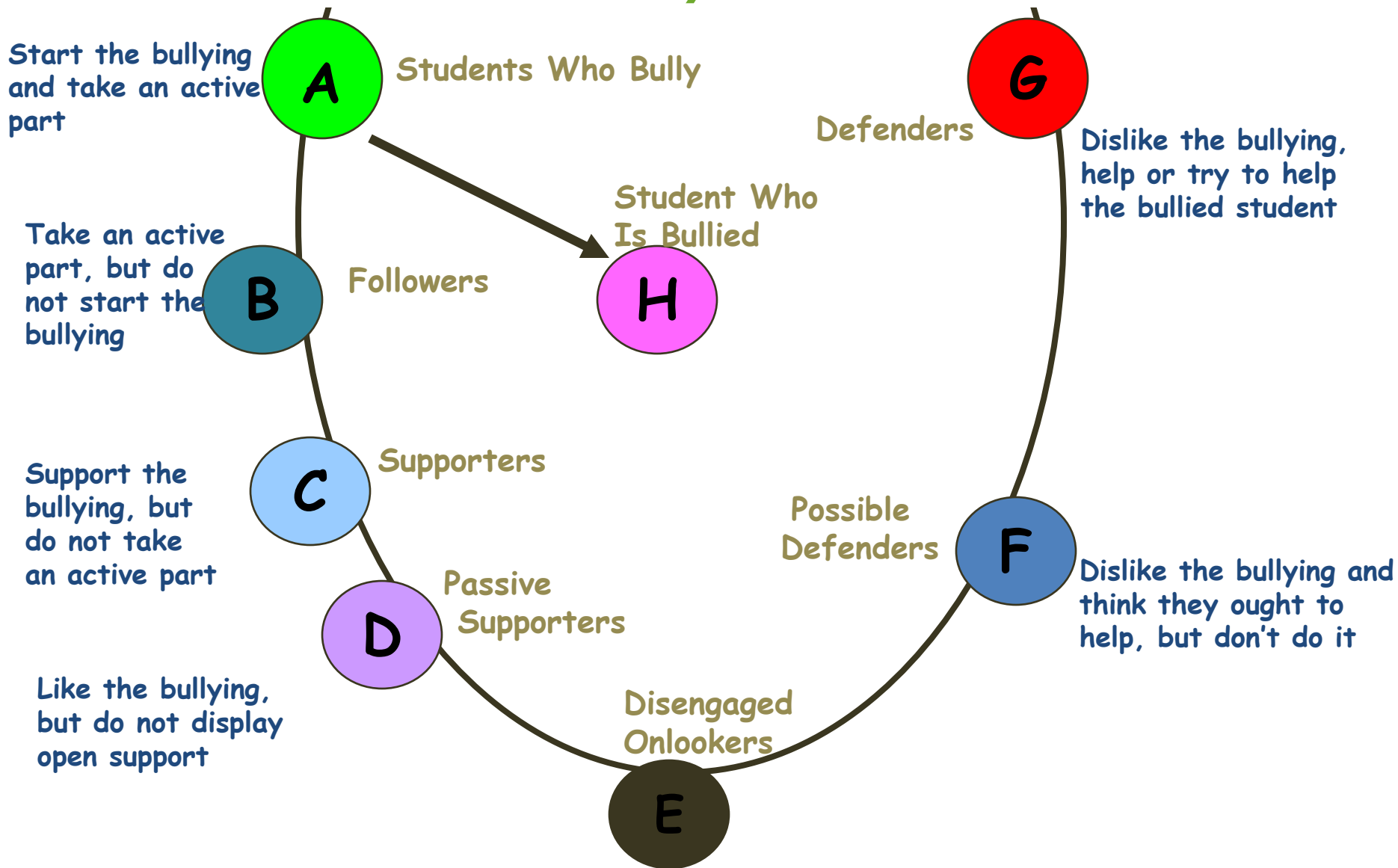
**It's a change in perspective:**

- NOT about fixing the target
- NOT about punishing the bully

***When witnessing students intervene, 57% of bullying stops within 10 seconds. But, only 1 in 10 intervene.***

# Bystanders and the Olweus Circle

*Where do you stand?*



Watch what happens \* Is none of my business \* Don't take a stand

# Why Don't All Bystanders Intervene?

*We all have choices and the power to make a difference!*

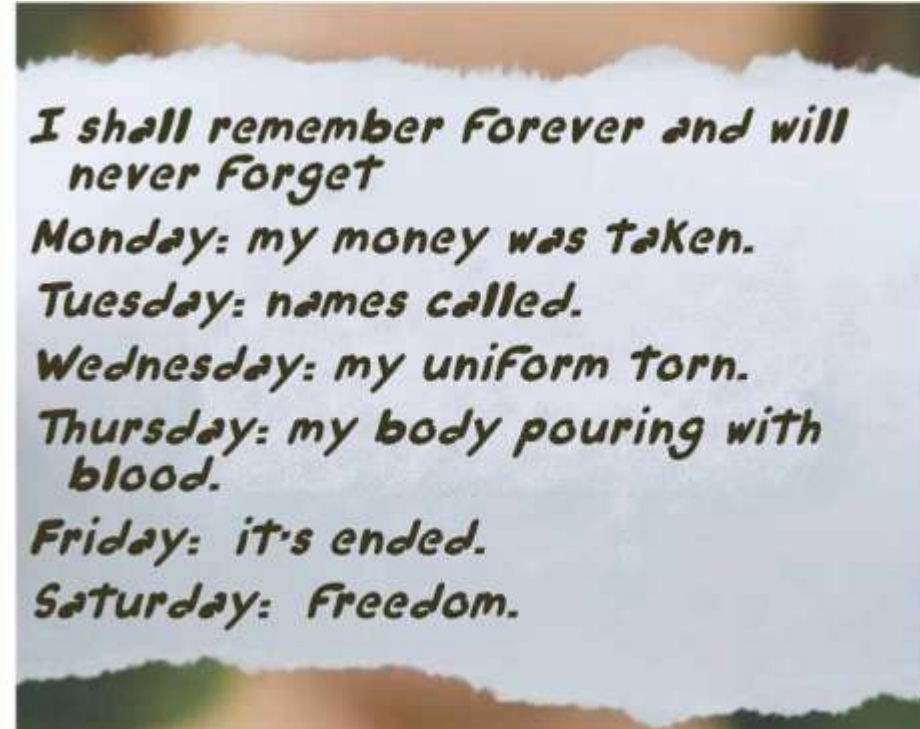
Fears/Myths	Facts
Fear of being seen as a "Snitch"	We tell to help, Heroes tell
Fear of becoming next target	If bullying is allowed, it increases and we are all more likely to be hurt
Fear of trying to help and making it worse	Any help is wanted help – targets forever remember those that try
Fear of losing friends	We respect and prefer to be with those who offer help
It's hard to prove	Not about 'proving' for punishment, it's about helping and stopping it
I can't trust authority figures	There is always 1 teacher we value
This will resolve itself; it's normal	Unaddressed behaviors will continue or escalate
It's someone else's responsibility	We are part of the problem and are the solution – we hold the power!

*"In the end we will remember not the words of our enemies, but the silence of our friends." —Dr. Martin Luther King*

# Why Is Bullying A Problem?

## Effects on those targeted:

- miss school out of fear
- have trouble studying
- reduced academic success
- trouble sleeping
- depression
- wanting revenge
- suicidal thoughts



- From the diary pages of 13 year old Vijay Singh

**MYTH: Bullying is a normal part of growing up,  
it makes you stronger**

**Truth: The damage is real and it can last...**

# Effects on Those Bystanding

**Bystanders (adults & children) who don't intervene feel**

- afraid that it will happen to them
- helpless to do anything about it
- guilt for not helping the victim
- a loss in school connectedness
- a loss of hope
- a loss of empathy for target
- a loss of self worth
- a loss in belief that adults have the power to help
- dislike/avoidance of school, difficulty concentrating



**Myth:** It's not hurting ME

**Truth:** Bullying hurts everyone

# Effects On Those Who Bully

***At least 4 states are known to use 3<sup>rd</sup> grade test scores to predict how many prison beds they'll need.***

- National Center on Education, Disability and Juvenile Justice

## **People who bully are more likely to:**

- Drop out of school
- Have criminal charges
- Have substance abuse issues
- Perpetrate adult family violence



**MYTH: I am Tattling/Snitching if I Tell**

**Truth: We are Helping our Friends by Telling**

**What can**



**do**

**to Choose Peace & Stop Violence?**

A lot more than you might think.

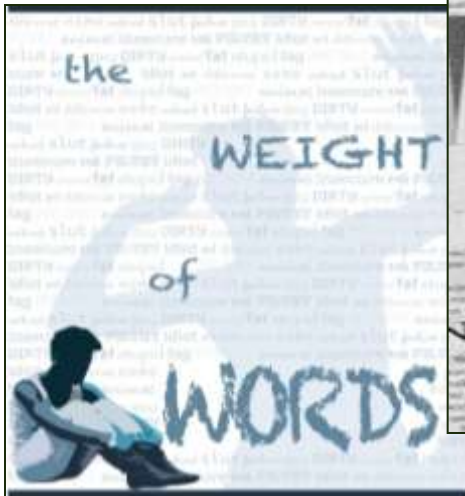
- Enjoy our classmates' differences
- Report warning signs
- Don't take part in violence
- Be assertive, not aggressive or passive
- Report bullying: telling is not tattling

Don't let other people  
drag you down.



# Let Your Voice Be Heard!

- Restorative Justice
- Cross Age or Peer Mentoring
- Peer Counseling /Mediation
- (not for true bullying, but conflict)**
- Pro Social Clubs such as:
  - Human Relations Councils
  - GSA's (Gay Straight Alliance)



*The school climate becomes one in which students and teachers help each other and serve group goals rather than competing with each other in an effort to achieve dominant status. -Fonagy, Twemlow, & Sacco, '01*

# What if You **Witness** Bullying?

*We must ALL intervene when we see bullying,  
but **WHEN** and **HOW** can you safely intervene?*

## **WHEN to Safely Intervene**

Intervene EARLY on the Continuum of Violence when the violence level is low

**Low**

**High**

*Safety is the priority!*

*Studies show when peers intervene, the bullying **STOPS**  
within 10 seconds in the majority of cases.*

# HOW to Safely Intervene?

## *Directly Intervening With Bullying*

### **For the aggressor:**

- Show your displeasure
- That's not cool
- Let's NOT.....
- Stop, you're better than that
- Enlist the help of another bystander
- Make an excuse
- Make a joke or change the subject
- Suggest a better idea
- Create "one-liners" in advance
- Say NO & exit

### **For the targeted:**

- Help targeted student leave situation
- Offer to go with them to get help



*Remember – most bullying is about increasing popularity!  
The aggressor thinks their behavior makes them popular, is wanted,  
and if you do nothing you are making them more powerful.*

# Indirect Bullying Interventions

## For the aggressor:

- Do NOT encourage
- Ignore
- Walk away

## For the targeted:

- Say something nice
- “have lunch with me”
- Say “Hi!”, especially if they are a new student
- Anonymously report – you have options!
  - ✓ Drop a note in school’s Anonymous Reporting Box/Shout Out Box
  - ✓ Text 'SBBC' [space], plus the text message to CRIMES (274637)
  - ✓ Email SIU at [school911@browardschools.com](mailto:school911@browardschools.com)
  - ✓ Call SIU’s Silence Hurts Tip line 754-321-0911



**Myth: There will be retaliation or I may get hurt by intervening**

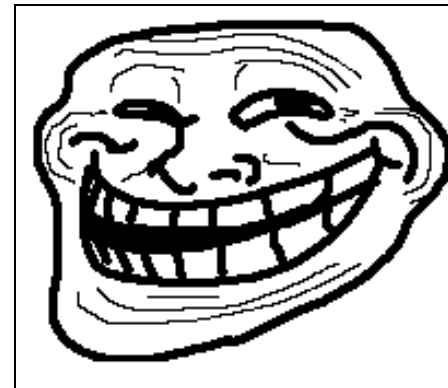
**Truth: We are safer when we intervene**

# Specific Cyberbullying Prevention

## #1 - Protect Your Personal Info & Identity

- **Have you Googled and Facebooked your name?**
  - Learn how to set alerts at [InternetSuperHeroes.org](http://InternetSuperHeroes.org)
- **Screen Names and Passwords**
  - Think about your own screen name, what does it say about you?
  - Does it allow you to remain anonymous? Could you be tracked?
  - What are some of the dangers of including personal information?
  - Have you ever given out your password? Is it guess-able?
  - Do you know who Trolls are?
- **Do you allow anonymous access (Formspring)?**
- **What are your permission settings?**
- **Do you use good online “netiquette”?**

*Did you know that 87% of us can be found with our date of birth, gender & zip code?*





# The 4 R's of Bystander Safety

"I've seen enough, thanks."

- 
- 1) R – Recognize
  - 2) R – Refuse/Remove
  - 3) R – Respond
  - 4) R – Report

# Tattling VS. Telling

*You tattle when you want to get someone in trouble, you tell to help and protect.*



## Tattling

- To get someone IN trouble
- Complaining
- Going to an adult to solve their problems
- Examples:
  - “Sam took Lilly’s book”
  - “Sara won’t play fair”
  - “Jessica keeps talking to me”
  - “Cameron went ahead in line”

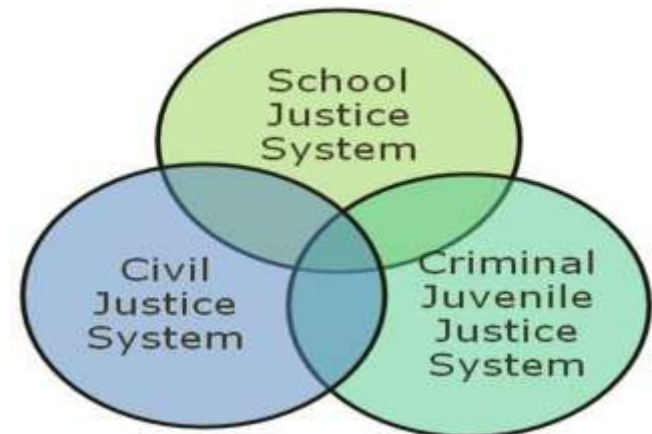
## Telling/Reporting

- To help someone OUT of trouble
- When they/others are hurt, in danger or being bullied
- Trying to work their troubles out
- Examples:
  - “Clyde is hitting Adam on the playground”
  - “Melissa keeps calling Natalie mean names in the rest room”

# Reporting Bullying to Your School

- **WHO?** At each school, the principal or Investigative Designee is responsible for receiving oral or written bullying complaints
- **WHY?** Early intervention is key to safety and violence prevention
- **HOW?** In writing, orally, anonymously with Anonymous Reporting Box, or to SUI via online, phone to Silence Hurts Hotline, or text: text 'SBBC' [space], plus the text message to CRIMES (274637)
  - supporting materials and info available at: *BrowardSchools.com*
- **What if it is cyberbullying occurring off school grounds?**

Schools will take reports and provide interventions, but can only provide consequences if the actions significantly affect a student's ability to learn or a teacher's ability to teach.
- **What OTHER actions can be taken?**



# Steps to Take with Cyberbullying

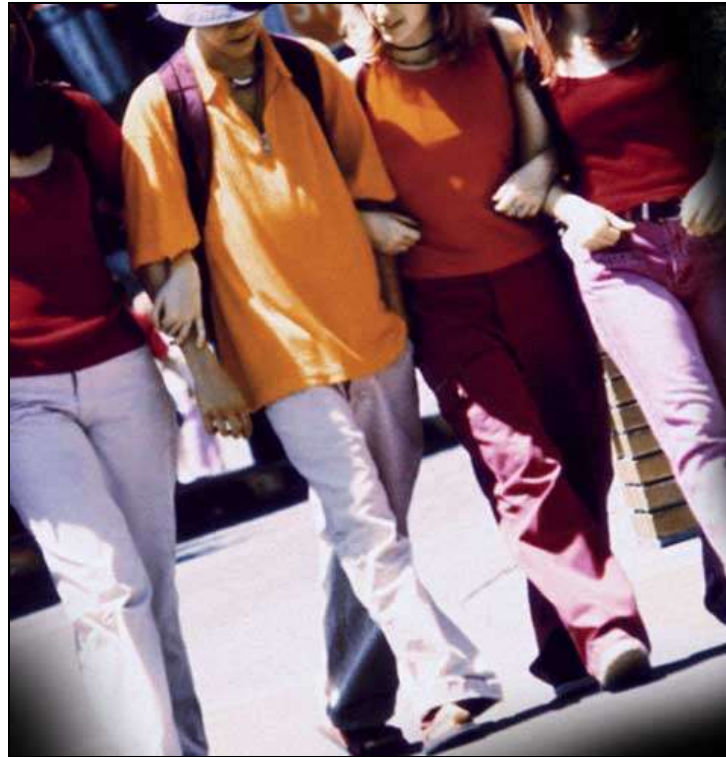
## Keep a Cyber-Bullying Diary

<b>Date &amp; Time</b>	<b>What happened? How were you bullied? What did the message say?</b>	<b>Notes – what was the bullies/ senders name/ number/ email/ chat ID?</b>

Keep and Print all Abusive Material

# At our school we are Choosing Peace and Stopping Violence by... *looking out for everyone.*

- **Bystanders** – we are either part of the solution or the problem. To do nothing is to promote and increase bullying.
- **People who are Targeted** – could be any of us and if we ignore bullying, it will get worse. Caring bystanders and adults are our best chance at improvement.
- **People who Bully** – must face the hurt they cause themselves and others and find socially acceptable ways of seeking power and popularity.



# We Can All Be Activists for Respect

- 1. Watch for:** offensive/hurtful behavior, isolated students
- 2. Speak:** kind words to others; and against cruel acts/words
- 3. Think:** before you act and respond empathetically
- 4. Applaud:** positive acts
- 5. Talk:** to peers/family about what you learned
- 6. Learn:** more about how to prevent bullying
- 7. Act:** model kindness & respect, combat bullying
- 8. Know:** your rights and responsibilities and that YOU have the power to change your world, and the world of those around you
- 9. Advocate:** for anti-bullying policies and laws in schools, community, state and federally



# QUESTIONS?

For Further Information, Please Contact:

Office of Prevention Programs

*[www.BrowardPrevention.org](http://www.BrowardPrevention.org)*

(754) 321-2568

## **What will be your Legacy?**

“A time will come for courageous acts unseen. We will be called to gird our courage and offer leadership. It is not malicious acts that will do us in, but the appalling silence and indifference of good people. Verily I say unto you that all that is needed for evil to run rampant, is for good women and men to do nothing.”

- Martin Luther King Junior



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# Resources/References

- BEEP – Discovery Safesurf.org
- <http://www.wiredsafety.org/>
- InternetSuperHeroes.org.
- iSafe.org
- [stopbullyingnow.hrsa.gov](http://stopbullyingnow.hrsa.gov)
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)
- [goodcharacter.com](http://goodcharacter.com)
- [us.oneworld.net](http://us.oneworld.net)
- [www.nonamecallingweek.org](http://www.nonamecallingweek.org)
- [www.sdcoe.net/student/ss/resources.asp](http://www.sdcoe.net/student/ss/resources.asp)
- [www.lfcc.on.ca/bully.htm](http://www.lfcc.on.ca/bully.htm)
- [cca-kids.ca/welcome.html](http://cca-kids.ca/welcome.html)
- [www.clemson.edu/olweus](http://www.clemson.edu/olweus)
- [www.cyberbully.org](http://www.cyberbully.org)
- Robin D'Antona, ED. D. at [www.stopbullyingma.org](http://www.stopbullyingma.org)
- [www.stopbullyingworld.org](http://www.stopbullyingworld.org)
- [www.aauw.org/k-12](http://www.aauw.org/k-12)

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

