LCPS Bullying Prevention & Education

Presented by
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Karen Thompson, Guilford Elementary School
Regina Hagan, Smart’s Mill Middle School
Jennifer Alberth, Stone Hill Middle School
Ken Christopher, Freedom High School
Agenda

- Respecting Our Peers Activity
- Understanding Bullying Behavior
- Overview of LCPS School Counseling Services Bullying Prevention & Education
- KAHOOT: Rude, Mean or Bullying
- School Counselors Role in Bullying Prevention & Education
  - Elementary- Myths & Truths about Bullying Behavior Activity
  - Middle
  - High
- What Parents/Guardians Can Do
- Perception Activity
- Comments/Questions- Parking Lot Review
Respecting Our Peers Activity

- Each participate will receive a person outline.
- Decorate your person to show off their individual style.
- Listen to the vignettes that will be read aloud.
- Follow the directions of the speaker.
Understanding Bullying
School/Parent/Community Approach
LCPS Policy 8-41 under Student Conduct states the definition of bullying, the policy, and regulation on bullying behavior.

What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.
Understanding the Three Key Components of Bullying Behavior

- Aggressive behavior
- Repeated pattern
- Imbalance of power
Four Types of Bullying Behavior

- Verbal
- Cyberbullying
- Social
- Physical
Verbal Bullying is...

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

WORDS HURT
Social Bullying is...

Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullying includes:

- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public
- Leaving someone out on purpose
Physical Bullying is...

Physical bullying involves hurting a person’s body or possessions. Physical bullying includes:

- Spitting
- Tripping/pushing
- Taking or breaking someone’s things
- Making mean or rude hand gestures
- Hitting/kicking/pinchng
Cyber-bullying is bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.
Is it Rude, Is it Mean, or 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.
Signs a child is being bullied:

- Unexplainable injuries
- Self-destructive behavior
- Feelings of helplessness
- Decline in grades
- Sudden loss of friends
- Loss of interest in activities
- Physical illness
- Change in eating and sleeping habits
- Lost or destroyed property
Report Bullying Behavior

The reported incident will be investigated by school administration.

Parents/Guardians will be notified of the results from the reported incident investigation.

Appropriate discipline will be determined and administered. Disciplinary actions are confidential.
Determine if it’s Bullying Behavior

There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
School Counseling Services

Approach

- School counselors use a multi-tiered system of support to provide bullying prevention, education and intervention.
- School counselors use the PBIS Model Curriculum as a guideline for bullying prevention & education.
- School counselors work collaboratively with school administrators and staff to develop a comprehensive bullying prevention & education action plan.
LCPS Multi-tiered Student Support System & Bullying Prevention

- Individual
- Student Leadership & Small Groups
- All Students
Bullying Prevention & Education Implementation Plan

1. Data Collection & Assessment
   - Gather Data
   - Identify Gaps & Needs
   - Develop a Bullying Prevention & Education Action Plan

2. The Plan: Create/Revise
   - Careful selection of actions that will impact school community
   - Integrate positive practices already working

3. Implementation
   - Commitment by whole school
   - Ensure sustainability & commitment of the plan
   - Communication to school community

4. Monitor & Reflect
   - Check-in: Fidelity Checklists/Timelines
   - PBIS/BPC Meetings
   - Success Indicators
   - Celebrate Accomplishments
PBIS: Stop-Walk-Talk & Expect Respect

Bully Prevention
In Positive Behavior Support

Giving students the tools to reduce bullying behavior through the blending of school-wide positive behavior support, explicit instruction, and a redefinition of the bullying construct.

Scott Ross, M.S., Rob Horner, Ph.D., & Bruce Stiller, Ph.D

Bullying and Harassment Prevention in Positive Behavior Support:
Expect Respect

Brianna C. Stiller, Rhonda N.T. Nese, Anne K. Tomlanovich, Robert H. Horner, Scott W. Ross

UNIVERSITY OF OREGON
Resources
Stopbullying.gov

Bullying Prevention Training Course

- Discover your role in bullying prevention! This training provides guidance on how to take a public health approach to bullying prevention through the use of long-term, community-wide prevention strategies. Take the course, earn continuing education and make a difference today!
Restorative Language, Circles & Conferencing

- The Restorative Practices Handbook for Teachers, Disciplinarians and Administrators
  By Bob Costello, Joshua Wachtel and Ted Wachtel

- Restorative Circles in Schools: Building Community and Enhancing Learning
  A practical guide for educators
  By Bob Costello, Joshua Wachtel & Ted Wachtel

- Restorative Justice Conferencing
  Real Justice® & The Conferencing Handbook
  Two books in one volume
NetSmartz Workshop: Digital Citizenship

Goals

- **Educate** children on how to recognize potential Internet risks
- **Engage** children and adults in a two-way conversation about on- and offline risks
- **Empower** children to help prevent themselves from being exploited and to report victimization to a trusted adult
Second Step: Bullying Prevention
Mind Up: Elementary & Middle
Small Group Resources

- **Resiliency Skills to Rebound & Recover**
  - 60 Creative Lessons for Grades 5-9
  - By Becky K.

- **Owning Up**
  - Empowering Adolescents to Confront Social Cruelty, Bullying, and Injustice
  - By Rosalind Wiseman
  - Foreword by Richard Weissbourd

- **Learning to Breathe**
  - A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance
  - By Patricia C. Broderick, PhD
  - Includes student workbooks and downloadable guided mindfulness exercises

Teaching Skills & Strategies
From Bystander to Up-Stander
Approach

- School-wide
- Classroom Lessons
- Small group
- Individual
School-wide School Counselors provide:

**School-wide activities & events**

*When: During the month of August, September, October and throughout the school year*

- Training annually on bullying behavior
  - Training for staff
  - Informational workshop/presentation to parents/guardians
- Public Services Announcements/Newsletters
- Poster Contests
- Spirit Days
- Assemblies
- Website information & resources
Elementary Examples of School-wide Awareness/Activities

Hutchison Farm ES
Middle School Examples of School-wide Awareness/Activities

Trailside MS

Blue Ridge MS
Middle School Examples of School-wide Awareness/Activities

Brambleton MS

Sterling MS
High School Examples of School-wide Awareness/Activities

John Champe HS

Heritage HS
Classroom Lessons School  Counselors provide:

- **Elementary**
  - When: during classroom lesson time
  - How often: October and throughout the school year

- **Middle**
  - When: during advisory lessons; during resources time
  - How often: October and throughout the school year as needed

- **High School**
  - When: during advisory; push in during selected class-time
  - How often: October and throughout the school year as needed
Small Group School Counselors provide:

**Small Group**

✓ Restorative Circles
✓ Social Skills
  ❖ Social Thinking
  ❖ Super Flex
  ❖ Social Detectives
✓ Friendship skills
✓ Communication skills
✓ Social Emotional Skill Building
  ❖ Own Up
  ❖ Resiliency Skill Building
  ❖ Second Step
Individual Support

- Individual counseling for victim and student demonstrating bullying behaviors
- Restorative Conferencing (if appropriate)
- Family Support as appropriate
Elementary School Bullying Prevention & Education

KAREN THOMPSON, GUILFORD ELEMENTARY SCHOOL
Myth & Truth Activity

- A statement will be shared.
- Hold up your red piece of paper if you think it is myth.
- Hold up your green piece of paper if you think it is true.
Myths & Truths about Bullying

- “Bullying is a natural part of childhood.”
- “Words will never hurt you.”
- “Some people deserve to be bullied.”
- “Telling a teacher about bullying is tattling.”
- “It’s only teasing.”
Myths & Truths about Bullying (cont.)

- “Boys will be boys.”
- “Girls don’t bully.”
- “Children and youth who are bullied will almost always tell an adult.”
- “Bullying is easy to recognize.”
- “Ignoring bullying will make it go away.”
## Bullying Prevention & Education at Elementary School Level

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<thead>
<tr>
<th>Kindergarten</th>
<th>First Grade</th>
<th>Second Grade</th>
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<tr>
<td>• Provide lessons on Defining Bullying Behavior and Introduction to PBIS: “Stop Walk, Talk” guidelines</td>
<td>• Provide lessons on Defining Bullying Behavior and Review of using the PBIS: “Stop Walk, Talk” guidelines</td>
<td>• Provide lessons on Tattling vs. Reporting &amp; Big and Small problems. Review using the PBIS: “Stop Walk, Talk” guidelines</td>
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## Bullying Prevention & Education at Elementary School Level

### Third Grade

### Fourth Grade
- Provide lessons on *Four Types of Bullying Behavior and the Three roles in a bullying situation*. Review using the PBIS: “Stop Walk, Talk” guidelines.
- Provide lessons on *internet safety and cyberbullying prevention*.

### Fifth Grade
- Provide lessons on *Four Types of Bullying Behavior and the Three roles in a bullying situation*. Review using the PBIS: “Stop Walk, Talk” guidelines.
- Provide lessons on *internet safety and cyberbullying prevention*. 
Elementary Classroom Example: Rosa Lee Carter
Elementary Classroom Example: Hamilton ES – “It’s Cool to be KIND!”
Bully Prevention Resources for Elementary

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids

say something

One
Middle School and Elementary School Collaborative OTTW Bully Awareness Project
5th graders sharing bully prevention projects with 8th graders
Middle School Bullying Prevention & Education

REGINA HAGAN, SMART'S MILL MIDDLE SCHOOL
JENNIFER ALBERTH, STONE HILL MIDDLE SCHOOL
### Bullying Prevention & Education at Middle School Level

<table>
<thead>
<tr>
<th>Sixth Grade</th>
<th>Seventh Grade</th>
<th>Eighth Grade</th>
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<td>- Provide lessons on <em>Defining Bullying Behavior, Types of Bullying and Role of the Bystander.</em> <em>Introduce a key word to stop bullying behavior</em> using the PBIS “Expect Respect” guidelines.</td>
<td>- Provide lessons on <em>Sexual Harassment</em> and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word</td>
<td>- Provide lessons on <em>Cyberbullying</em> using the Common-Sense Media, “Digital Citizenship” guidelines resources and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word</td>
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Expect Respect

SPREAD THE WORD TO END THE WORD
Middle School Classroom Lesson Example: Stone Hill MS
Creating a Positive School Climate

RAYS’ Bracelets
Pay it forward- How can you share positive feedback to your peers?

Smiley Stickers
Sharing positive comments about staff and peers

Compliment Wall
Creating a Positive School Climate (cont.)

- **Poster Contest**
  Creating empathy for others

- **Poster Contest**

- **Walking in my Shoes**
Unity Day Activities

Say Hi to everyone.

Give detention to people that bully
If you see someone that is being bullied you stand up for them.

If you don’t have anything nice to say then don’t say anything at all.

If you see something say something do something

Greet Everyone With A Smile!
Parent/Guardian Programs/Education

- Parent/Guardian Coffees
  - Building Resilience In your child - SHMS
  - How to help your Child be Successful in School - SHMS
    - Addresses who to go to for help, Cyber- bullying
  - Bullying Prevention and Awareness - Guilford Elementary
  - Adolescence - What is Normal, What is Not?
    - Recognizing signs that may indicate a situation of concern
Student Presentations

SAME SKY presentation

Accepting differences - Being understanding/inclusive/patient/kind
High School Bullying Prevention & Education

KEN CHRISTOPHER, FREEDOM HIGH SCHOOL
Bullying Prevention & Education at High School Level

**Ninth Grade**
- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

**Tenth Grade**
- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

**Eleventh Grade**
- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

**Twelfth Grade**
- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources
Hero in the Hallway
High School Student Leadership Example: Tuscarora HS
High School Student Leadership Example: Sources of Strength
What Can Parents/Guardians Do

RESOURCES AVAILABLE AT:
STOPBULLYING.GOV
NETSMARTZ
What Parents/Guardians Can Do

Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.
What Parents/Guardians Can Do

- **Build Resiliency**
  - Help your child develop self-confidence
  - Encourage your child to interact with peers
  - Teach safety strategies and how to seek help
  - Make and enforce rules about phone and computer use
  - Discuss what is appropriate and monitor behavior
What Parent/Guardians Can Do (cont.)

Listen

Skill Building
Skill Building

Help Kids understand bullying behavior.

Model how to treat others with kindness and respect.

Encourage kids to do what they love.

Talk about what bullying is and how to stand up to it safely.

Keep the lines of communication open.
What Parents/Guardians Can Do (cont.)

Interests & Activities

Self Advocacy
How Youth Can Protect Themselves

The Consequences of Bullying
Take-Home Message

- It *is* possible to reduce bullying.
- It requires a *team* effort.
- It requires a long-term commitment.
Information and Resources

- **Stopbullying.gov**: https://www.stopbullying.gov/
- **Restorative Practices**: http://www.iirp.edu
- **Netsmartz**: https://www.netsmartz.org
- **Sources of Strength**: https://sourcesofstrength.org/
- **Olweus Bullying Prevention Program**: http://www.violencepreventionworks.org/public/index.page
Contact Information

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**Karen Thompson**- Guilford Elementary School

**Regina Hagan**- Smart’s Mill Middle School

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**Ken Christopher**- Freedom High School
Thank you for your attendance and participation.