LCPS Bullying Prevention & Education

Presented by
Anaid Shaver, School Counseling Specialist
Karen Thompson, Guilford Elementary
Jennifer Alberth, Stone Hill Middle
Regina Hagan, Smart’s Mill Middle
Jennifer Schrader, Freedom
Agenda

- Respecting Our Peers Activity
- Understanding Bullying Behavior
- Overview of LCPS School Counseling Services Bullying Prevention & Education
- 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
What is Bullying?

Where and When?

Who is Bullied?

Who Bullies?

Why?
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
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/pinching
Cyberbullying 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.
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
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

Staff  Students  Parents/Guardians  Community
PBIS: Stop-Walk-Talk & Expect Respect
<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Lesson Topic</th>
<th>ASCA Domain, ASCA Mindset &amp; Behavior, VDOE SC Standard</th>
<th>Curriculum and Materials</th>
<th>Projected Start/End</th>
<th>Process Data (Projected number of students affected)</th>
<th>Perception Data (Type of surveys/assessments to be used)</th>
<th>Outcome Data (Achievement, attendance and/or behavior data to be collected)</th>
<th>Contact Person</th>
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<tr>
<td>6</td>
<td>All 6th classes</td>
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<td>School Counselor</td>
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<tr>
<td>8</td>
<td>All 8th grade classes</td>
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</table>
LCPS Multi-tiered Student Support System & Bullying Prevention

PBIS

School Assemblies
Class Lessons
Advisory
Restorative Circles
Class meetings
P.E.E.R.
We Are All Human
Sources of Strength
Parent/Community Presentations/Workshops
LCPS Multi-tiered Student Support System & Bullying Prevention

P.E.E.R.
Sources of Strength
Small Groups
Student Leadership
Restorative Circles
We are All Human

We are All Human
LCPS Multi-tiered Student Support System & Bullying Prevention

- Investigation
- Individual support for person harmed and person who harmed
- Discipline Action (if appropriate)
- Restorative Conferencing (if appropriate)
Resources
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!

Chapter 1: Learning Objectives
Restorative Language, Circles & Conferencing
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 by Becky Kirby
- Owning Up: Empowering Adolescents to Confront Social Cruelty, Bullying, and Injustice by Rosalind Wiseman
- Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance by Patricia C. Broderick, PhD
Teaching Skills & Strategies
How to Talk about Bullying Behavior

Help Kids understand bullying behavior.

Model how to treat others with kindness and respect.

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

Encourage kids to do what they love.

Keep the lines of communication open.
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 green piece of paper if you think it is myth.
- Hold up your yellow 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

<table>
<thead>
<tr>
<th>Kindergarten</th>
<th>First Grade</th>
<th>Second Grade</th>
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<tbody>
<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>
</tr>
<tr>
<td>Grade</td>
<td>Bullying Prevention &amp; Education</td>
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<tr>
<td>Third Grade</td>
<td>• Provide lessons on <strong>Bullying Prevention and the Power Struggle.</strong> Review using the PBIS: “Stop Walk, Talk” guidelines.</td>
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<tr>
<td>Fourth Grade</td>
<td>• Provide lessons on <strong>Four Types of Bullying Behavior and the Three roles in a bullying situation.</strong> Review using the PBIS: “Stop Walk, Talk” guidelines.</td>
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</tr>
<tr>
<td>Fifth Grade</td>
<td>• Provide lessons on <strong>Four Types of Bullying Behavior and the Three roles in a bullying situation.</strong> Review using the PBIS: “Stop Walk, Talk” guidelines.</td>
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<tr>
<td></td>
<td>• Provide lessons on <strong>internet safety and cyberbullying prevention.</strong></td>
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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
Bullying Prevention & Education at Middle School Level

Sixth Grade
- Provide lessons on *Defining Bullying Behavior, Types of Bullying and Role of the Bystander*. Introduce a key word to stop bullying behavior using the PBIS “Expect Respect” guidelines.

Seventh Grade
- Provide lessons on *Sexual Harassment* and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word.

Eighth Grade
- Provide lessons on *Cyberbullying* using the Common-Sense Media, “Digital Citizenship” guidelines resources and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word.
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

JENNIFER SCHRADER, FREEDOM HIGH SCHOOL
Bullying Prevention & Education at High School Level

<table>
<thead>
<tr>
<th>Grade</th>
<th>Lessons</th>
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<tbody>
<tr>
<td>Ninth Grade</td>
<td>• Provide lessons on respect, exclusion vs. inclusion, and bullying &amp; cyberbullying prevention using the Digital Citizenship Common Sense Media Resources</td>
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<tr>
<td>Tenth Grade</td>
<td>• Provide lessons on respect, exclusion vs. inclusion, and bullying &amp; cyberbullying prevention using the Digital Citizenship Common Sense Media Resources</td>
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<td>Eleventh Grade</td>
<td>• Provide lessons on respect, exclusion vs. inclusion, and bullying &amp; cyberbullying prevention using the Digital Citizenship Common Sense Media Resources</td>
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<tr>
<td>Twelfth Grade</td>
<td>• Provide lessons on respect, exclusion vs. inclusion, and bullying &amp; cyberbullying prevention using the Digital Citizenship Common Sense Media Resources</td>
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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.

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

Encourage kids to do what they love.

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

Interests & Activities  Self Advocacy
How Youth Can Protect Themselves

Understanding

Youth often ask, “How can I stop bullying?” and “How can I prevent myself from being bullied?” These are difficult questions to answer, and solutions depend on the individual, the context, and the presence of supportive adults. Effective strategies involve developing protective factors, such as building social skills, improving self-esteem, and promoting positive peer relationships. Understanding the consequences of bullying is also crucial, as it helps youth recognize the impact of bullying on their well-being and empowers them to take action to prevent it.

Protective Factors

One of the best ways for youth to protect themselves against being bullied is through healthy friendships and positive relationships with classmates. A sense of belonging to a group or a support system can reduce the likelihood of being bullied. It is important for youth to develop positive relationships with peers and to maintain strong bonds with supportive adults.

Youth can also reduce their exposure to environments in which bullying frequently occurs, such as areas of schools with poor adult supervision or in social media settings where negative and harmful communication occurs. In these instances where youth are in these environments, they should seek alternative activities, such as walking between classes with friends or a supportive peer, and protecting their identity online and the information they share electronically.

The Consequences of Bullying

Understanding

Bullying can have severe consequences for youth, including physical, emotional, and social harm. Physical effects may include injuries, such as cuts, bruises, or broken bones, as well as chronic pain and disability. Emotional effects can manifest as anxiety, depression, and low self-esteem, which can lead to isolation and withdrawal from social activities. Social effects can include difficulties in forming healthy relationships, low academic achievement, and reduced opportunities for future success.

Children Who Have Been Bullied

Research has found that children who have been bullied face emotional, psychological, and academic challenges. Children who are bullied are more likely to experience anxiety, depression, and low self-esteem. They may also have difficulty concentrating and completing tasks, which can affect their academic performance. Additionally, victims of bullying may experience a sense of helplessness and a lack of control over their lives.

Physical Effects

The physical effects of bullying can include bruises, cuts, and infections. Bullying can also lead to psychological problems, such as anxiety, depression, and low self-esteem. Victims of bullying may also experience headaches, heart palpitations, and difficulty sleeping, which can negatively impact their quality of life.

Conclusion

Bullying is a serious issue that affects youth worldwide. It is important for adults and caregivers to be aware of the signs of bullying and to provide support to those who are victims. By working together, we can create a safer and more inclusive environment for all children.
Perception Activity

- You each should have a square piece of paper.
- Please listen to the speaker and follow her direction for this activity.
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

Anaid Shaver
School Counseling Specialist
Phone: 571.252.1017
Email: ashaver@lcps.org

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Thank you for your attendance and participation.