

Bullying Prevention Month - Oct 2013



A Bullying Prevention Toolkit for Educators

Prevention Tips for youth and the adults who work with them



This toolkit provides a daily tip calendar and accompanying information that you can use to share bullying prevention tips with K-12 youth you work with during the month of October, National Bullying Prevention Month. The toolkit also includes a series of handouts for educators and other adults to enhance their bullying prevention skills.

This toolkit includes:

- Bullying Prevention Tips-for-Students Calendar
- Tips for Students: More Information
- Documents for educators:
 - Are you a bully?
 - What do you say to “That’s so Gay”?
 - Tips for On-the-Spot Intervention at School
 - Fundamental Units of Behavioral Influence

For more information, please contact:

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<http://www.vahealth.org/Injury/preventbullyingva/>

Bullying Prevention Month, October 2013 : Tips for Students

SAT/SUN	MON	TUE	WED	THU	FRI
<p>28 / 29</p> <p>WEEK 1: Tips for when you see bullying (bystanders)</p>	<p>30</p> <p>If you see something, say something.</p>	<p>1</p> <p>Don't join in on bullying, and don't watch.</p>	<p>2</p> <p>Be a friend to the person who is being bullied.</p>	<p>3</p> <p>Role play speaking up when you see bullying.</p>	<p>4</p> <p>Follow this week's tips to lead by example.</p>
<p>5/6</p> <p>WEEK 2: Tips for when you are being bullied</p>	<p>7</p> <p>Remember that it's not your fault.</p>	<p>8</p> <p>If possible, stick together with friends who make you feel better.</p>	<p>9</p> <p>Do not bully back or bully anyone else.</p>	<p>10</p> <p>Keep doing what you love to do.</p>	<p>11</p> <p>Follow this week's tips to make your school friendly and safe.</p>
<p>12 / 13</p> <p>WEEK 3: Tips for when you are bullying others</p>	<p>14</p> <p>Anyone can be a bully - ask an adult for help stopping.</p>	<p>15</p> <p>Don't join in when friends or others are bullying.</p>	<p>16</p> <p>Decide to stop bullying and tell people you care.</p>	<p>17</p> <p>Remember that words hurt too.</p>	<p>18</p> <p>Follow this week's tips to help instead of hurt.</p>
<p>19/ 20</p> <p>WEEK 4: Tips for preventing and addressing cyber bullying</p>	<p>21</p> <p>Be respectful. Cyberspace has no privacy or take-backs.</p>	<p>22</p> <p>If you see cyber bullying, save the evidence.</p>	<p>23</p> <p>Try not to respond to cyber bullying. If you do, be careful.</p>	<p>24</p> <p>Don't join in, don't forward harmful messages.</p>	<p>25</p> <p>Follow this week's tips to keep safe & friendly, online and on phones.</p>
<p>26 / 27</p> <p>WEEK 5: Tips to show others respect and appreciation</p>	<p>28</p> <p>Always be kind and make everyone feel welcome.</p>	<p>29</p> <p>Remember that sometimes, laughter hurts others.</p>	<p>30</p> <p>Don't use nicknames that hurt feelings.</p>	<p>31</p> <p>Don't say someone can't do things because he or she is a boy or girl.</p>	<p>1</p> <p>Follow this week's tips to treat your classmates well.</p>

Bullying Prevention Month – October 2013

Tips for Students: More Information

How to use this document:

This document expands upon the tips provided in the Bullying Prevention Month Calendar, which is intended to provide school personnel and others who work with the K-12 population with daily tips to share with the kids and youth they work with during the month of October, National Bullying Prevention Month.

Please be sure to only include tips that encourage reporting to adults if adults at your school are equipped to respond to and effectively address bullying. Otherwise, you may perpetuate students' beliefs that telling an adult will not help or may even hurt them.

An expanded version of these tips, including more detailed advice, can be found at <http://www.vahealth.org/Injury/preventbullyingva/>. You are welcome to adapt these tips (as long as information remains accurate and rooted in research), add your own examples, etc. Language may need to be simplified or made more complex, depending on the age and knowledge level of the young people you work with. Ideas for getting these tips out to K-12 kids and teens you work within a school (or after school) setting include:

- Including each day's tips in the morning announcements
- Posting each day's tips on a bulletin board in a central location
- Having teachers present each day's tip in class along with a short discussion or activity that helps students put the tip into practice (sharing stories, role plays, etc.)
- Having guidance counselors post each day's tip somewhere in their office or on their door

These tips can also be shared with and used by tutors, mentors, parents, coaches, scout troupe leaders, and anyone who works with young people – we can all engage kids and teens in discussing these critical topics.

In addition, keep in mind that while sharing these tips with students is a step in the right direction, research shows the most effective way to prevent bullying is school wide bullying prevention programs. For more information on such programs, other effective measures to implement in your school, and bullying prevention more broadly, please contact:

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Tips for Students – Week 1

Tips for when you see bullying (bystanders)

[Week 1 tips adapted from StopBullying.gov and training materials from the Olweus Bullying Prevention Program]

Monday, September 30: If you see something, say something.

- If you see bullying (or if it happens to you) and if it is safe to speak up, say something like, “Stop it!”
- If you see bullying (or if it happens to you), tell an adult at school and an adult at home. Kids who are being bullied are sometimes scared to tell an adult. That is where you come in--tell an adult who you trust, like your teacher or coach. You can tell them in person or leave them a note. Tell an adult at home too. Remember that this isn’t “tattling” – you aren’t reporting bullying just to get someone in trouble, you’re reporting it so you can stop people from getting hurt.

- Sample chant (maybe best for elementary schools):

*If you see bullying happen,
Don’t just run!
Find an adult
You’ve gotta tell someone!*

Tuesday, October 1: Don’t join in on bullying, and don’t watch someone being bullied.

- If you feel safe, tell the person who’s bullying to stop. If you don’t feel safe saying something, walk away and get others to do the same. If you walk away and don’t join in, you’ve taken the audience and power away from the person who is doing the bullying.

Wednesday, October 2: Be a friend to the person who is being bullied.

- You can help the person being bullied: talk with them; sit with them at lunch; play with them at recess.
- Sample chant (may be best for elementary schools):

*Do you know someone
Who’s being left out?
Ask them to join you.
That’s what this school’s all about!*

Thursday, October 3: Role play speaking up when you see bullying happen.

- It can be easier to speak up when you’re seeing bullying if you’ve practiced what to say and how to respond to the person who’d doing the bullying if they engage you in a conversation or argument. Ask your parents, teachers, other adults, or friends to help you role play. Practice makes perfect!

Friday, October 4: Follow this week’s tips to lead by example.

- Don’t bully others, don’t join in or watch bullying happen; instead, speak up, report bullying when you see it happen, and support the person being bullied.

Tips for Students – Week 2

Tips for when you are being bullied

[Week 2 tips adapted from StopBullying.gov]

Monday, October 7: Remember that it's not your fault.

- If you're being bullied, it's not your fault. Don't blame yourself and be proud of who you are.

Tuesday, October 8: Stick together .

- Stick together – staying with a group might help. Remember, if your friends are making you feel uncomfortable, hurting you, or tearing you down, they're not your friends. Try to find opportunities to make new friends through things like school clubs, organizations, and activities like music, sports, or volunteering. Choose friends who make you feel better about yourself and encourage you.

Wednesday, October 9: Do not bully back or bully anyone else.

- If you bully back or bully anyone else, you're hurting someone, and you might get in trouble too. Instead, report the bullying to an adult at school and an adult at home – there's a difference between tattling and reporting, and reporting incidents of bullying is important to keep you and others safe.

Thursday, October 10: Keep doing what you love to do.

- Don't let the person bullying you win – keep doing what you love to do, as long as it's still safe. And if it's not, let an adult know and ask them to help make it safe again.

Friday, October 11: Follow this week's tips to make your school friendly and safe.

- By reporting bullying when it happens, instead of bullying back or bullying anyone else, and by remembering it's not your fault, making new friends, and continuing to do what you love to do as long as it's safe (and reporting to an adult if it's not), you're helping to make your school a friendlier and safer place.

Tips for Students – Week 3

Tips for when you are bullying others

[Week 3 tips adapted from StopBullying.gov and “Who Me?”, a booklet produced by Skylight (www.skylight.org.nz)]

Monday, October 14: Anyone can be a bully; if you bully, ask an adult for help stopping.

- Anyone can be a bully – be honest with yourselves, and if you realize you sometimes bully others, talk to a parent, teacher, counselor, or other supportive adult to get some support and help make a plan to stop bullying.

Tuesday, October 15: Don’t join in when friends or others around you are bullying.

- If your friends or others around you are bullying someone, don’t join in. If they ask you to join in, say no and walk away. Try to get them to stop and walk away too. If you can’t, tell an adult so the bullying can be stopped.

Wednesday, October 16: Decide to stop bullying and tell people you care.

- Make a decision to stop bullying, and tell some people what you’ve decided – it can help to have your family and friends supporting you.

Thursday, October 17: Remember that words hurt too.

- Remember that it’s not just about physically hurting others – words can hurt a lot too.
- Sample poem (may be best for middle and high schools):
Sticks and Stones Poem – Rewritten | Byrne, Brendan (2004). *Coping with Bullying in Schools*. Cassell, London, England.

Sticks and stones may break my bones,
But words can also hurt me.
Sticks and stones break only skin,
While words are ghosts that haunt me.

Slant and curved the word-swords fall
To pierce and stick inside me,
Bats and bricks may ache through bones,
But words can mortify me.

Pain from words has left its scar
On mind and heart that’s tender.
Cuts and bruises now have healed,
It’s words that I remember.

Friday, October 18: Follow this week’s tips to help others instead of hurting them.

- If you find yourselves bullying others, talk to a supportive adult about how to stop. Decide to stop and tell the people you care so they can help you and hold you accountable. Don’t hurt others, including saying hurtful things, and don’t join in on bullying. A positive, friendly environment is a better for *everyone*, including you.

Tips for Students – Week 4

Tips for preventing and addressing cyber bullying

[Week 4 tips adapted from Cyber Bullying, A Prevention Curriculum for Grades 6-12 by Susan Limber et al. and Internet Safety 101 Rules 'N Tools booklet published by the Virginia-based nonprofit organization Enough is Enough]

Monday, October 21: Be respectful. Remember you can't have privacy or take-backs in cyber space.

- It is always important to be respectful, on and off line. As always, if you see bullying or it happens to you, tell an adult and do not bully back. Also, keep in mind that nothing is truly private when you are online or on your cell phone or mobile device. There are no “take-backs” either – what you write or post will always be present somewhere, even if you delete it.

Tuesday, October 22: If you see cyber bullying, save the evidence.

- If you experience or see cyber bullying, **save the evidence**. This is very important – save anything that is harmful (even the messages you decide to ignore) in case you receive more of them later. If the bullying continues, you will need to have evidence before steps can be taken to make it stop. You can save the evidence by printing it, copying and saving it, or just not erasing it.

Wednesday, October 23: Try not to respond to cyber bullying; if you do, be careful.

- Always report cyber bullying but try not to respond to it. You might be hurt or angry or upset, but you don't want to give the people who are cyber bullying the satisfaction of knowing it.
- If you choose to respond, make it clear and cool. Don't give the people who are bullying anything that could be used as bullying evidence against you.

Thursday, October 24: Don't join in and don't forward harmful messages.

- If you are encouraged to join in cyber bullying, or if someone sends you emails or messages about someone else, respond by saying that you think it's mean and you won't send it to anyone else. If it's not safe to respond that way, or even if you do respond that way, remember to report the cyber bullying to an adult at school and at home.

Friday, October 25: Follow this week's tips to keep safe and friendly online and on your phones.

- Always be respectful and report bullying to an adult, whether on or offline. If you see cyber bullying, save the evidence, do not respond or forward it on, and don't join in. By following these tips, you'll be able to use your phone, computer, and other devices for positive, friendly, and safe communication with your friends.

Tips for Students – Week 5

Tips to show others respect and appreciation

*[Week 4(alternative) tips adapted from the Olweus Bullying Prevention Program's
Class Meetings That Matter, Grades K-5 Book]*

Monday, October 28: Always be kind and make everyone feel welcome.

- It's never ok to criticize or be mean to someone because he or she is different from you. When we appreciate and respect each other, we will get along better. We feel good when other people care about our feelings, are kind to us, and like us just the way we are.

Tuesday, October 29: Remember there's a difference between friendly laughter and laughter that hurts someone's feelings.

- Laughter can be fun and make us feel good. It's hard not to laugh when we hear other people laughing. When we make fun of our own mistakes, it can make us feel less embarrassed. But it's not okay to laugh at someone or to make fun of them. That hurts people's feelings and makes them feel left out. But friendly laughter can make each day better!

Wednesday, October 30: Don't use nicknames that hurt someone's feelings.

- Names are an important part of who we are. When someone makes fun of us or our name, it hurts our feeling sand can be bullying. When someone uses a nickname that we like or agree to, it can make us feel good. It's also one way we show each other we are friendly toward each other. Let's always be sure someone feels good about the name we use for him or her.

Thursday, October 31: Don't tell anyone they can't like or do something because they're a girl or a boy.

- Boys and girls have lots of choices and skills. Let's all try to pay closer attention to the ways we think about and treat boys and girls in our school.

Friday, November 1: Follow this week's tips to treat your classmates well.

- By always being kind and making everyone feel welcome, and not laughing, using nicknames, or saying things in a way that hurt's someone's feelings, you're treating each other with respect and appreciation. This makes your school a safer and friendlier place to be!