




# Bullying Prevention

PIONEER HIGH SCHOOL



*Bullying can take many forms, physical, verbal, social, and cyberbullying and as its effects can last well into adulthood. It can lead to negative effects on your mental health and school climate.*



## 3.5.1

## DISCOVERING

## Types of Bullying

TYPE	CHARACTERISTICS	EXAMPLE
Physical Bullying	Tries to control or gain power	<ul style="list-style-type: none"><li>• Punching, pushing, shoving</li><li>• Breaking someone's things</li><li>• Rude gestures</li></ul>
Verbal	Using words or statements	<ul style="list-style-type: none"><li>• Insults</li><li>• Name-calling</li><li>• Inappropriate sexual comments</li><li>• Threatening to cause harm</li></ul>
Social/Relational	Attempt to sabotage a peer's social standing and increase their own social standing	<ul style="list-style-type: none"><li>• Mean girls, "frenemies"</li><li>• Insulted, ignored, or excluded</li><li>• Spreading rumors</li><li>• Embarrassing someone in public</li></ul>
Cyberbullying	Use of the internet	<ul style="list-style-type: none"><li>• Hurtful images</li><li>• Threats,</li><li>• Emails, texts</li></ul>

# Discovering

From your perspective which type of bullying do you think occurs most often? Least often?

Do you believe that the frequency of bullying has increased or decreased from middle to high school? Why?

Studies show that roughly 20%, or 1 out of every 5 high school students are bullied. Do you feel that number is higher or lower in this school?

How important is it to you that the school helps students address bullying?

# Connecting

*We all know that bullying is a major issue in schools. Now that we have defined what bullying means, we'll focus on understanding the roles people play in a bullying situation. By understanding those roles you'll be able to make better choices in your efforts to stop bullying.*

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# Connecting

3.5.2

## CONNECTING

## If you're being bullied

If you find yourself involved in a bullying situation, either as the bullied or a bystander, you are already in an uncomfortable, stressful, possibly even unsafe situation. Let's review some strategies that can be used to deal with bullying from the perspective of the bullied and the bystander.

TYPE	RESPONSE	EXAMPLE
Physical	Avoid at all costs. Tell a trusted adult. Tell the school or the police.	<ul style="list-style-type: none"><li>• Change your routes/routine to avoid the bully.</li><li>• Interrupt the bully. Walk away if you can – tell them you need to leave now, you have to be somewhere.</li><li>• Document your interactions to share with people in authority.</li></ul>
Verbal	Ignore them. They are looking for a reaction.	<ul style="list-style-type: none"><li>• Avoid the bully, avoid being alone.</li><li>• Interrupt, use humor, dismiss their comments.</li><li>• Put on headphones.</li><li>• Ignore them and walk away.</li></ul>
Social/Relational	Tell someone you trust – a parent, a teacher/principal, a friend	<ul style="list-style-type: none"><li>• Resist the urge to get revenge.</li><li>• Tell a trusted adult – teacher, counselor, coach.</li></ul>

# Video: Peer Attention and Problem Behavior

1. Think about a candle and a glass jar. If you put the glass jar over the candle, eventually the flame will go out because it runs out of oxygen. Fire is like problem behavior or bullying, both can be bright and both can hurt.
2. Problem behavior needs PEER ATTENTION, just like a candle needs oxygen, to stay lit.

Lets watch a video that shows what happens when you take oxygen away from a candle:

<https://youtu.be/fcXL28NMPYQ>

Youtube "Candle oxygen experiment" by Mama Smiles



# Discussion

- **TAKING AWAY PEER ATTENTION IS LIKE TAKING THE OXYGEN AWAY FROM THE CANDLE.**
- **WHAT ARE DIFFERENT TYPES OF PEER ATTENTION?**

**EX/ ARGUING WITH SOMEONE THAT TALKS NEGATIVELY ABOUT YOU, LAUGHING AT SOMEONE THAT'S BEING PICKED ON, WATCHING PROBLEM BEHAVIOR AND DOING NOTHING ABOUT IT.**

**YOU CAN TAKE AWAY PEER ATTENTION BY:**

- 1. TELLING THEM TO STOP**
- 2. WALKING AWAY FROM THE PROBLEM BEHAVIOR**
- 3. HELPING SOMEONE SAY STOP AND WALK AWAY FROM THE PROBLEM**
- 4. TELLING AN ADULT**



# Responding to Stop/Walk/Talk

AT SOME POINT THE STOP/WALK/TALK PROCEDURE WILL BE USED WITH EVERY STUDENT AND IT IS IMPORTANT TO RESPOND APPROPRIATELY, EVEN IF YOU DON'T AGREE.

- 1. STOP WHAT YOU ARE DOING**
- 2. TAKE A DEEP BREATH AND COUNT TO 3**
- 3. GO ON WITH YOUR DAY**

## **GOOD EXAMPLES OF RESPONDING TO STOP/WALK/TALK INCLUDE:**

- RESPONDING APPROPRIATELY EVEN WHEN YOU DON'T THINK YOU DID ANYTHING WRONG**
- RESPONDING APPROPRIATELY EVEN IF YOU THINK THE OTHER STUDENT IS JUST TRYING TO GET YOU IN TROUBLE**



# Responding to Stop/Walk/Talk Social Media

**You can use the stop walk and talk method with social media and texting.**

**1. Stop-** ex. Don't engage by telling the person to stop.

**2. Walk-** ex. count to 3 to re-regulate yourself before responding. When you stop and think before you respond you allow your brain to gain its rational thinking back and aren't responding with the emotional or angry part of your brain.

**3. Talk-** ex. if the problem behavior continues tell an adult.



# Bystanders

Victims of bullying are not the only ones that can stand up and tell the individual bullying to **STOP**.

Bystanders can stand up and stay stop too. We call this being an Upstander. **We want you all to be Upstanders.**



3.5.2

CONNECTING

## If you're a bystander

If you were being bullied do these suggestions seem reasonable to you?

- If the situation is unsafe what is the best thing to do?
- If a friend of yours was the bully, what could you do or say to help the victim?
- Telling a trusted adult is always a way to get help in dealing with bullying. Do you all feel that there is an adult that you can rely on to help? If you don't have someone, what can you or the school do to help you find one?

RESPONSE	EXAMPLE
<b>Group intervention</b> <ul style="list-style-type: none"><li>• Get others to stand up - there's strength in numbers.</li><li>• It can create a ripple effect, once someone steps in others will follow.</li></ul>	<ul style="list-style-type: none"><li>• Connect with other bystanders through eye contact and body language.</li><li>• Support the victim. See how they're feeling after the incident is over.</li></ul>
<b>Show disapproval</b> <ul style="list-style-type: none"><li>• Show the bully that their behavior is not normal.</li></ul>	<ul style="list-style-type: none"><li>• Sometimes a hard stare is enough.</li></ul>
<b>Distract the bully</b> <ul style="list-style-type: none"><li>• Ask them something totally unrelated.</li></ul>	<ul style="list-style-type: none"><li>• "What time is the game on Saturday?"</li><li>• "I like your shirt, where'd you buy it?"</li></ul>
<b>Reason with the student doing the bullying</b> <ul style="list-style-type: none"><li>• Point out what they're doing is wrong.</li><li>• Tell them to stop.</li><li>• Do not provide support. Do not gang up on the victim.</li></ul>	<ul style="list-style-type: none"><li>• "You're bullying, we don't do that at this school."</li><li>• "This whole thing is getting old and I need you to stop."</li></ul>
<b>Counter or change the focus of the bully</b> <ul style="list-style-type: none"><li>• Lessen the severity of the situation.</li></ul>	<ul style="list-style-type: none"><li>• "Take it easy, we all make mistakes."</li></ul>
<b>Exit</b> <ul style="list-style-type: none"><li>• Help the victim exit the situation.</li></ul>	<ul style="list-style-type: none"><li>• "Hey, Mr. Smith needs to see you in his classroom. Come with me."</li></ul>

# If You See Something, Say Something

**VIDEO:** [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PQU-HNOWPZA](https://www.youtube.com/watch?v=PQU-HNOWPZA)

## **YOUTUBE “WHO WILL STOP BULLYING”**

**DISCUSS: WHEN YOU WITNESS BULLYING AND DON'T SAY ANYTHING, YOU'RE TELLING THE BULLY AND THE PERSON BEING BULLIED THAT THAT BEHAVIOR IS OKAY.**

**OR WORSE: IF YOU LAUGH, YOU ARE GIVING PEER ATTENTION TO THE BULLY'S BEHAVIOR.**

**CHOOSE TO BE A LEADER, NOT A FOLLOWER. CHOOSE TO BE AN UPSTANDER, NOT A BYSTANDER**

# Resources

There are alternative methods of reporting and reaching out for support:

## **Reporting:**

Tell a trusted adult in the school: a counselor, social worker, teacher, principal, etc.

Safe Voice Nevada 1-833-216-7233

OR <http://safevoicenv.org/makeareport/> (for online reporting)

## **Support:**

Crisis Call Center- 1-800-273-8255

Crisis Text Line- Text LISTEN to 839863

Mobile Crisis Response Team: 702-486-7865