

Take A.C.T.I.O.N.

A School-Wide Approach to Bullying
Prevention



Be The Change, Be an **UP**stander

Objectives

What We Hope You Gain From Today:

- ❖ Identify and Intervene When You See Bullying In School
- ❖ Help Create A Culture Of Kindness



Did You Know That.....

- Every 7 minutes a child is Bullied; peers intervene 11% of the time, and adults intervene only 4% of the time.
- 75% of students have been victimized by Bullying at least once.
- 60% of youth witness bullying at least once per day.
- One third of youth are bullied at least once per month: nearly a quarter of students report being bullied about race, gender, religion or disability.

“I’m Looking For Someone,
Someone Like Me Who...”



- * What was something new you learned about a classmate?
- * Did you find that you had anything in common with someone else in the group?
- *What were some of our differences?
- *Why is it important to learn about one another?
- *We often look at others and make judgments before even getting to know them. How can assumptions and judgments be harmful to yourself and others?
- *What did you learn from this activity?
- *How can you apply this to bullying?

Defend RCE

Take A.C.T.I.O.N. Against Bullying



Bullying Definition:



Bullying is any written or verbal expression, physical act or electronic act, gesture or pattern that is intended to coerce, intimidate or cause any physical, mental, emotional harm to any student.

*Bullying is **unwanted**, **aggressive** behavior that involves a real or perceived **power** imbalance.

*Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group on purpose.

*-Bullying **differs from normal conflict** in that it typically involves an imbalance of power where one person is less able to defend themselves and may show greater distress.*

Bystanders Just Stand Around



What is a Bystander?

* A Bystander is a witness of bullying who doesn't intervene. 85% of people who witness an act of bullying do nothing to intervene. These are **Bystanders**.

Most Common Reasons Why People Don't Intervene:

1. Fear of retaliation. "It will happen to me."
2. Unsure of what to do.
3. Afraid they might make things worse for the person being bullied.
4. Worry about losing social status. "I won't be cool."
5. Not sure adults will help even when they are aware of the bullying.

Who Can Be An UPSTANDER?

<https://youtu.be/ILpwhbWa-es>

(Bus Stop)



UPSTANDER

- <https://youtu.be/nWJut7KQhI4>
(Red Hair)

Take A.C.T.I.O.N.

Be an UPSTANDER NOT a BYSTANDER

A.- ASSERT YOURSELF AND SPEAK UP

- “I’m not okay with what you just did.” “Would you like it if someone said that to you?”

C.- CREATE A DISTRACTION

- Talk to the bully about a totally different subject distracting him/her from the bullying actions. “Hey, did you get to go to baseball practice last night?”

T.- TURN TO OTHERS FOR HELP

- There is power in numbers, turn to a friend to help you intervene and take a stand against the person who is bullying. “This isn’t right, let’s talk to him .”

I.- INCLUDE

- Include the person who is being bullied into your group or activity. “Come sit with me at lunch.”

O.- OFFER SUPPORT

- Go to the victim privately and say, “I’m sorry that happened. Are you okay?”

N. – NOTIFY AN ADULT

- Tell a teacher, counselor, Principal or someone who can help.

Keep trying until action is taken.

Scenerio 1

- You are walking in the hall when you witness your friends walking past a physically disabled student, while whispering “retard” as they make fun of the way he walks.



How would you take A.C.T.I.O.N.?

Scenario 2:

- You are sitting near some friends at lunch when a few of them point out a female student and say, “Can you believe what she is wearing, she is so gross. She can’t be in our group.”



How would you take A.C.T.I.O.N.?

Scenario 3:

- You are sitting in class when you observe a student calling another student “stupid” while slightly pushing the student’s desk away from his own desk.



How would you take A.C.T.I.O.N.?

POEM:

THERE'S A GIRL AT SCHOOL
WE TEASED TODAY
MADE JOKES AND CALLED HER NAMES

MY FRIENDS ALL LAUGHED
CALLED IT HARMLESS FUN
SAID IT WAS JUST A GAME

BUT NOW I'M HOME
FEELING TERRIBLE INSIDE
LONG GONE THAT THOUGHTLESS GRIN

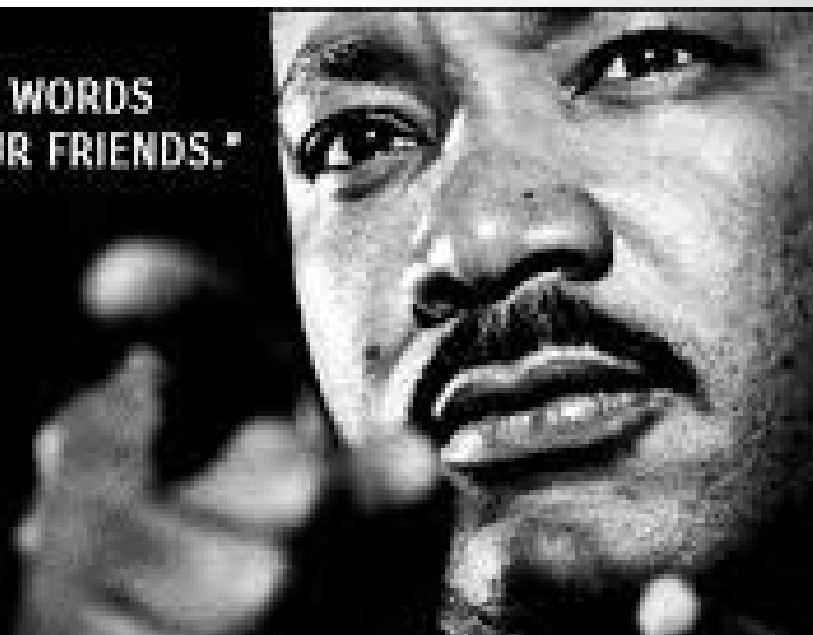
HOW WILL I FACE HER
TOMORROW AT SCHOOL?
I WISH I HADN'T JOINED IN.



**"IN THE END, WE WILL REMEMBER NOT THE WORDS
OF OUR ENEMIES, BUT THE SILENCE OF OUR FRIENDS."**

Martin Luther King

www.quote-coyote.com



Stand Up, Stand Strong The Consequence of Words

(Student Produced)

<https://www.youtube.com/watch?v=GYYSFpFGRBE>

Final Thoughts:

Creating A Culture Of Kindness

WHAT WILL YOU DO?



How wonderful it is
that nobody need wait
a single moment
before starting to
improve the world.
[Anne Frank]