

**BULLYING PREVENTION
PRESENTATION
*ABORN SCHOOL***

**MS. MUXIE
MR. EDDY**

WHAT IS BULLYING?


Under the Massachusetts Law....

Bullying is defined as the repeated use by one or more students of a written, verbal, or electronic expression, or a physical act or gesture, or any combination thereof, directed at a victim that:

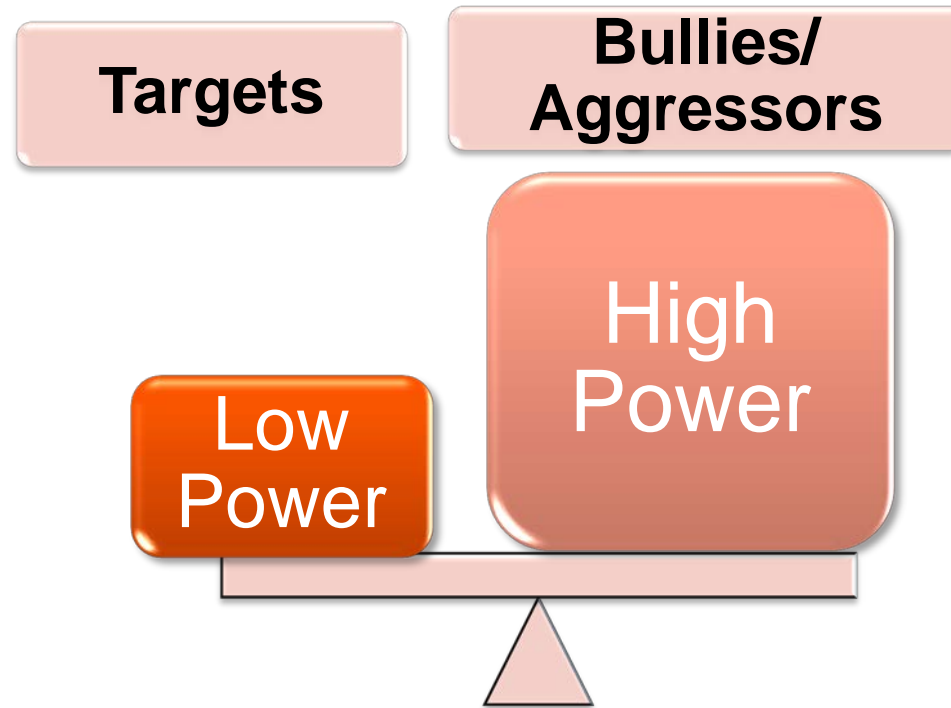
WHAT IS BULLYING? (CONTINUED)

- **Substantially disrupts the educational process at school**
- **Causes physical or emotional harm**
- **Places the victim in reasonable fear of harm to him/herself or fear of damage to their property**
- **Creates a hostile environment at school for the victim**
- **Infringes on the rights of the victim at school**

BULLYING IS PROHIBITED!


- **At school and school facilities/functions**
 - **At school sponsored functions, whether on or off school grounds**
 - **On school buses & at bus stops**
 - **Through the use of technology, electronic devices licensed by school**
 - **Through the use of non-school technology if the behavior effects the school environment**
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IS IT BULLYING? CHARACTERISTICS TO LOOK FOR



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

AN IMBALANCE OF POWER

- **Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to *control* or harm others.**
 - **Power imbalances can change over time.**
 - **Power imbalances can look different in different situations, but often involve the same people.**
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IS IT BULLYING? CHARACTERISTICS TO LOOK FOR



Repetition: Bullying behaviors happen more than once. A one time incident is not bullying. However, we do take aggressive behavior very seriously at Aborn.

TYPES OF BULLYING

Verbal: Saying or writing mean or hurtful things

Social: Hurting someone's reputation or relationships

Physical: Hurting a person's body or possessions

Cyberbullying: Using technology to intimidate, threaten, or embarrass someone.

VERBAL BULLYING

Verbal: Saying or writing mean or hurtful things.

- ❖ Teasing
- ❖ Name calling
- ❖ Taunting
- ❖ Threatening to cause harm

SOCIAL BULLYING

Social Bullying: Hurting someone's reputation or relationships

- ❖ Leaving someone out on purpose
- ❖ Spreading rumors
 - ❖ Telling other children not to play with or be friends with a child
- ❖ Embarrassing someone in public

PHYSICAL BULLYING

Physical Bullying: Hurting a person's body or possessions.

- ❖ Hitting/Kicking/Pinching/Punching/Shoving
- ❖ Tripping on purpose
- ❖ Taking or breaking someone else's things

CYBERBULLYING



Cyberbullying: Using technology to intimidate, threaten, or embarrass someone.

- Posting embarrassing photos or videos
- Spreading rumors via social media
- Creating fake websites or social media sites
- Can happen 24/7
- 13 – That is the age to legally have a Facebook, Twitter, Instagram, Snapchat, Youtube account

LATEST CYBER TRENDS

- **Elementary cyberbullying**
- **Phone harassment**
- **Social network sites**
- **Misuse of video technology**
- **Escalation of minor conflicts online**



ABORN'S PROCEDURES

- Investigate all accusations of bullying incidents.
- Follow the Lynn Public Schools Bullying procedures which include documenting bullying incidents .
- Promote a safe and caring school & classroom environment through the consistent use *and application* of our school motto and participation in Student Council activities which benefit others .
- Provide administrative and teacher modeling and positive reinforcement for leadership and acts of kindness.
- Implement the Peer Proof Program in Grade 4.
- Use *Second Step* in every classroom to teach students about bullying, feelings, empathy, strategies for handling anger, how to cope in certain situations, how to build self-esteem, and how to make good choices.

WHAT IS THE SECOND STEP PROGRAM?

A research-based Violence Prevention Curriculum


Three Major Focus Areas:

Empathy

Cooperative problem-solving

Anger management

EMPATHY

- ❖ **Identify and understand the feelings of others**
 - ❖ **Listen Actively**
 - ❖ **Recognize and acknowledge others' feelings (even if you disagree)**
 - ❖ **Give clear, “I feel” messages that let people know how their behavior affects you.**
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COOPERATIVE PROBLEM SOLVING

3-5 Simple Steps depending on their grade level:

K

- 1) How do I feel?
- 2) What is the problem?
- 3) What can I do?

Grades 1-5

- 1) What is the problem?
 - 2) What are some solutions?
 - 3) For each solution, ask 3 questions
 - 4) Choose a solution
 - 5) Evaluate
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ANGER MANAGEMENT

Effective Strategies Taught

1) Recognize how your body feels

2) Calm down by:

Breathing deeply

Counting

Getting physically active

Using mental imagery or thinking nice thoughts

Talking to yourself

Doing something quiet by yourself

3) Get help /support from an adult

4) Think out loud and using the problem-solving steps

5) Choose to think about it later

INSTRUCTIONAL STRATEGIES/MATERIALS USED

Puppets

Stories

Large discussion cards

Role playing

Home-school connection sheets



WHAT CAN YOU DO?

- **Talk to your child(ren) about bullying and make sure they understand what it is. Tell them to talk to a teacher if they are bullied or witness it.**
- **Talk to your children about what is going on in their lives. Be proactive. Ask questions and become involved. Spending time with them is essential!**
- **Model how to treat and respect others. Kids mimic what they see in the home more often than you know. You are their first teacher!**
- **Provide opportunities for your child to be nurturing and charitable!**
- **Know who their friends are, where they are, and what they are doing!**
- **Monitor their online activity. You have every right to. You are the parent.**

PREVENTING CYBERBULLYING:

IT'S ALL ABOUT EDUCATION!

1. **“Everything counts”**
2. **“You are NOT invisible”**
“Private” profiles are NOT PRIVATE
3. **Generally, people *cannot* tell that you mean something, “as a joke”**

5. **Don't go online / texting when you're mad**
6. **Anything you put online may be there FOREVER**
It may seem funny NOW, but will it seem funny in 2 years?
5 years?

**THANK YOU FOR COMING TO OUR PRESENTATION
TONIGHT. YOUR PRESENCE IS A VISIBLE SIGN THAT YOU
CARE A GREAT DEAL ABOUT YOUR CHILD'S EDUCATION
AND PERSONAL DEVELOPMENT!**

