



BULLYING PREVENTION

Putnam City Stands Up to Bullying!
We ask our parents and community to join us knowing that the end of bullying for our children, can begin with us.

Program Objectives and Opportunities

- Public Statement of Districts' Commitment to addressing the bullying issue seriously
- Increase Community Awareness of Types of Bullying & Risk Factors
- Inform Parents/Guardians of Districts' Anti-bullying Curriculum, Reporting Process, Interventions, Follow-up and Support.

[BULLYING PREVENTION]

- Definition
- Types of Bullying
- Know the Risk Factors
- Recognize the Warning Signs
- Effects of Bullying
- Adults Can Make a Difference

Test Your Bullying Knowledge

FACT OR MYTH

- People who bully have power over those they bully.
- Spreading rumors is a form of bullying.
- Only boys bully.
- People who bully are usually social outcasts and have low self-esteem.
- Bullying usually occurs when there are no other students around.

FACT OR MYTH

- Bullying often resolves itself when adults ignore it and let kids work it out.
- Bullying often happens when there are no adults present.
- Reporting bullying will make it worse.
- Parents are usually aware that their child is bullying others.
- Nothing can be done at schools to reduce bullying.

Definition of Bullying

Must Have All 3 Components

1. **Imbalance of Power** : people who bully use their power to control or harm and the people being bullied have a hard time defending themselves
2. **Intent to Cause Harm**: the person bullying has a goal to hurt or cause harm; actions done by accident are not bullying
3. **Repetition**: incidents of bullying happen to the same person(s) over and over by the same person or group of people

Types of Bullying

- **VERBAL:** name-calling, teasing
- **SOCIAL:** spreading rumors, leaving people out on purpose, breaking up friendships
- **PHYSICAL:** hitting, punching, shoving
- **CYBERBULLYING:** using the internet, social networks, mobile phones or any other digital technologies to harm others.

Who is At Risk for Being Bullied?

- Often, children / teens who are bullied:
 - Are less popular than others with few friends
 - Do not conform to gender norms
 - Have limited confidence / low self esteem
 - Have physical features that are different
 - Do not get along well with others – “loners”
 - Have an easily identified handicapping condition
 - Are depressed or anxious

Who is At Risk for Bullying Others?

- Most children who are at risk for bullying others are well-connected to their peers, have social power, and demonstrate at least one of the following:
 - Are overly concerned about their popularity
 - Like to dominate or be in charge of others
 - Do not identify with the emotions or feelings of others
 - Are easily pressured by peers

Additional Risk Factors for Children Who Bullying Others

- Being aggressive
- Little or no parent involvement
- Impulsive behaviors
- Hot-tempered and easily frustrated
- Have difficulty following rules
- View violence in a positive way
- Raised with prejudice or intolerance of others

[What Does NOT Increase Risk:]

- **Location** - There are no differences in rates of bullying in urban, suburban, or rural communities; public, private, or parochial schools. Bullying happens everywhere.
- **School Size** – The overall percentage of children being bullied does not vary based on school size.
- **Gender** – Boys and girls are just as likely to be involved in bullying incidents.

[Recognizing Warning Signs of Being Bullied]

- A Child Who:
 - Comes home with damaged or missing clothing
 - Frequently reports losing items such as books, electronics, clothing, jewelry, lunch money
 - Begins complaining about going to school – headaches, stomachaches, feeling sick
 - Is afraid of going to school or other activities with friends
 - Loses interest in school work or begins to do poorly in school

Warning Signs of Being Bullied

- Appears sad, angry, anxious when they come home from school or peer activity
- Feels and expresses helplessness
- Often feels like they are not good enough
- Blames themselves for their problems
- Avoids going to the bathroom at school
- Avoid certain places or people
- Loses interest in previously enjoyed activities

Warning Signs of Bullying Others

A Child Who:

- Gets into physical or verbal fights with others
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be the best at everything

Effects of Bullying

■ Children Who are Bullied:

- Have higher risk of depression and anxiety
- Are more likely to have health complaints
- Have decreased academic achievement and school participation
- Are more likely to miss, skip, or drop out of school
- Have increased thoughts of suicide
- Are more likely to retaliate through extremely violent measures.

Effects of Bullying

■ Children Who Bully Others:

- Have a higher risk of abusing alcohol and other drugs in adolescence and as adults.
- Are more likely to get into fights, vandalize property, and drop out of school.
- Are more likely to engage in early sexual activity.
- Are more likely to have criminal convictions as adults.
- Are more likely to be abusive toward their partners, spouses or children as adults.

ADULTS CAN and WILL MAKE a DIFFERENCE

- Students will be taught the definition and reporting process to help put an end to bullying.
- Every report of bullying will be taken seriously and investigated.
- We need your help to insure that all bullying is reported. Children often only tell their parents or guardians.

[OUR COMMITMENT TO YOU]

- The administrators, teachers and staffs of Putnam City Schools are committed to providing a safe learning environment for all children.
- We will continue to identify effective ways to STOP bullying by supporting the child being bullied while working to change the behavior of the child doing the bullying.

THANK YOU

for being a part of the solution!

- Breakout Sessions

- Curriculum, Counselors' Roles, Reporting Process, Forms, and Interventions

- Elementary
- Middle School
- Cyber-bullying