



# **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