

# TARGET BULLYING



BE THE EXAMPLE YOU WANT  
YOUR STUDENTS TO EMULATE

# CREATE, PROMOTE, AND MAINTAIN A "HAPPY" CLIMATE AT YOUR SCHOOL

- Bullying is one of the most prominent issues among adolescents today. When bullying occurs it impacts the entire community.
- Be committed to Bullying Prevention. Communication is key in the effort to end bullying. If you see it happen—do something about it. If you hear it happen—do something about it.
- Staff and students must work together to eliminate the problem. Your school community is a reflection of each one you. You are a reflection of one another.
- Community outreach to educate young children (CARES).
- MCSP collaboration (Leadership awards)

# What is Bullying?

- Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have [serious, lasting problems](#).
- Those targeted by the behavior have difficulty stopping the action directed at them, and struggle to defend themselves.
- There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally, such as a higher social status, or is physically larger or emotionally intimidating.
- Repetitive behavior; however, bullying can occur in a single incident if that incident is either very severe or arises from a pattern of behavior.

# Bullying Prevention

- **BE PART OF THE MOVEMENT**
- **UNDERSTAND THE CAUSE**
- **LEAD WITH A POSITIVE ATTITUDE**
- **LISTEN WITH AN OPEN MIND AND HEART**
- **YOU CAN MAKE A DIFFERENCE**
- **INTEGRITY MATTERS**
- **NEVER ALLOW CRUELTY TO HAPPEN**
- **GET INVOLVED AND SUPPORT THE ISSUE**
  
- **PROTECT EACH OTHER**
- **RESPECT ONE ANOTHER**
- **EMBRACE DIVERSITY**
- **VALIDATE AND COMFORT YOUR FRIENDS**
- **ENCOURAGE FRIENDS TO GET HELP**
- **NOTIFY SOMEONE THAT CARES**
- **TREAT ONE ANOTHER WITH KINDNESS**
- **INSPIRE OTHERS TO JOIN THE MOVEMENT**
- **OPTIMISM WILL PREVAIL IF WE ACT WITH CARE**
- **NOTICE SOMEONE IS HURT AND TAKE ACTION**
  
- Communication is key in the effort to abolish bullying. We want the conversation to begin with the student population because we are the people most affected by this unfortunate epidemic.
  
- IT'S NOT TOO LATE TO MAKE A DIFFERENCE BEFORE YOU GRADUATE. WHAT'S YOUR LEGACY?

# LIZZIE SPEAKS

- Lizzie Velasquez is 26 years old and is one of three people in the WORLD with a rare disorder.
- The disorder is so rare that it does not even have a name because doctors do not understand what it is.
- Lizzie is unable to gain weight because of this disorder. As a result people have named her the “ugliest woman in the world”.
- <https://www.youtube.com/watch?v=HZqAh5qli4s>
- Lizzie chose to conquer bullying with her amazing attitude and courage. She reminds us that bullies are everywhere, but we can feel less threatened by them if we set goals and surround ourselves with people who care about us.
- Lizzie doesn't travel this journey alone; some of you might be on a similar journey. If you are bullied please reach out for support.

# TECHNOLOGY, VOICE, AND MEDIA

- Bullying occurs in all fashions—it is not limited to one form or another.
- Reflect on your own experiences for a moment. Think about a situation when you wrote something, posted something, texted something, or spoke something that could have hurt someone.
- Chances are we have all said or written something we regret. It is important to always be mindful that the spoken word does not have a delete button and even though you can delete something that was typed it does not make it any less painful toward the person.
- Cyber Bullying is very dangerous. Use technology respectfully.

# What is Cyberbullying?

- Cyberbullying is [bullying](#) that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.
- Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social network sites. The behavior hurts, humiliates, or harms another person physically or emotionally.

# Think Twice

- We realize that each one of us is human and may use poor judgment from time to time. However, there is a difference between making a mistake and being malicious. Bullying is malicious which means it is done deliberately with the intent to hurt someone, emotionally or physically.
- The next time you text someone think twice before you hit send.
- The next time you post something think twice before you share.
- The next time you say something think twice before you speak.
- Small changes in our behavior can make a huge difference.
- Effective and respectful communication will end this epidemic. Report bullying immediately. Speak to the Dean, your Guidance Counselor, the School Psychologist, or a Teacher. Don't be silent.

# Never too late to show your PRIDE

- Positive Mental Attitude and Perseverance
- Respect for self and others
- Integrity Leads to Success
- Determination outweighs ability, skill, & talent
- Excellence in everything

Be A Friend, NOT a bully

# STATISTICS

Fortunately, not every school has an enormous issue with bullying, but that does not mean it doesn't exist. Be mindful of these statistics, and take notice of bullying to put an end to it.

45% of young people experience bullying before the age of 18

36% of young people aged 8 to 22 are worried about being bullied at school, college or university

38% believe their school, university or college doesn't take bullying seriously

More than 16,000 young people are absent from school because of bullying

83% of young people say bullying has a negative impact on their self-esteem

30% of young people have gone on to self-harm as a result of bullying

10% of young people have attempted to commit suicide as a result of bullying

7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying

# These adolescents died by suicide.



Don't be silenced. Embrace life and celebrate your individuality.



## Suicide is preventable

# Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

Suicide Awareness/Voices of Education

[www.save.org](http://www.save.org)

Suicide Prevention Resource Center

[www.sprc.org](http://www.sprc.org)

# USE GOOD JUDGMENT

- Human error is understandable. Bullying is not.
- Mistakes are inevitable. Bullying is not tolerated.
- Bullying is malicious. Bullying is intentional.
- Remember, think twice before you upload a negative or hurtful post. Think twice before you make a demeaning or derogatory comment.
- Give a compliment. Smile. Say hello.
- Be “Humble and Kind”.

# Act Immediately-Don't Wait

- Report Bullying to:
- Dean of Students
- Assistant Dean of Students
- School Psychologist
- Guidance Counselors
- School Nurse
- Principal
- Teachers

# DO YOUR PART TO KEEP YOUR COMMUNITY HAPPY

A happy environment is a safe environment which makes  
it a safe place to...

Learn

Discover new things about yourself

Develop new relationships

Disagree respectfully

Grow

Be who you are without judgment

Be part of the movement to end bullying.

And Remember to always be humble and kind.

# ASK YOURSELF

ONE SIMPLE QUESTION...

**HOW WILL WE  
BE  
REMEMBERED?**