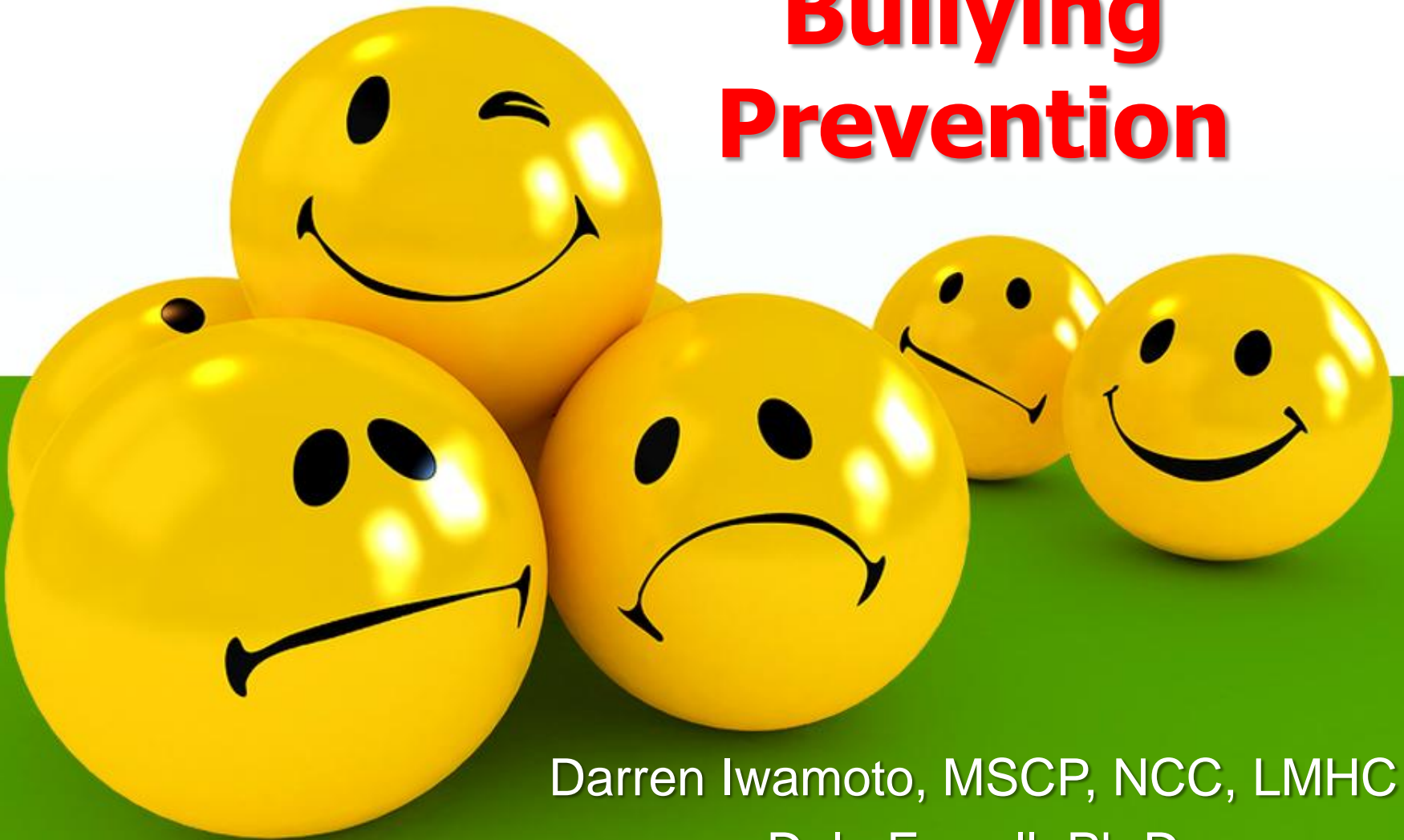


Bullying Prevention



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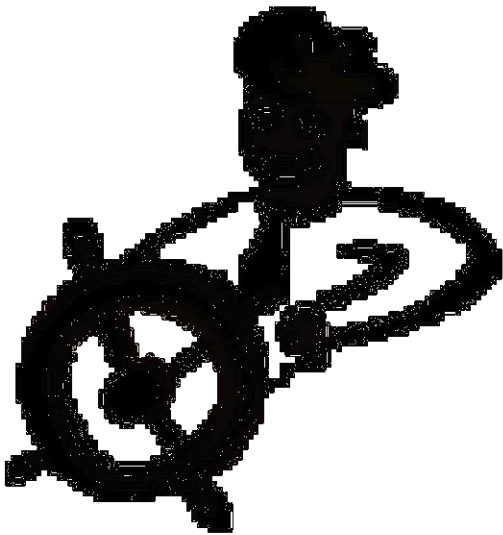


**Counselors Wear
Many Hats**

Leaders - Captains Hat

Who is driving the Bullying Prevention Ship ?

Counselors need to be Leaders in preventing bullying at their schools!!!



Counselors help others towards goals, motivate, encourage, and inspire



1. I believe the most common type of bullying at my school is:

- a. Physical
- b. Physical & Verbal Equally
- c. All Equally
- d. Verbal
- e. Physical & Emotional Equally
- f. None



2. I believe that _____ % of students at my school would report being bullied on a regular basis.

- a. Less than 10%
- b. 11 to 25%
- c. 26 to 50 %
- d. 51 to 75%
- e. 76 – 100%



3. I believe the most common type of bullying between girls at my school is:

- a. Physical
- b. Physical & Verbal Equally
- c. All Equally
- d. Verbal
- e. Physical & Emotional Equally
- f. None



4. I believe the most common type of bullying between boys at my school is:

- a. Physical
- b. Physical & Verbal Equally
- c. All Equally
- d. Verbal
- e. Physical & Emotional Equally
- f. None



5. At my school, I believe most bullying occurs:

- a. Before School
- b. During School
- c. After School
- d. Never



6. I believe that the place where the most bullying occurs for my students is:

- a. Athletic Fields
- b. Classrooms
- c. Library
- d. Bathrooms
- e. Gymnasium
- f. Locker Rooms
- g. Cafeteria
- h. Hallways
- i. Outdoor Areas
- j. On the bus
- k. Off of school grounds



Why Lead???

- 1 in 5 students are bullied regularly
- 160,000 students stay home from school everyday due to bullying. (NEA)
- 60% of middle school students say that they have been bullied, while 16% of staff believe that students are bullied.



Statistics from: <http://behavioral-management.com/bullying-statistics> and
<http://www.covenanteyes.com/2012/01/17/bullying-statistics-fast-facts-about-cyberbullying> and
<http://olweus.org/public/testimonials.page>

Why Lead???

- 30% of students who reported they had been bullied said they had at times brought weapons to school.
- Bullying was a factor in 2/3 of the 37 school shootings reviewed by the US Secret Service.



Why Lead???

- 39 % of social network users have been cyberbullied in some way, compared with 22% of online teens who do not use social networks.
- 20 % of teens (12-17) say “people are mostly unkind” on online social networks.



Why Lead???

- 20% of high school students say they have seriously considered suicide within the last 12 months.
- In schools where there are bullying programs bullying has been reduced by as much as 50%.



School Quality Survey (SQS), 2011 (Hawaii DOE)

Role Group	Item	% Positive	% Neutral	% Negative
Elementary	I feel free from threats, bullying, and harassment at school. (Item #22)	57.43%	16.56%	21.13%
Middle	I feel free from threats, bullying, and harassment at school. (Item #23)	42.99%	26.04%	26.16%
High	I feel free from threats, bullying, and harassment at school. (Item #23)	45.15%	28.71%	22.34%
Teacher	Bullying (including gang related) is not a problem at our school. (Item #31)	48.91%	22.80%	26.10%
Parent	I feel my child is free from threats, bullying, and harassment at school. (Item #19)	64.84%	19.05%	13.07%
Administrative Office Staff	Bullying (including gang related) is not a problem at our school. (Item #31)	65.00%	17.10%	15.70%
Instructional Support Staff	Bullying (including gang related) is not a problem at our school. (Item #30)	52.05%	21.76%	23.30%

- Remaining percent for Elem, Mid, High, Teacher, & Parents is Don't Know response
- Positive includes Strongly Agree and Agree, Negative includes Strongly Disagree and Disagree



Listeners - Bishop's Hat

Who should know what is happening at the school?
Counselors need to be Listeners and Nurturers



Counselors are caring, they listen, are benevolent and kind, model high morals, and advocate for pro-social values



Why Listen???

- Bullycide <http://www.youtube.com/watch?v=k9Hlxu8W8ss>
- Violence http://www.youtube.com/watch?v=xyxRI_AOpPk



Guides - Scout Hat

Who should have the skills, knowledge, and resources to design and follow a path for preventing Bullying?
Counselors do - they need to be guides at their schools.



Counselors can find and show new paths and new strategies, they help others develop new skills and build interest. (Boy Scout Motto – “Be Prepared”)





How to Guide

Developing a Bullying Prevention Program

- Step 1. Establish and train the program team and develop the bullying prevention program time line
- Step 2. Provide bully prevention training for school personnel and volunteers
- Step 3. Provide a bully prevention assembly for all students
- Step 4. Provide a bully prevention presentation for parents and the community



How to Guide

- Step 5. Develop a program evaluation plan and determine the status of bullying in the school
- Step 6. Develop the bully prevention program mission statement, objectives, slogan, and logo
- Step 7. Implement a bully prevention curriculum
- Step 8. Develop and implement the bully prevention program administrative strategies plan and policies



How to Guide

- Step 9. Establish the bully prevention rules and behavioral expectations
- Step 10. Develop the discipline rubrics and adopt pro-social (non-punitive) strategies
- Step 11. Develop the response plan
- Step 12. Identify the high-risk locations and times and develop and implement a coordinated and monitored supervision plan and schedule, as well as a reporting and information exchange system



How to Guide

- Step 13. Train school personnel, volunteers, and other key individuals to adhere to policies, procedures, discipline rubrics, pro-social strategies, and response plans
- Step 14. Conduct a meeting with adults and an assembly program for students to increase awareness and involvement
- Step 15. Develop and implement a student involvement and empowerment plan



How to Guide

- Step 16. Develop and implement parent and community involvement and education plans
- Step 17. Review and confirm the implementation and completion of program components and activities
- Step 18. Re-administer the survey instruments, analyze pre- and post-data, and make improvements
- Step 19. Celebrate success and plan for next year

Learners - Newspaperman Hat

Who needs to always be both learning and sharing information about bullying?

Counselors need to constantly seek out new information and resources to ensure that the needs of their students are being met (learning never ends)!!!



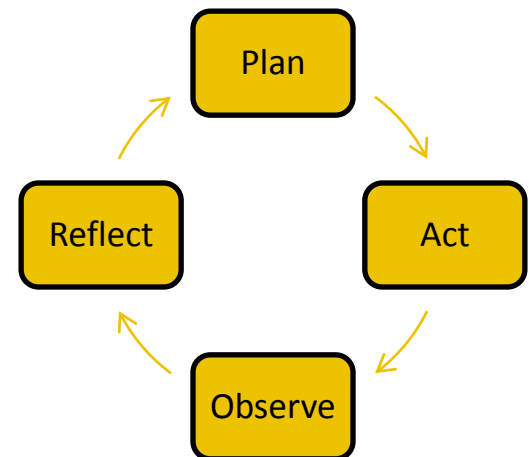
Seeker and sources of data driven information, ideas, resources, activities, and events





PD Classes

- Phase I – data collection and planning for a bullying prevention program
- Phase II – Implementation and assessment
 - Bullying Prevention for Schools by Allan L. Beane, Ph.D. (copyright 2009, ISBN 978-0-470-40701-1)
 - Bullying Prevention & Intervention by Susan M. Swearer, Dorothy L. Espelage & Scott A. Napolitano (copyright 2009, ISBN 978-1-60623-021-3)
- Action Research Model





PD Classes

- Aiea High
- Wahaiwa Elementary
- Aiea Intermediate
- Alvah Scott Elementary
- Kaimiloa Elementary
- Keoneula Elementary
- Heeia Elementary
- Hanalei Elementary
- Kamakahelei Middle
- Farrington High
- Haaheo Elementary
- Kalani High
- Kapolei Middle
- Leilehua High
- Solomon Elementary
- Wahaiwa Elementary
- Lihikai Elementary
- Waena Intermediate
- Mililani High
- Mililani Uka Elementary
- Keonepoko Elem
- Radford High
- Manoa Elementary
- Waipahu High
- Kekaha Elementary
- Waimea Canyon Middle



Lessons Learned

- Collecting data (surveys, focus groups, school data) – many counselors have been surprised!
- The importance of building a good team that represents all stake holders (administration, teachers, staff, students, parents, community leaders).
- Learning about all of the bullying prevention resources and materials that are available.
- Worth the time and effort – especially to see changes!



School Strategies

- Collect Data (survey stakeholders, observations, etc)
- Implement School Climate/Character Ed. programs
- Train all school personnel (cafeteria staff, to bus drivers, teachers, staff, etc.)
- Institute a school-based anti-bullying coordinating team
- Uncover Bullying “Hot Spots” and provide increased supervision (class walk to discover places, neighborhood maps)
- Develop a menu of appropriate and consistent consequences for bullying
- Anonymous “Bully Box”
- Involve parents of bullies and victims (PTA presentations)
- Ad Campaign (posters, who to go to for help, etc.)



Classroom Strategies

- Create a shared classroom definition of bullying
- Develop classroom rules which focus on Bullying
- Utilize an anti-bullying curriculum
- Teach Tolerance
- Implement weekly class meetings
- Mix It Up at Lunch Day
- Student written books with Anti-Bullying message



Student Strategies

- Bully Strategies - social skills, empathy, problem solving, no bullying contracts
- Victim Strategies - social skills, assertiveness training, tips for standing up to bullies (i.e., speak with a calm voice)
- Bystander Strategies - More than one-half the time, bullying stops within 10 seconds of a bystander stepping in to help.



Strategies

Books with bullying themes

- *The One Hundred Dresses*, by Eleanor Estes, Louis Slobodkin, and Helena Estes
- *Touching Spirit Bear*, by Ben Mickaelson
- *Hoot*, by Carl Hiaasen
- *The Giver*, by Lois Lowry
- *The Story of Ruby Bridges*, by Robert Coles and George Ford
- *The Ant Bully*, by John Nickle

Warrior - Samurai Hat

Who needs to always be advocating for students who are bullied?

Counselors need to be ready and willing to go to battle to ensure that all children at their schools feel safe and supported!



Samurai - translated as “to serve,” governed by a code of conduct known as bushido, which emphasized honor, glory, heroism, loyalty, discipline, and service





New Movie

Bully

<http://www.youtube.com/watch?v=1permkYrPnE>



Thank You!