

STAND UP AND SPEAK OUT AT NORTH PAULDING HIGH SCHOOL

A presentation on Bullying



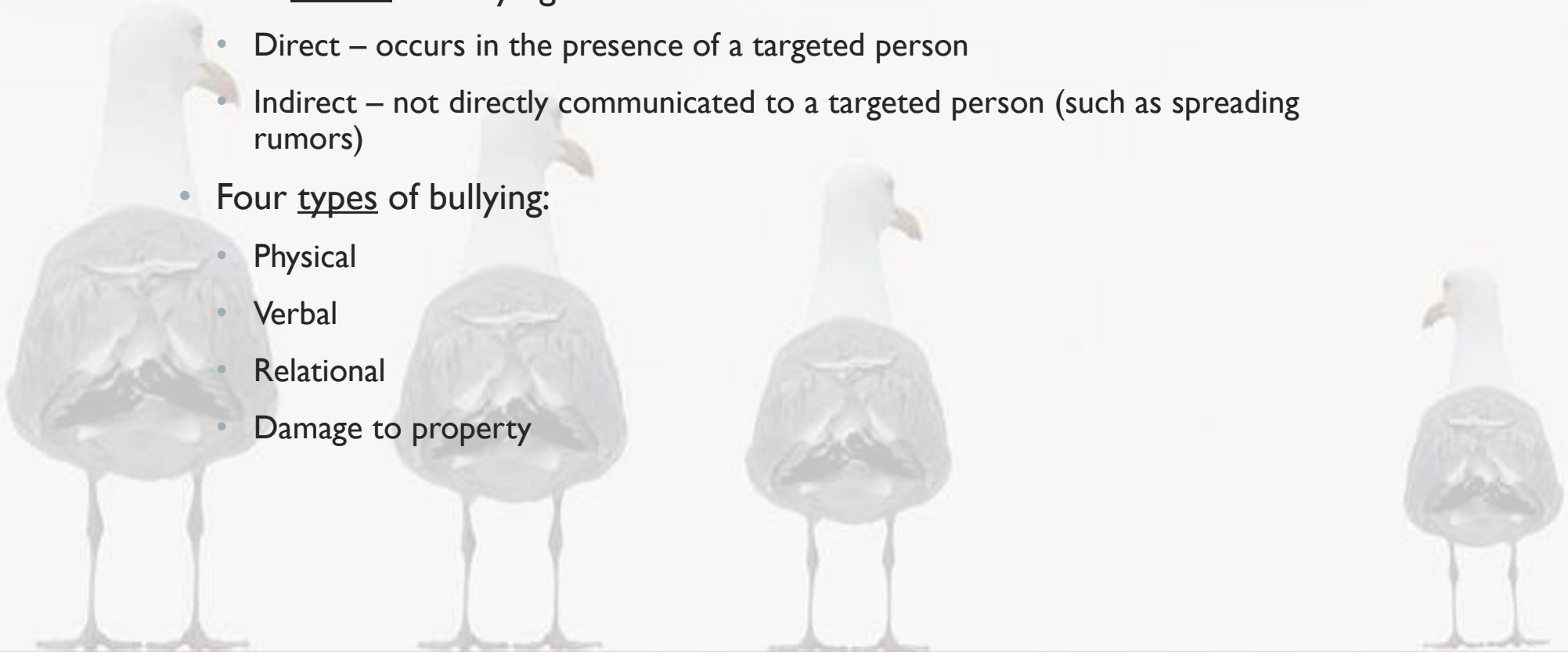
WHAT IS BULLYING?

- Bullying is REPEATED by one person multiple times, by several people in person or online.
- Bullying is INTENTIONAL; it was done on purpose, not by accident.
- Bullying creates an IMBALANCE OF POWER; the targeted student feels like they can't fight back because the other student(s) is bigger, older, more popular, etc.



WHAT IS BULLYING?

- Two modes of bullying:
 - Direct – occurs in the presence of a targeted person
 - Indirect – not directly communicated to a targeted person (such as spreading rumors)
- Four types of bullying:
 - Physical
 - Verbal
 - Relational
 - Damage to property



WHAT IS BULLYING?

- Bullying can happen in any number of places, contexts, or locations. Sometimes that place is online or through a cellphone. Bullying that occurs using technology (including but not limited to phones, email, chat rooms, instant messaging, and online posts) is considered electronic bullying and is viewed as a context or location.
- Electronic bullying or **cyberbullying** involves primarily verbal aggression (e.g., threatening or harassing electronic communications) and relational aggression (e.g., spreading rumors electronically). Electronic bullying or cyberbullying can also involve property damage resulting from electronic attacks that lead to the modification, dissemination, damage, or destruction of a youth's privately stored electronic information.
- Some bullying actions can fall into criminal categories, such as harassment, hazing, or assault.



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.**
- In order to be considered bullying, the behavior must be aggressive and include:
 - **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 and in different situations, even if they involve the same people.
 - **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.



WHAT BULLYING IS NOT

- There are many other types of aggressive behavior that don't fit the definition of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.
- **Peer Conflict:** It is not bullying when two kids with no perceived power imbalance fight, have an argument, or disagree. Conflict resolution or peer mediation may be appropriate for these situations.
- **Dating Violence:** Teen dating violence is intimate partner violence that occurs between two young people who are, or once were, in a relationship.
- **Hazing:** Hazing is the use of embarrassing and often dangerous or illegal activities by a group to initiate new members.



WHAT BULLYING IS NOT

- **Gang Violence:** There are specialized approaches to addressing violence and aggression within or between gangs.
- **Harassment:** Although bullying and harassment sometimes overlap, not all bullying is harassment and not all harassment is bullying. Under **federal civil rights laws**, harassment is unwelcome conduct based on a protected class (race, national origin, color, sex, age, disability, religion) that is severe, pervasive, or persistent and creates a hostile environment.



PREVALENCE

- 1 out of every 3 U.S. Students say they have been bullied at school.
- The most common types of bullying in schools are verbal and social bullying.
- Young people who are perceived as different from their peers are often at risk for being bullied.
- Bullying affects all youth, including those who are bullied, those who bully others, and those who see bullying going on. Some effects may last into adulthood.



EFFECTS OF BULLYING



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- Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.
- It is important to speak with a trusted adult if you are being bullied, or someone you know is being bullied.
- Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, it's not okay!



I MIGHT BE BEING BULLIED

- **SPEAK UP:** If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue.
- Get familiar with what bullying is and what it is not. If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- If you feel like you are at risk of harming yourself or others get help now!



SOMEONE IS BULLYING ME ONLINE OR VIA TEXT MESSAGE

- Remember, bullying does not only happen at school. It can happen anywhere, including through texting, the internet and social media.
- Don't respond to and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
- Block the person who is cyberbullying.
- Report cyberbullying to online service providers.



SOMEONE IS BULLYING ME ONLINE OR VIA TEXT MESSAGE

- When cyberbullying involves these activities it is considered a crime and should be reported to law enforcement:
 - Threats of violence
 - Child pornography or sending sexually explicit messages or photos
 - Taking a photo or video of someone in a place where he or she would expect privacy
 - Stalking and hate crimes
- Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help inform prevention and response strategies.



IF YOU OR SOMEONE YOU KNOW IS BULLIED...

- Report it to a counselor, teacher or administrator as soon as it happens
- If you don't want to make the report at school, you can report with the link on the Paulding County School District Webpage
- You can also make an anonymous report!



WHEN BULLYING IS REPORTED, WHAT HAPPENS?

- The teacher or counselor reports the incident to an administrator.
- An administrator investigates the report by individually interviewing the students involved. Witnesses are also interviewed.
- If bullying is confirmed, discipline is issued to the student who bullied.
- Retaliation for a report of bullying IS PROHIBITED and will be disciplined severely! You are SAFE if you report bullying behavior.
- If a middle school or high school student is disciplined for bullying three times, that student will be sent to the alternative school.



AND NOW A MESSAGE FROM KID PRESIDENT...

- Click to view: [20 Things We Should Say More Often](#)

