

Be Bully Free



Presenter:
Courtney L. Burkey
Peace & Conflict Resolution Specialist
Bully Free Community

Bullying and Millennials & iGeneration (Post-Millennial)

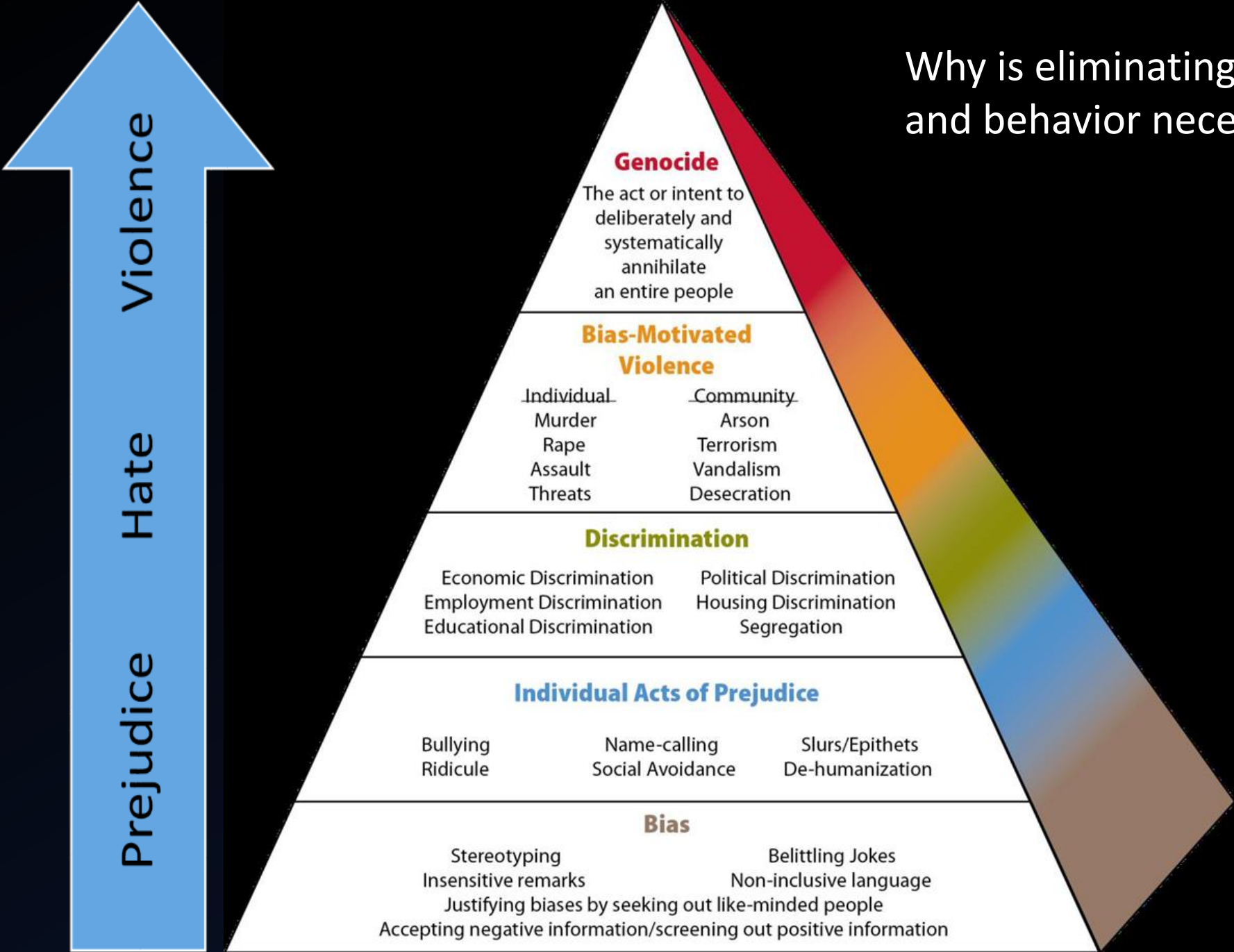
What we think it is...



What it also is...



Why is eliminating bullying culture and behavior necessary?



Be Bully Aware

Aspects of Bullying

- What is bullying
- Causes of bullying behavior
- Effects of bullying on everyone involved
- Signs that child/youth is being bullied
- Signs that child/youth is a bully
- Protecting Your Child
- How we can help support and protect everyone involved

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What is bullying?

PWCS Definition:

Bullying means any **aggressive** and **unwanted** behavior that is intended to **harm, intimidate, or humiliate** the victim; involves a **real or perceived power imbalance** between the aggressor or aggressors and victim; and is **repeated over time or causes severe emotional trauma**. “Bullying” also includes cyberbullying. (Bullying of Students, Policy 733, Regulation 733.01)

Bullying & Harassment:

Bullying overlaps with discriminatory harassment when it is based on race, national origin, color, sex, age, disability, or religion. – Civil Rights Act of 1964

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Bully: Is a person who repeatedly uses words or actions to cause emotional or physical harm to another person or people.

Target (Victim): Is the person who experiences repeated emotional or physical harm from another person or people.

Witness (Bystander): Is the person who observes the bullying behavior.

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Categories of Bullying

- **Verbal:** Say or writing mean statements
- **Social:** Sometimes referred to as relational bullying, involves hurting someone's reputation or relationships
- **Physical:** Involves hurting a person's body or possessions – physical acts of aggression (can be classified as assault)
- **Cyberbully:** Spreading of harmful information or lies about others through electronic technology: email, social networking sites, online chats, blogs, text/media messaging, etc.

Cyberbullying "Goes Viral"

Is a **complex**, generally **anonymous**, **pervasive** attack on an individual. It can come from all directions, **24 hours a day**. To prevent or intervene in a cyberbullying situation we must understand how it occurs.



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Social Combat

Definition: A constant verbal, physical, and cyber fight to the top of the school [or social] hierarchy.

Involves: "It's really not the kids that are psychologically troubled, who are on the margins or the fringes of the school's social life. It's the kids right in the middle, at the heart of things ... often, typically highly, well-liked popular kids who are engaging in these behaviors."

Bully is Victim, Victim is Bully: "The higher students rise on the social ladder, the more they bully other students, and the more other students bully them."

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Signs of Being Bullied

- Torn, damaged, missing clothes or belongings
- Unexplained cuts, bruises and scratches
- Isolation from or lack of friends
- Fear of going to school or participating in peer activities
- Moodiness, sadness, depression, trouble sleeping or frequent bad dreams
- Self destructive behaviors such as running away from home, harming themselves, or talking about suicide

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Signs That Your Child Maybe Bullying

- Using power over another person to get what s/he wants
- Not assuming responsibility for actions/Blaming and or controlling others
- Lacking empathy for others and insensitivity
- Having unexplained extra money or belongings
- Getting into physical or verbal fights; a victim acting out their anger



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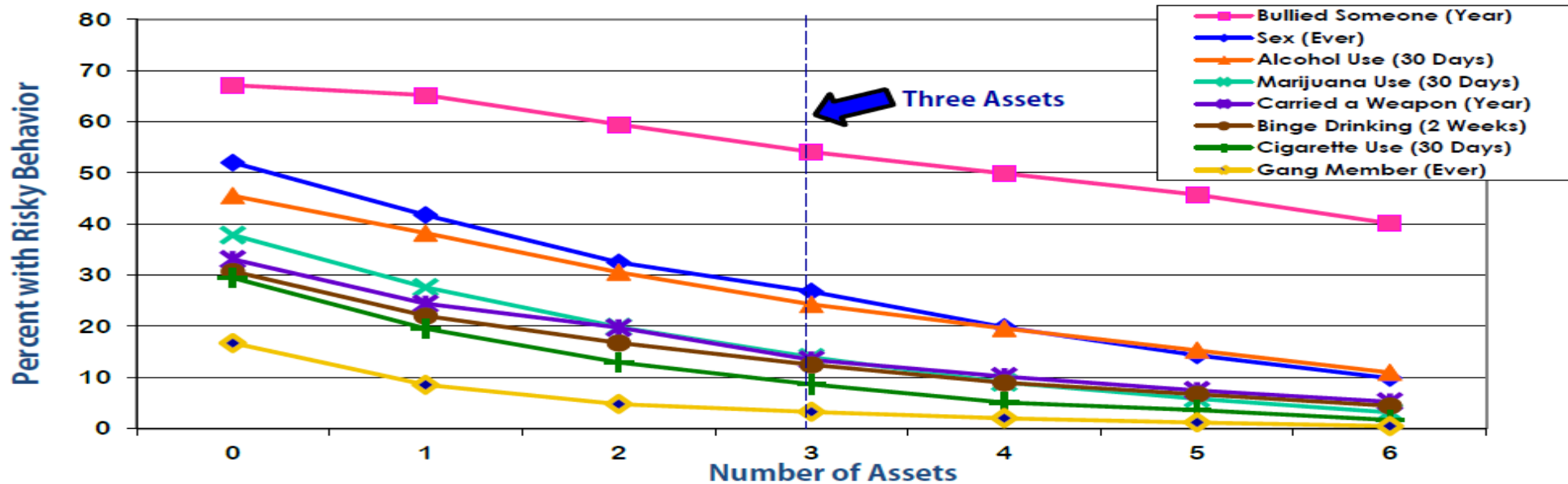
How to Support Your Child in a Bullying Situation

- Help your child develop strategies and skills for handling bullying
- Work together to find solutions and create a plan
- Document ongoing bullying
- Report the incident to the appropriate school or organizational official
- Determine if it is safe (physically & emotionally) for the target to respond to the bully
- Target should explain to the bully what you do not like about his/her behavior, how you want the behavior to change, and what you would like the bully to do instead

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40 Developmental Assets

Three to Succeed Asset Graph for Fairfax County (Grades 8, 10, 12)



Having High Personal Integrity
Performing Community Service
Having Parents Available for Help

Having Community Adults to Talk to
Participating in Extracurricular Activities
Having Teachers Recognize Good Work

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Address the Bullying Behavior

- Show kids that bullying is taken seriously
- Make sure the child knows what the problem behavior is
- Be consistent with expectation of behavior, responding to bullying, and follow-up
- Work with the child to understand some of the reason s/he bullied
- Use consequences to teach appropriate behavior
- Involve the kid who bullied in making amends – the target is the who will determine what is necessary for reparation
- Follow-up and monitor



***Adults are youths' role models, so we
must be the change we want to see.***

Courtney L. Burkey

Peace & Conflict Resolution Specialist

Bio:

Ms. Burkey is a professional conflict resolution practitioner, facilitator, and trainer with experience leading international community-based peace-building initiatives and implementing conflict prevention and conflict resolution mechanisms to reduce the occurrence of violence. She authored and delivered bully prevention/intervention training to Fairfax County, Virginia Government and Public School youth services employees.

Author & Trainer: “A Bully-Free Northern Virginia – A Community of Respect: Bullying Prevention 101,” www.fairfaxyouth.org.


Author & Trainer: “Future Coast, Anne Arundel. What Should Communities Do—or Not Do—about Coastal Flooding and Sea-Level Rise?: Facilitator Guide.” The Future Coast/CASI Project, George Mason University, Fairfax, Virginia, www.futurecoast.info.

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