



Standing Together for Safety, Inclusion and Acceptance



EFFECTIVE STRATEGIES TO ADDRESS BULLYING AND INTOLERANCE

Westside School District



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Bullying includes four important components:

1. Aggressive behavior that involves unwanted, negative actions—both verbal and physical
2. Often, a pattern of behavior repeated over time, although a single serious incident can also lead to devastating results
3. An imbalance of power or strength
4. Sometimes, bullying manifests as exclusion for the targeted student or group



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BULLYING THROUGH TECHNOLOGY

Cyberbullying is when a person is bullied or otherwise targeted by another using the Internet, digital technologies, or mobile phones

Sexting is when sexually explicit photos, videos, or messages are forwarded from a mobile phone or digital device

NOTE: *Sexting of photos of minors is illegal and can be prosecuted as child pornography.*



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INTOLERANCE: WHAT IS IT?

Intolerance occurs when a person or group is targeted for being different within a negative context. Individuals and groups do not have to be present to be negatively stereotyped.

Differences can include: race, gender, sexual orientation, perceived sexual orientation, appearance and disability.

Intolerance manifests through:

- Name calling and teasing
- Bullying and cyberbullying
- Harassment
- Exclusion
- Perpetuation of negative attitudes and stereotypes with future long-term consequences



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BULLYING STATISTICS



- 80% of adolescents report being bullied. Over a third of them both bully and are bullied. *Maine Project Against Bullying 2004*
- Bullying can account for a decrease of 1.5 grade levels in one academic subject over three years. *California Health Kids Survey 2005–2007*



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Students who are different are often the targets of bullying and harassment: Particularly differences of race, religion, real or perceived sexual orientation, and disability.

California Health Kids Survey 2005–2007





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BULLYING AND SUICIDE

- 15% of high school students have seriously considered suicide in the last 12 months.
- 7% report attempting suicide in the previous year.
- Students who are depressed are at the greatest risk for suicidal thoughts, and behavior.

Center for Disease Control (CDC) 2013



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RISK FACTORS FOR SUICIDE

- Family history of suicide or child maltreatment
- History of depression or other mental illness
- Bullying
- Alcohol and substance abuse
- Impulsive or aggressive tendencies
- Isolation
- Local epidemics of suicide
- Easy access to lethal methods



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COMMUNITY CAUTION WHEN ADDRESSING SUICIDE

- Attributing a suicide to bullying or another negative life event can increase contagion risk among vulnerable individuals who have similar experiences.
- Be careful not to make a hero out of the person who took his or her life.
- Don't attribute a suicide death to experiences known or believed to have occurred shortly before the person died.
- Don't risk perpetuating false or misleading information by jumping to conclusions about a particular suicide death.



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HOW CAN YOU SUPPORT YOUR CHILDREN?

- Teach them what bullying is and what it is not
- Encourage them to speak up when bullied and to let you know about it
- Look for warning signs of depression
- Take them seriously and listen to them

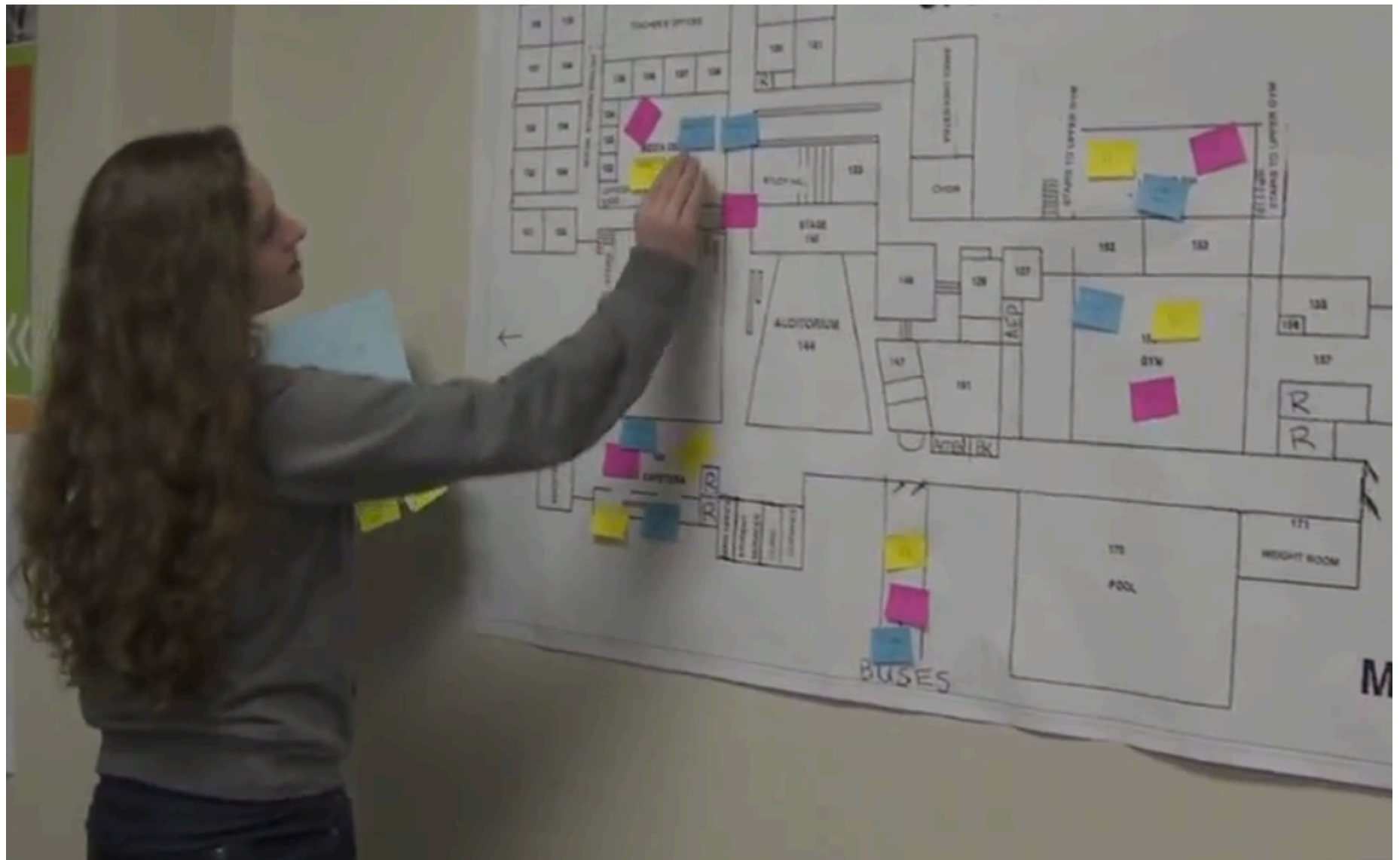
*Keep a connection with your children
through thick and thin!*



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6 WAYS TO RESPOND TO BULLYING

- Rules
- Recognize
- Report
- Respond – Staff, Bystanders
- Refuse
- Replace





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6 WAYS TO PREVENT BULLYING

- Clear behavioral expectations
- Build bridges of understanding
- Teach students to be upstanders
- Students take the lead to find solutions
- Provide mental health services
- Create an identity-safe and inclusive school climate

Not In Our Town: Class Actions





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WESTSIDE SCHOOL DISTRICT BULLYING PREVENTION STRATEGIES

- Student leaders
- Schoolwide focus on 6 R's of prevention and response
- Pledges
- Teach students to be upstanders
- Entire district and whole community involvement
- Sustained yearly action focused on current issues