

"BULLYING **STOPS** WHEN
RESPECT BEGINS"



This is both a Bullying Program and Campaign, *which is based on Research.*

Empirical evidence supports the effectiveness of school-based programs that combine adult training, skill practice for children, school-wide rules pertaining specifically to bullying, and increasing parental awareness of the problem. Research also suggests that friendship acts as a buffer for bullying's harmful effects. Finally, teaching assertiveness, empathy, and emotion management to children promotes their social & emotional development.

WHY STUDY BULLYING?

Bullying has risen to the top of everyone's list of things that are wrong in today's schools. This program/training/campaign will help you address this issue in dealing with staff, students and parents.

WHAT IS THE EXTENT OF BULLYING IN SCHOOLS?

One State has been forced to take drastic legislative action as the result of two bullying incidents. In one, a bully was tormenting his victim on the bus. This was a daily event and it appears that peers and faculty were aware of it. As the victim exited the bus, the bully followed him and punched him. When the victim fell to the ground the bully kicked him. A short time later the victim died as a result of this final attack. At another school, a young man had been harassed and picked on by bullies in his classroom. His parents had attempted to intervene but the school found no way to stop it.

In desperation, the victim stole his Dad's gun and brought it to school. Unlike so many other school shooters, this bully victim went to the front of his classroom and announced that he could not take the bullying any longer. He then put the gun to his own head and ended the ordeal forever.

Around the United States, bullying has been found to be a common factor in almost every school shooting. At Littleton, Colorado the bullying reached the point to where two boys made a video, "**How to Kill Jocks**" as a class project. Their teacher told them that it was not an appropriate topic but took no other action.

Just two weeks prior to the mass murder, these two boys were bullied and pelted with snack cakes while trying to gas their car that they had to drive away without the gas. This level of bullying cannot be present without other students and the staff knowing about it. But no one did anything to intervene.

There are many lawsuits currently pending against school districts for standing-by while students were victimized. Bullying can no longer be considered a normal part of growing-up or a right of passage issue. Schools must become proactive in preventing and resolving bullying or face possibly serious consequences for failing to act.

This campaign is designed to prepare trainers for working with students, their parents and other staff members. The name of this program describes it: **BULLYING STOPS WHEN RESPECT BEGINS**. This is the theme of bullying prevention. Those who lack respect for themselves are more likely to be victims of bullying. Those who lack respect for others are more likely to be bullies. Those who lack respect for their school are more likely to stand-by while others are being bullied. A school that lacks respect for the students or the education process is more likely to tolerate bullying. Therefore, respect is the basis for preventing bullying.

THE 4 PART APPROACH

This program addresses four facets of bullying: **The BULLY, The Victim, The SCHOOL and PARENTS.**

Like other programs, the actions of the Bully will be addressed and corrective actions presented. This is essential because these actions are so detrimental to the educational environment and the well being of the victims. While not advocating the currently popular “Zero Tolerance” approach, bullying cannot be tolerated. Schools are expected to take appropriate disciplinary action to insure the safety of other students and staff. However, the primary focus is on developing internal changes in attitudes that will cause long-term effects from within for the bully, the victim, the school and the parents.

STRUCTURE

This program or curriculum should be embedded. That is, the ideas presented here are not intended to be offered in a class then only discussed when that class is in session. Rather, the concepts are intended to be integral parts of every area of the school experience. Regardless of the class, playground or extra-curricular activity, respect should be taught, expected, reinforced and praised. There should be special times set aside for working through exercises in the provided workbook and once each week students should meet in groups to allow them to look back over the week and admit failures, tell of successes and praise others for acts of respect. These group sessions should be named, perhaps by the students, to provide a catchy phrase or saying that the students can look forward to attending. Some suggestions are: Power Hour, Reflection Section, 13th Period, and so on. The structure and operation of this group should follow a prescribed format to avoid the temptation of allowing the group to “chase rabbits.” A preferred pattern is to follow the slogan: “*RESPECT, Learn it, Earn it, Return it*” or “*Bullying Stops when Respect Begins*”. One or more of the available posters should be displayed with this and other slogan on it so that the entire group can see the pattern expected of them. As each student goes in turn he or she will describe what was learned about respect this week, what was done to earn the respect of others, and what was done to return (or show) respect for others. These groups should be small enough that everyone has opportunity to interact. The teacher facilitator must keep the comments moving and on target.

To learn more about this **EXCITING** Program go to:

<http://KeysToSaferSchools.com/BullyingStopswhenRespectBegins.htm>