Jan21-11
# Bullying: How Educators Can Make Schools Safer
## Schools can reduce incidents by adopting a schoolwide anti-harassment policy with a social and emotional perspective.

by **Barbara Tannenbaum**

Almost one-quarter of all K–12 students experience some form of bullying from their peers on a regular basis. That number, reported by the Chicago-based Collaborative for Academic, Social, and Emotional Learning (CASEL) in a recent publication called "Social and Emotional Learning and Bullying Prevention," is conservative. The figure jumps up to 65 percent when teenagers are the only age group surveyed. That means two-thirds of all teens experience some form of bullying or harassment within the school year, according to a 2009 survey by GLSEN (the Gay, Lesbian and Straight Education Network).

Bullying is not a perennial rite of passage that educators, students, and parents are stuck with. It is, say researchers for CASEL and GLSEN, a physical or psychological torment that includes verbal or physical harassment, social exclusion, and other instances of abuse that create an unsafe atmosphere at school for victims, bystanders, and sometimes perpetrators. The top two leading causes of such abuse? According to GLSEN and Harris Interactive researchers, it's not race or socioeconomic differences (although those are ranked high). Rather, it's the way students look (their perceived or actual appearance), followed by their perceived or actual sexual orientation.

How can educators reduce bullying on campus? According to Mary Utne O'Brien, CASELS's vice president of strategic initiatives and coauthor of the report, schools can reduce incidents by adopting a schoolwide anti-harassment policy with a social and emotional (SEL) perspective. While many states have laws against harassment of gay and lesbian students, O'Brien says it is even more effective when teachers employ SEL techniques in advance of any situation.

"You can't legislate this type of behavior out of existence," says O'Brien. "But you can help students -- both gay and straight -- figure out a strategy of response in advance. That empowers them. It helps them to focus on their schoolwork rather than worry they may become a victim, a snitch, or an embarrassed bystander." That, says O'Brien, is the essence of SEL -- to provide students with the tools to deal with conflicts, to become aware of their feelings, and to create a respectful atmosphere that enables learning to take place. What follows are more strategies that O'Brien highlighted from the CASEL report.

## Set Clear Rules

Dig deep with students and faculty to find out if harassment takes place in your school. Both CASEL and GLSEN point out that most bullying happens under the radar. Teachers don't hear the negative comments that students make. More than half of all bullied students (57 percent) do not report such incidences, believing that educators are powerless to change the situation. But that is not true. O'Brien says the research shows that harassment does decrease when schools publicize their rules against bullying and clarify the reporting procedures.

## Cover Bases

Understand that while hidden, bullying is a group phenomenon. CASEL found that the most effective strategies to reduce harassment include a "whole school," or three-pronged approach: a schoolwide component that offers educators training and the means to monitor their school climate; a classroom component that reinforces schoolwide rules and SEL skill development; and an intervention component to help students, both the targets and the perpetrators.

## Help Teachers

Provide teachers with training. According to CASEL, teachers may feel social pressure to enable, encourage, or participate in bullying. As bystanders, teachers need practice in confronting group norms and how best to address name-calling. Though it might be tempting for teachers to ignore or excuse bullying, they can learn how to actively defend victims using techniques covered in GLSEN Safe Schools workshops ([glsen.org](glsen.org)).

## Think Ahead

Lead your class through a role-playing exercise. "Ask your students, 'What would you do if this happened?'" says CASEL's O'Brien. Help them think through their responses in advance. This gives students the tools to stop the bullying once it starts. "It's infinitely easier to deal with when you've talked it through in advance as a class," says O'Brien. Ultimately, the goal is for the entire school to "create a culture of respect," O'Brien says. "Every child has the right to experience school as a safe place where he or she is free to learn fully and effectively."

**This article was also published in the [April 2010]() issue of *Edutopia* magazine as "How Educators Can Make Schools Safer".**

Advertisement

**Related**

- [Teaching Tolerance: Meet the Teacher Who Started Gay-Straight Alliances]()
- [Resources to Fight Bullying and Harassment at School]()
- [Scared Not to Be Straight: Harassment of LGBT Teens Prompts Antibullying Initiatives]()
- [Emotion in Education: An Interview with Maurice Elias]()
- [Social and Emotional Learning]()

# <u>Latest Blog Posts</u>
[See all Blog Posts]()



# [Innovations in Teacher Prep Programs]()
# <u>by Anne OBrien</u>

Posted January 21, 2011, 3:29 pm EST

- 

## [The Votes Are In: Edutopia's Tech Integration Lesson Contest](#)
**by Mary Beth Hertz**

Posted January 20, 2011, 3:22 pm EST

- 

## [Why Media Literacy is Not Just for Kids](#)
**by Suzie Boss**

Posted January 19, 2011, 1:04 pm EST

- 

## [Middle School Students Taking Pride in STEM Innovations (Guest Blogger)](#)
**by Betty Ray**

Posted January 18, 2011, 7:45 pm EST

- 

## [Escuelas sin Fronteras](#)
**by Milton Chen**

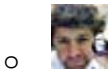Posted January 17, 2011, 5:49 pm EST

- 

## [Social, Emotional, and Character Development: The Heart of Student Learning](#)
**by Maurice Elias**

Posted January 14, 2011, 10:05 am EST

o

# [Five Ideas for Using Pop Culture to Inspire Elementary Students](#)
## [by Gaetan Pappalardo](#)

Posted January 13, 2011, 6:56 pm EST

# Most Popular

1. [Neuro Myths: Separating Fact and Fiction in Brain-Based Learning](#)
2. [To Enable Learning, Put (Emotional) Safety First](#)
3. [Science Shows Making Lessons Relevant Really Matters](#)
4. [Neuroplasticity: Learning Physically Changes the Brain](#)
5. [Year In Review: Edutopia's Staff Picks for 2010](#)

# Most Popular Videos

1. [Project-Based Learning: An Overview](#)
2. [Randy Nelson on Learning and Working in the Collaborative Age](#)
3. [How to Teach Math as a Social Activity](#)
4. [Big Thinkers: Howard Gardner on Multiple Intelligences](#)
5. [An Introduction to Project-Based Learning](#)

# Comments

[laurenatc](#)
Organization / Association
Posted on 3/30/2010 5:51am

Barbara, thanks for writing this excellent article. We could not agree with you (and the statistics) more: bullying is not a right of passage; it is in fact now a public health problem. To add to your great resources, I'm posting a link to [www.bullybust.org](#), a national bully prevention campaign. Educators can sign up for BullyBust's Partner Schools Program to get ongoing access to bully prevention resources, guided activities and contests that promote school-wide bully prevention. The crux of the campaign is empowering students and adults to be upstanders to bullying and harassment, as opposed to passive bystanders who do stand by and do nothing. Would love to see others link more resources in the comments...

This article could not have come at a better time. With the recent suicides in the news over bullying MUST stop! I know schools have bullying programs in place; however, I don't believe they are very effective! I work in a school as an aid and my children go to that school. My son is being bullied by the boys in his grade (5th) by not allowing him to play with him at recess and through classes. He has ADHD

and I feel he is a target. My son does need to work on self control; however, those boys also need to learn self-control. Again, thanks for the information.

Thank you for this timely reminder that we all have a role in making schools safe for everyone. Learning cannot take place in a frightening atmosphere. Assuring all students that they have safe passage through our schools is of prime importance to me in my 34th year of teaching.

http://www.youtube.com/user/getwhatugive

# The Fray "How To Save A Life" - Bullying PSA

From: getwhatugive |

Teacher-made sample PSA media project for 12th grade US Government Class. More 7-12 media and music projects here...
http://www.facebook.com/group.php?gid=71704526084

=======================================

## About this presentation

http://www.slideshare.net/smorra/cyberbullying-5539670

# Cyberbullying - Presentation Transcript

1. Cyberbullying Samantha Morra Montclair Public Schools
2. Benefits of the Internet Keeping in touch Commercial Opportunities Learning Games Researching Shopping Self expression Music Collaborating Quick communication
3. Definition: Cyberbullying Cyberbullying is sending or posting mean or harmful text or images using the Internet or other digital communication devices.
4. Stats 32% of young people have experienced some form of online harassment 15% of young people have reported having private material forwarded without permission 13% had received threatening messages 13% said someone spread a rumor about them online 6% had someone post and embarrassing picture of them online without permission Source: Pew Research Center's Internet & American Life Project

5. Cyberbullying Is different from other forms of bullying A much wider audience Rapid Invasive 24/7 Can be unintentional Has future consequences
6. Why do kids cyberbully Anger Revenge Frustration Boredom Humor
7. Digital Footprints What does the internet say about you? Google Youtube Facebook Socialmention.com Flickr Spokeo eBay FriendFeed Myspace Meebo Twitter Formspring
8. Sites to Watch Formspring http://www.commonsensemedia.org / Chat Roulette http://www.chatroulette.com/ 4chan http://www.4chan.org/ txtspoof.com http://txtspoof.com/
9. In my day... 21st Century Skills are all about teaching our kids to navigate the world as THEY are experiencing it not the world WE experienced. -Will Richardson
10. Protecting Yourself Think before you post Treat your password like your toothbrush Block any person bullying Don't retaliate or reply Don't write it Report to someone Don't forward it Delete it Report it
11. Google Alert http://www.google.com/alerts SafetyWeb http://www.safetyweb.com/ Social Mention http://socialmention.com
12. Whole School Community Issue Promote empathy Understanding and talking about it Make reporting easier Promote the positive use of technology Teach Digital Citizenship Evaluate the impact of anti-bullying strategies
13. Find a "Mantra" Don't write it Cruel is not cool! Don't forward it Delete it Report it Cyberbullying ends with you. Sometimes a message hurts more than a punch. Don't be a bystander. A thousand little tragedies can lead to one big one.
14. Teach Empathy Directions Read this scenario about Kevin and José and answer the questions below. Kevin sends his friend José a short video he made at home, a reenactment of a famous fantasy movie scene. José, laughing at how Kevin looks, shows it to some other boys at school. The boys laugh at Kevin too, and then decide to post it on a video-sharing website. Millions of people then view Kevin's video. Nasty comments are posted. Every day, Kevin goes online to check the site and sees more comments like "idiot" and "fat nerd." Every day, he goes to school and hears similar cruel comments from his classmates. From: http://www.commonsensemedia.org/digital-citizenship/6-8/connected-culture#be-upstanding
15. Get Students Involved
16. Resources Common Sense Media http://www.commonsensemedia.org

Anti-Bullying Resources for Parents and Teachers - CNN.com
http://www.cnn.com/2010/US/studentnews/09/30/antibullying.resource/index.html

Cyberbullying: What Teachers & Schools Can Do-Scholastic
http://www2.scholastic.com/browse/article.jsp?id=3754861

Shrink the Bully  http://www.mcgruff.org/Games/cyberbully.php

My Cyberbullying Bookmarks
http://www.delicious.com/samanthamorra/cyberbullying

17.      Resources That's Not Cool.Com

http://www.thatsnotcool.com/

A Thin Line     http://www.athinline.org/videos

Cybersafety ID the Creep  http://www.idthecreep.com/

 NetSmartz Kids  http://www.netsmartzkids.org

18.      Resources Texting Text Monster - Girlfriend's Story - That's Not Cool

 http://www.youtube.com/watch?v=jGp6fl1LKP8&feature=channel Text Monster - Boyfriend's Story http://www.youtube.com/watch?v=J3n-eD_FdPc&annotation_id=annotation_876528&feature=iv

Sexting Pressure Pic Problem - Girlfriend's Story That's Not Cool
http://www.youtube.com/watch?v=0meBHbUqGjc&feature=player_embedded#

Pressure Pic Problem - Boyfriend's Story That's Not Cool
http://www.youtube.com/watch?v=-e5WQr8BU7Y&annotation_id=annotation_963048&feature=iv

- Top Things Parents Should Know About Their Child and Techn… 1363 views


-  Web 2.0 Presentation 669 views

View all presentations from this user


==============================
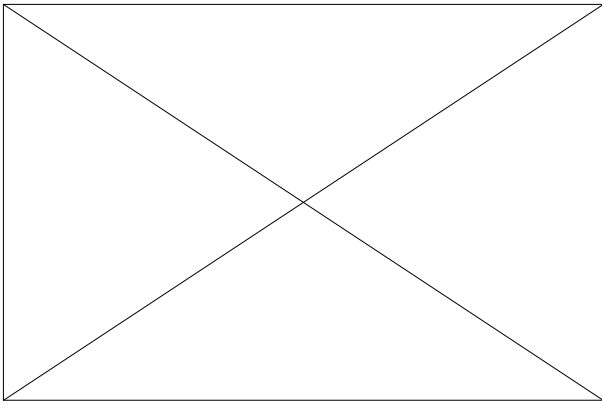
# "no parent wants to admit their kid is a bully,"

*Annie Fox About Annie...* This won't be an easy read. But if the title pulled you in, you may already have some suspicions (or hard evidence) that your kid engages in mean-spirited behavior that hurts others. No parent wants to admit their kid is a bully, but according to a recent U.S. Department of Justice study, 77% of students nation-wide reported having been bullied, verbally, mentally or physically, in school in the past month. Lots of tormentors. Each one is *somebody's* child. Would you know if (s)he was yours?

# Hints that your child may be a bully:

# [Broken kids are breaking all of us](#)

Yesterday my friend Rachel wrote to find out if I'd blogged yet about the cyberbullying incident that ended in a [Rutgers University freshman killing himself](#). I told her the news had really depressed me but that I didn't have any insights that couldn't be found elsewhere. I mean what do you say when (yet another) teen is so victimized by bullies he/she can't figure out what the hell to do to make things OK again and gives up everything just to end the suffering? I've got nothing to say. I'm sitting here crying. The casualness with which these acts of torment are perpetrated absolutely stuns me. But what else is new?

So, no.  I wasn't going to write anything.

Then I watch Ellen Degeneres on video talking about this senseless act of cruelty.

=========================
When adults act like children - 2 attorneys sanctioned for cyberbullying.

http://www.netfamilynews.org/?p=29824 #edchat

# Attorneys sanctioned for cyberbullying

I hope no parent thinks cyberbullying is just "kid stuff." Before we can really expect our children to put a stop to it, we adults will have to stop modeling social aggression ourselves! Case in point (no pun intended): "Two Florida lawyers who called each other a 'retard' and 'scum sucking loser' in escalating email insults [over six months] have been sanctioned by the state supreme court," the ABA Journal reports. Kurt Mitchell in Palmetto, an accident lawyer, was suspended for 10 days and ordered to attend an anger management class, and Nicholas Mooney in Tampa got a public reprimand and was ordered to take a class on professionalism. The Florida Supreme Court's sanctions came after two complaints by the state Bar Association. The St. Petersburg Times provides the details of their pathetic email fight (I won't say "juvenile" because it would be disrespectful of the majority of teens who don't engage in this kind of behavior).

==================================

# IML Quick Discussion Guide: Bullies

Prior to using this Quick Discussion Guide, you and your child may want to do any or all of the following activities on "It's My Life":

- Read the "Practical Guide to Bullies" article
- Play "Beat The Bully" once or multiple times
- Work together to come up with a submission for "You Said It!: Bullies"
- Print out the IML Journal pages "Bullies" and "A Pep Talk for Myself". Complete them together or encourage your child to complete them on his/her own.

Discussion Questions:

- What's your definition of bullying?
- Have you been bullied recently? How did you feel at the time? How have you felt since then?
- What do you think should be done about it? What's already been tried? What worked, and what didn't?
- Did you see someone being bullied? How do you think they felt? What are some words to describe what they might be feeling? Would you have felt the same way if it were happening to you?
- Let's think of things to say to someone in different bullying situations. (Possible situations: name-calling, threatening physical harm, taking something that belongs to them.) Let's think of things to say to a bully if you see them hurting someone else. (Responses should be firm, even, and assertive. Examples: "No", "Stop It", "That's not funny", etc.)
- What can we do to change the way the school/community deals with bullying?

Remember:
--Let your child know that you understand how "verbal" and "relationship" bullying can be just as harmful as physical bullying.

--Avoid the tendency to give advice such as "Don't worry about it", "Don't let it get to you", or "Give her a taste of her own medicine".

--Talk about your own experiences with bullying, both as a child and as an adult. This de-stigmatizes the subject and assures your child that you understand where they're coming from.

Did You Know?

## Statistics from the Bureau of Justice - School Crime and Safety

- 1 out of 4 kids is bullied
- 1 our of 5 kids admits to being a bully or doing some "bullying"
- 43% are afraid of being harassed in a school bathroom
- 80% of the time, an argument with a bully will result in a physical fight
- On playgrounds, a child is bullied every 7 minutes. Adults intervene only 4% of the time. Peers intervene 11% of the time, and 85% of the time there is no intervention at all.

http://d20internetsafetyforparents.wikispaces.com/

**(Click below) Internet Safety Resources for Parents of Secondary Students**

---

## Internet Safety Resources for Parents of Elementary Students

Click on any of the banners below to visit some sites that have great resources to help parents keep their kids safe online. If you are interested in discussing internet safety related issues, feel free to click on the "DISCUSSION" tab above and post your questions or comments.

=Resource for parents of Teens: SafeTeens.com

---

# WiredSafety.org



[Directions how to delete a child's profile from MySpace](#)

---

# OnGuard Online



---

# The Door that's not Locked



---

# Connect Safely



## [A Comprehensive Directory of Online Safety Resources](#)

---

# Kids in the Know



ENGAGE, EMPOWER, EDUCATE

---

# Common Sense: Internet Safety for Elementary School Tips



# You Tube Safety Center



---

# Stop Bullying Now

Contains chart found in presentation "How to Talk to your Kids" - characteristics of a bully



---

## [Internet Safety Technical Task Force at Harvard University](#)

this task force works nationally and internationally with schools, law enforcement, businesses, parents, and adolescents to reduce online victimizations and its real-world consequences.

=======================================================

[http://www.youtube.com/watch?v=_o8auwnJtqE](http://www.youtube.com/watch?v=_o8auwnJtqE)

## Jigsaw: Assembly for 8 10 year olds

==================================

## Spy software? 10 other ways to keep your socially-networked kids safe

[http://www.zdnet.com/blog/btl/spy-software-10-other-ways-to-keep-your-socially-networked-kids-safe/37716?tag=nl.e539](http://www.zdnet.com/blog/btl/spy-software-10-other-ways-to-keep-your-socially-networked-kids-safe/37716?tag=nl.e539)

## Cybersafety In the Classroom

District leaders need to take responsibility for teaching students how to wisely navigate the Internet.
By Kevin Butler
[http://www.districtadministration.com/viewarticle.aspx?articleid=2428](http://www.districtadministration.com/viewarticle.aspx?articleid=2428)
Involving Parents

It's not just teachers and students that are being targeted by Internet safety and security education efforts. As part of its Internet safety program, California's Elk Grove Unified School District, located near Sacramento, holds "Internet safety

nights" at schools for students and their parents, says Web specialist Kathleen Watt.

She adds that, through its adult education division, the district also conducts a more in-depth, three-hour class taught in a computer lab in which adults can take tours of MySpace, Facebook and other technologies as part of an Internet safety and security lesson. "I think it allows parents the chance to ask questions that they are either too embarrassed to ask about or just don't know where to get the information," says Watt, whose district recently adopted the i-SAFE Internet safety and security curriculum.