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For more information...

Visit Kentucky Center for School Safety online:
www.kysafeschools.org

For more information...
Shattering the Myths of Bullying

- **Myth:** Bullying behavior can’t be changed.
- **Reality:** Use a positive approach to change behavior by awarding good behavior in students.

- **Myth:** Those who bully have low self-esteem.
- **Reality:** Research shows those who bully have high self-esteem.

- **Myth:** Those who bully are only from poor backgrounds.
- **Reality:** Those who bully can be from any background.

- **Myth:** Those who bully are all large males.
- **Reality:** 1 out 5 students admits to doing some “bullying.”

- **Myth:** Those who bully are usually poor students.
- **Reality:** Those who bully are not always poor students and they do not always pick on the “good” students.

- **Myth:** Most bullying happens on the way to and from school.
- **Reality:** 43% of fear harassment occurs in the bathroom at school.

- **Myth:** If you stand up to stop those who bully they will quit bothering you.
- **Reality:** Don’t fight back by using that same behavior. It could cause you to be treated even worse.

- **Myth:** If you stop the behavior at school, it will still go on outside of school.
- **Reality:** Stopping the behavior at school will deter the behavior elsewhere.

- **Myth:** If you tell an adult, it will only make the situation worse.
- **Reality:** Bullying can best be stopped by the intervention of adults in authority.

You Can Help

We exist in a world that quietly condones bullying behaviors. Most of the time, no one is there to intervene. You could say that **everyone in the community suffers when bullying behavior occurs.** Bullying is terrorism on a local level.

**Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents.** Parents have the power to make a difference and reduce bullying behaviors, and the Kentucky Center for School Safety wants to help you do just that.

For More Information

Kentucky Center for School Safety

- [twitter](/kcssnews)
- [facebook](/kyschoolsafety)
- (877) 805-4277
- ask@kycss.org

www.kysafeschools.org
Studies on bullying have been done around the world. Norway, Sweden, France, Ireland, Japan, Denmark, United States, Canada, England and Germany have all conducted research into the problems of bullying and its effects on education and on society in general. There are conclusions that we can make from this research. **Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents.**

Victims of bullying must have a support system that makes them feel safe and comfortable in order to report intimidation to those authority figures. This means that any program that is put into effect must have a very strong background that is based on cooperation between various organizations so that those who bully cannot play one system against the other.

**Those who bully cannot be allowed to continue bullying.** They need immediate consequences so that they know that their school has no tolerance for bullying behavior. Consequences should be non-hostile and nonphysical.

If we can stop bullying behavior at an early age, perhaps, our youth can make wiser choices later in life and stay out of the judicial system. “Approximately 60% of boys who were characterized as bullies in grades sixth through ninth had at least one conviction by the age of 24. Even more dramatically, as much as 35% to 40% of former bullies had three or more convictions at this age,” (Olweus, 1991). Given this data, we feel compelled to make every effort to interrupt this behavior pattern in children.

We are encouraged. Research shows that adult interventions work.

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**Who’s the Bully...Not My Child!**

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**Why don’t kids ask for help?**

Kids don’t tell adults they’re being bullied for many reasons:

- Bullying can make a child feel helpless. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers.

For more information: www.stopbullying.gov

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**For More Information**

Kentucky Center for School Safety

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www.kysafeschools.org
What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of a less powerful person and these negative actions are repeated into a pattern of behavior. Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural or ethnic power, level of intelligence, popularity, gender, etc. Bullying is the persistent abuse of an underdog. The child who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless.

Characteristics of those who bully

1. Strong desire for power and control over others.
2. Physical strength greater than average for own age, and greater than victims.
3. Age usually older than victim’s.
4. Average or above average self-esteem.
5. Charming manipulators.
6. Low-average to above-average popularity outside of own group of followers.
7. Remorseless.
8. Continual tormenting of victims.
9. Lack of empathy or understanding for others, lack of conscience.
10. Defiant attitude toward authority, refusal to follow rules sometimes violent behavior toward parents and teachers.
11. Actions become worse when a victim fights back.
12. Thrive on dominance and control.
13. Enjoyment in bullying others.

Alarming Stats:

47% of high school students say they were bullied, teased, or taunted in a way that seriously upset them in the past year (Character Counts Study by the Josephson Institute of Ethics).

The study reports the responses from 43,321 high school students.

Survey says:

Approximately 60% of boys who are bullies in grades 6 - 9 have at least one conviction by age 24.

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Who are the victims?

Many episodes of violent crime have their roots in a bully/victim struggle. However, there are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. Research has revealed that there is another group of individuals who are often targeted as well. These have been “provocative” victims, because they provoke, or hassle others.

Characteristics of Victims

1. Rarely tell about being bullied because they think it will make matters worse.
2. Don’t think adults can or will help.
3. Are repeatedly teased in a nasty way, called names, belittled, ridiculed, intimidated, degraded, threatened, given orders, dominated.
4. Are made fun of and laughed at by others.
5. Get picked on, pushed around, shoved, punched, hit, kicked.
6. Are involved in “quarrels” or “fights” in which they are unfairly defenseless and from which they try to withdraw (maybe crying).
7. Have their books, money or other belongings taken, damaged or scattered around.
8. Have bruises, injuries, cuts, scratches or torn clothing that cannot be given a natural explanation.
9. Are (often) alone and excluded from the peer group during breaks and lunch time, do not seem to have a single good friend.
10. Are chosen among the last in team games.
11. Sometimes carry weapons to protect themselves.
12. Show sudden or gradual deterioration of school work.

Remember...
long-term effects of bullying include:

► Poor academic performance
► Anxiety and loss of interest in socializing
► Aggression or violence toward others
► Depression and suicidal thoughts

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Students: What is bullying?

► Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.
► Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.
► Bullying is the persistent abuse of someone who is weaker. The student who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn’t follow that ideology and anyone can become a victim of bullying.

Are you bullying others?

Have you been guilty of bullying someone else? Place a check in the box next to the bullying action you have participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid’s property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, you might be bullying others. If so, you should go talk to your teacher, or school counselor and work a plan.

Students: What’s with those who bully?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some who bully do it to get attention or things, or to make other people afraid of them.
► Those who bully might be jealous of the person they are bullying.
► They may be being bullied themselves.
► Some who bully may not even understand how wrong their behavior is and how it makes the person being bullied feel.

For More Information
Kentucky Center for School Safety

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**Students: What you can do**

**Tell it or Spell it**
- Talk to your parents or school counselor
- Help others who are being bullied
- Write a letter to your parents or school counselor
- Ask parents if you can look up “Bullying” on the internet
- Talk to your relatives or a trusted adult
- Ask an older brother or sister for advice
- Draw a picture of someone being bullied
- Write a poem or song about how you feel
- Talk to your friends and come up with a plan that involves all of you to stop bullying at your school or in your neighborhood.

**Watch OUT Online!**

In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren’t. If one of your online “friends” wants to meet face-to-face, ask your parents first. If you receive unwanted and nasty emails, texts, IMs or have something posted on a website that makes fun of you, tell a trusted adult immediately...and keep telling until someone listens.

You never should give out any identifying information; like the places you frequent or school’s name or mascot, because people can use personal information to contact you or hurt you.

**For More Information:**
- Kentucky Center for School Safety
  - Website: [www.kysafeschools.org](http://www.kysafeschools.org)
  - Phone: (877) 805-4277
  - Email: ask@kycss.org
Parents: What is bullying?

Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior. Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

Bullying is the persistent abuse of someone who is weaker. The child who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn’t follow that ideology and anyone can become a victim of bullying.

Have they been guilty of bullying someone else?
Place a check in the box next to the bullying action your child has participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid’s property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, your child might be bullying others. If so, you should go talk to your teacher, or school counselor and work a plan. Recognizing bullying behavior in children is the most important step.

How to talk about bullying

Here are a few tips:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely.
- Keep the lines of communication open. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence.
- Model how to treat others with kindness and respect.

For more information:
www.stopbullying.gov

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Kentucky Center for School Safety
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(877) 805-4277
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www.kysafeschools.org
Parents: What’s up with all the bullying behavior?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some who bully do it to get attention or things, or to make other people afraid of them.

• Some who bully might be jealous of the person they are bullying.
• They may be being bullied themselves.

Some who bully may not even understand how wrong their behavior is and how it makes the person being bullied feel.

5 Tips for parents to prevent bullying

1. Be consistent about rules and discipline, and involve your child in setting rules/consequences whenever possible. Explain to them what you expect and what the consequences will be for not following rules BEFORE they are enforced.

2. Use a positive approach to changing behavior by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.

3. Accompany your children to supervised activities and watch how they get along with others. Teach your children non-aggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.

4. Demonstrate values of respect, honesty and pride in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.

5. Model involvement and service in your community for your children by volunteering in a variety of activities as an individual and as a family.

Watch OUT online!

In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren’t and ask your child to meet them. They should tell you immediately if one of their online “friends” wants to meet them face-to-face. If they receive unwanted and nasty emails, texts, IMS or have something posted on a website that makes fun of them, they should tell a trusted adult immediately...and keep telling until someone listens.

Explain they never should give out any identifying information; like they you frequent or school’s name or mascot, because people can use personal information to contact your child or hurt them.

For More Information
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www.kysafeschools.org
Cyber-Bullying: Suggestions for Educators

- Educate your students, teachers, and other staff members about cyber-bullying, its dangers, and what to do if someone is cyber-bullied.

- Be sure that your school's anti-bullying rules and policies address cyber-bullying. (AUP and Student Code of Conduct, Board Policies)

- Closely monitor students' use of computers at school.

- Use filtering and tracking software on all computers, but don't rely solely on this software to screen out cyber-bullying and other problematic online behavior.

- Investigate reports of cyber-bullying immediately. If cyber-bullying occurs through the school district’s Internet system, you are obligated to take action. If the cyber-bullying occurs off-campus, consider what actions you might take to help address the bullying:
  - Notify parents of victims and parents of cyber-bullies of known or suspected cyber-bullying.
  - Notify the police if the known or suspected cyber-bullying involves a threat.
  - Closely monitor the behavior of the affected students at school for possible bullying. Remember — cyber-bullying that occurs off-campus can travel like wildfire among your students and can affect how they behave and relate to each other at school.
  - Investigate to see if the victim(s) of cyber-bullying could use some support from a school counselor or school-based mental health professional.

For More Information
Kentucky Center for School Safety
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Survey Says
- 85% of 13-17 year olds have social media accounts. Even cyber-bullying that happens on these sites away from school can affect the school day and educational process.
Contact the police immediately if known or suspected cyber-bullying involves acts such as:

- Threats of violence
- Extortion
- Obscene or harassing phone calls or text messages
- Harassment, stalking, or hate crimes
- Child pornography

Surf Smart
- Explore the internet with skill and direction!

Share Less
- Keep your personal information private!

Think First
- Interact online appropriately!

Fact
- Cyber-bullying is a serious issue and the Internet's "Virtual Society" is not going away. We have to learn to live in it as responsible global cyber-citizens.

Remember... long-term effects of cyber-bullying include:

- Poor academic performance
- Anxiety and loss of interest in socializing
- Aggression or violence toward others
- Depression and suicidal thoughts

Resource: U.S. Department of Health and Human Services
http://stopbullyingnow.hrsa.gov
Cyber-bullying can range from rude comments to lies, impersonations, and threats, therefore your responses may depend on the nature and severity of the cyber-bullying. Here are some actions that you may want to take after-the-fact.

► **Strongly encourage** your child not to respond to the cyber-bullying.

► **Do not erase** the messages or pictures. Save these as evidence.

► **Try to identify** the individual doing the cyber-bullying. Even if the cyber-bully is anonymous (e.g., is using a fake name or someone else’s identity) there may be a way to track them through your Internet Service Provider.

► If the cyber-bullying is coming through e-mail or a cell phone, **it may be possible to block** future contact from the cyber-bully.

► **Contact your school.** If the cyber-bullying is occurring through your school district’s Internet system, school administrators have an obligation to intervene. Even if the cyber-bullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyber-bullying or watchful for face-to-face bullying.

► **Contact the police** if cyber-bullying involves acts such as:
  - Threats of violence
  - Extortion
  - Obscene or harassing phone calls or text messages
  - Harassment, stalking, or hate crimes
  - Child pornography

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**Survey Says**

► 85% of 13-17 year olds have social media accounts. Parents fear “bullying” on these accounts...

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**For More Information**

Kentucky Center for School Safety

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(877) 805-4277
ask@kycss.org

www.kysafeschools.org
How to Prevent Cyber-bullying

► Discuss with your child openly what is appropriate and what is not appropriate to communicate online.
  ► Don’t give out private information (Passwords, PIN)
  ► Be careful about posting personal information such as name, address and cell numbers
  ► Don’t share buddy lists
  ► Delete messages from people you don’t know
  ► When something doesn’t sound right, leave the chat room
► Assume no digital communication is private
► Use privacy settings on social media sites
► Explain the problems of posting pictures online
► Teach how to identify a threatening communication

Surf Smart
► Explore the internet with skill and direction!

Share Less
► Keep your personal information private!

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Remember... long-term effects of cyber-bullying include:
► Poor academic performance
► Anxiety and loss of interest in socializing
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► Depression and suicidal thoughts

Fact
► 90% of students who had been threatened online had never discussed that possibility with a parent

For More Information
Kentucky Center for School Safety
/tkcscssnews
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(877) 805-4277
ask@kyccss.org

Resource: U.S. Department of Health and Human Services
http://stopbullyingnow.hrsa.gov
Cyber-Bullying: Suggestions for Schools

► Update Policies: Have a Cyber-bullying policy and update your AUP to align with this policy. Clearly spell out definition and consequences. Print in student handbook violations, board policies.

► Form Technology Abuse Committee: This committee is part of the Safe School Committee and it should include the technology people and non-tech savvy personnel. The combination will make the team stronger and get the message across teams within the school. This team will heighten awareness, survey students and staff, and review complaints.

► Professional Development: Train the staff on cyber-bullying and make them aware of the seriousness of this action.

► Teach the Students: Use a comprehensive curriculum of internet safety K-12 to teach cyber-citizenship and about cyber-bullying. Students must be told to inform when report any incident.

► Inform the Parents: Hold a parent night or send home information about cyber-bullying. Solicit their help in this battle to stop cyber-bullying at school and at home.

► Monitor Computer Usage: Along with filtering more monitoring should occur at school. Each teacher needs to assist with this task.

► Evaluate Survey and Violation Data: Annually check the data to assess the gains made in lessening the cyber-bullying problem in your school. If your plan is working successful continue, if the problem is escalating “beef-up” the policies, make sure you are being consistent with violators. Heighten awareness and use the newspaper, newsletters and webpage to get the information to your parents and community.

Fact

► Cyber-bullying is a serious issue and the Internet’s “Virtual Society” is not going away. We have to learn to live in it as responsible global cyber-citizens.

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Cyber-Bullying: Suggestions for Schools

► Contact the police immediately if known or suspected cyber-bullying involves acts such as:
  ► Threats of violence
  ► Extortion
  ► Obscene or harassing phone calls or text messages
  ► Harassment, stalking, or hate crimes
  ► Child pornography

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Survey Says
► 85% of 13-17 year olds have social media accounts. Even cyber-bullying that happens on these sites away from school can affect the school day and educational process

For More Information
Kentucky Center for School Safety

Resource: U.S. Department of Health and Human Services
http://stopbullyingnow.hrsa.gov
Cyber-Bullying: Suggestions for Students

- What to do if you are Cyber-bullied
  - Tell a trusted adult
  - Don’t open messages from people you don’t know
  - Don’t open or read messages from cyber-bullies
  - Don’t react to the bully
  - If it is at school, tell a trusted adult at school
  - Don’t erase the message or images
  - Block the bully
  - Report cyber-bullying to ISP’s
  - If you are threatened, inform the police

- How to Prevent being Cyber-bullied
  - Don’t give out private information such as passwords or PINs
  - Use netiquette. Be polite online and others tend to do so
  - Ignore anyone who gets angry online
  - When something doesn’t seem just right, leave the site or chat room

Think First!
- If you wouldn’t say it to their face, then don’t email or text it! It hurts just the same...

For More Information
Kentucky Center for School Safety
/tkcssonews
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(877) 805-4277
ask@kycss.org
www.kysafeschools.org
Cyber-Bullying: Suggestions for Students

► How to Prevent being a Cyber-bully
  ► Don’t email when you are angry
  ► Don’t email with friends and target someone for entertainment
  ► Don’t forward an email that someone sent as a private message
  ► Don’t post “questionable” pictures of others on your social network sites

**Surf Smart**
► Explore the internet with skill and direction!

**Share Less**
► Keep your personal information private!

**Think First**
► Interact online appropriately!

Contact the police immediately if known or suspected cyber-bullying involves acts such as:
  ► Threats of violence
  ► Harassing phone calls or text messages
  ► Stalking or hate crimes

**Fact**
► Cyber-bullying is a serious issue and the Internet’s “Virtual Society” is not going away. We have to learn to live in it as responsible global cyber-citizens.
Suicide Prevention

Helping Peers Remember

► Don’t be afraid to be wrong

► Just talking to them can make a big difference

► Be concerned if people tell you that they have a detailed suicide plan or have the means to hurt themselves

► Don’t pretend you have the answers

► THE MOST IMPORTANT THING YOU CAN DO… IS HELP THEM GET ASSISTANCE FROM A RESPONSIBLE ADULT

Remember

► The most important thing you can do… Is help them get assistance from a responsible adult
Sexting is the exchange of sexually suggestive messages or images between minors via cell phone. For example, a girl might take an “inappropriate” picture of herself and send it to her boyfriend.

1. Think about the consequences...

2. Never take pictures of yourself that you wouldn’t want everyone to see...

3. Think before you send...

4. Only open from friends...

5. If you... 
Create, keep or send a picture of someone under 18...
It is illegal