

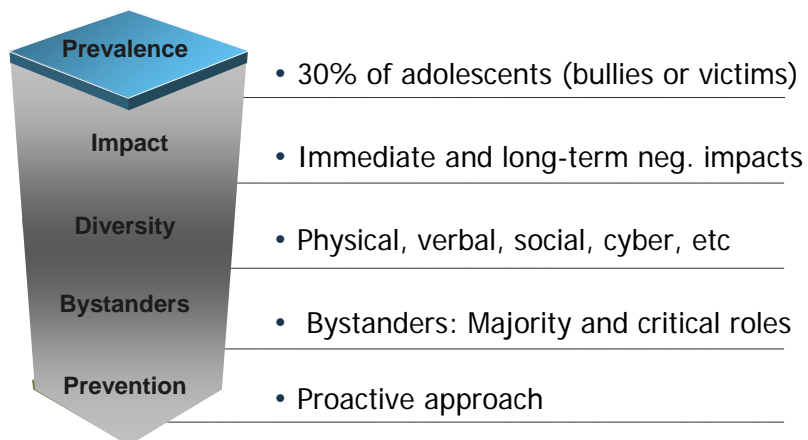
## Infusion of School Bullying Prevention Into Guidance Curriculum



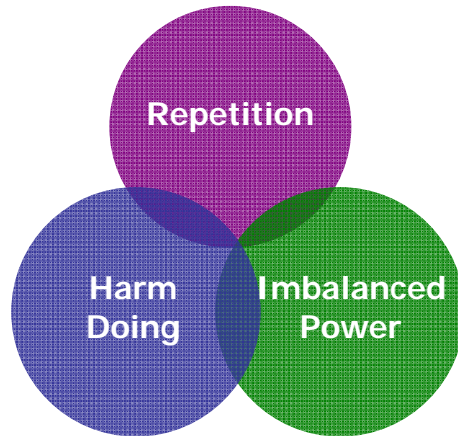
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## Significance of Bullying Prevention Program



## What Is Bullying?: 3 criteria



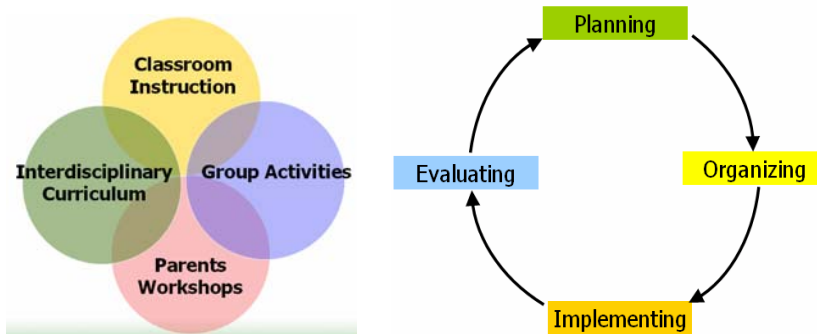
## What Are Bullying Behaviors?

Hitting Kicking Pushing	Physical
Swearing Name Calling Threatening	Verbal
Spreading rumors Rejecting someone Manipulating relationship	Social

## Guidance Curriculum: ASCA

<p><b>Interdisciplinary Curriculum</b> <b>Parent Workshops</b></p>	<p><b>School Level</b></p>	<ul style="list-style-type: none"> <li>• In-service Training</li> <li>• Bullying Prevention Committee</li> <li>• Adoption of school-wide rules</li> <li>• Advisor-advisee Program</li> </ul>
<p><b>Classroom Guidance Activity</b></p>	<p><b>Classroom Level</b></p>	<ul style="list-style-type: none"> <li>• Reinforcement of school rules</li> <li>• Peer Mentoring Program</li> <li>• Increased Supervision</li> <li>• Interventions with bystanders</li> </ul>
<p><b>Group Activities</b></p>	<p><b>Individual Level</b></p>	<ul style="list-style-type: none"> <li>• Interventions with bullies</li> <li>• Interventions with victims</li> <li>• Interventions with parents</li> </ul>
<p><b>Whole-school Approach</b></p>		

## Development of Guidance Curriculum



## Needs Assessment



### School Bullying Survey: Middle School

Instruction 1: **DO NOT PUT YOUR NAME ON THIS SURVEY.** Please read the following statements and indicate how much it is like you by putting an X in the box that best describes you. In this survey you will be asked questions about your experience with bullying. By the word "bullying" we mean:

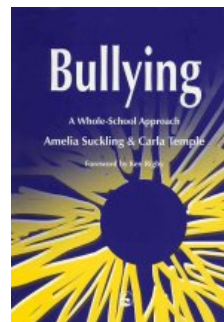
- ✓ **Repeated (not just once) harm** to others by hurting others' feelings through words, rejection by other kids, or by attacking and physically hurting others;
- ✓ It may be done by **one person** or by a **group**
- ✓ It happens on the **school grounds** or on the way to **and from school**; and

- I am currently in \_\_\_\_\_ grade and I am a  boy,  girl.
- Which best describes you?
  - African-American     American-Indian     Asian
  - Latino/a     Caucasian/White     Other \_\_\_\_\_
- I am currently receiving a special education services.  Yes,  No

Scarcely    Sometimes    Many times    Almost

## Classroom Guidance Activities

- ❖ Sample Topics
  - What is bullying?
  - Bullying types
  - Why children bully?
  - Bystander's roles
  - Staying in neutral zone
  - Reporting a bullying incident?
  - Being Buddies
  - Saying "no"



Suckling, A. & Temple C. (2001). *Bullying: A whole-school approach*. London, NI: ACER Press.

## Group Activities

### ❖ Bully Group Characteristics

- Fighting & injured
- Stealing & vandalism
- Drinking & smoking
- Low academic achievement
- High drop-out
- Negative attitude
- Low self-esteem
- Lack of empathy
- Jealousy
- Attention seeking

### ❖ Themes for Bully Group Activities

- Decision-making skills for better behavioral choices
- Self-control skills for anger management
- Self-esteem enhancement by positive approach
- Empathy development (cognitive and emotional)

## Group Activities

### ❖ Victim Group Characteristics

- Fewer friends and weak social relationships
- Lower self-esteem
- Higher rates of depression
- Higher anxiety levels
- Higher absenteeism rates
- More suicidal ideation

### ❖ Themes for Victim Group Activities

- Social-skills training for making friends
- Assertiveness training for effective reactions to bully
- Self-esteem enhancement by positive approach
- Confidence gaining by changing self-defeating thoughts

## Parents Workshop

### ❖ Sample Topics

- Prevalence of bullying.
- Immediate and long-term effects of bullying.
- Diverse bullying types including cyber-bullying.
- Characteristics of bullies, victims, and bully-victims.
- Parents' roles
  - Careful observation of child's behaviors and emotions
  - Firm discipline about aggressive and violent behaviors
  - Consistent reinforcement for helping behaviors
  - Creation of safe and supporting home climate
  - Frequent monitoring of their own behaviors

## Interdisciplinary Curriculum

Bullying  
Awareness  
Week


<b>M</b>	Mr.M has a lesson about rescuers during the Holocaust in <b>history class</b> .
<b>T</b>	Mrs. T has an art activities to make posters about Bullying Free School in <b>art Class</b> .
<b>W</b>	Mrs. W visits class to do <b>classroom guidance activity</b> about Bullying Prevention.
<b>Th</b>	Mr. K has a collaboration activities to increase teamwork in <b>physical education class</b> .
<b>F</b>	Student watch a movie about School Bullying Prevention in <b>assembly</b> .

## Useful Websites

- ❖ Stop Bullying Now
  - <http://stopbullyingnow.hrsa.gov>
- ❖ Bullying UK
  - <http://www.bullying.co.uk>
- ❖ Anti-bullying Alliance
  - <http://www.anti-bullyingalliance.org.uk>
- ❖ Bullying No Way
  - <http://www.bullyingnoway.com.au>
- ❖ No Bully
  - <http://www.nobully.org.nz>
- ❖ Bullying at School Information
  - <http://www.scre.ac.uk/bully/>

## Evaluation

- ❖ Program Evaluation Data
  - Process Data
  - Perception Data
  - Results Data
- ❖ Program Evaluation Method
  - Survey
  - Interview & Focus group
  - Observation
  - Student records
- ❖ Program Evaluation Range
  - Immediate
  - Intermediate
  - Long range



Questions or comments?

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