

Bullying CASA

August 18, 2022
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- Assistant Principal-
- School Administrator for the past 32 years



Who is here?

Everyone can help!

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.



How many adults here today
were bullied as children?

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were bullies as children?

How many adults here
witnessed bullying as children
or knew of someone that was
bullied as a child?



Many Forms of Bullying

- Physical assault
- Intimidation
- Name calling
- Isolation or rumor spreading
- Destruction of property or work
- Theft
- Demands for money
- Sexual harassment
- Online/internet/social media harassment



Not Just Bully and Victim

- Bully
- Bully follower
- Bully supporter
- Passive supporter
- Disengaged onlooker
- Possible defender
- Defender
- Victim
- Bully-Victim



Stats on Bullying

- 28% of children report being bullied
- 6% of children report being cyberbullied
- 13% of children report bullying others
- Boys are more victimized in elementary school
 - Evens out in middle school
- 25% of victims report being bullied about race or religion
- Higher levels of bullying in America
 - 3:1 ratio



Where Does Bullying Occur?

- Most often occurs where adult supervision is low or absent
 - Schoolyards, bathrooms, hallways, stairwells, cafeterias
 - Classrooms and school buses
 - Internet, texting, instant messaging, online gaming, online groups, Facebook



Bullying-Texas School Definition

1. means a single significant act or a pattern of acts by one or more students directed at another student that exploits an imbalance of power and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that satisfies the applicability requirements provided by Subsection (a-1), and that:
 1. has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property;
 2. is sufficiently severe, persistent, or pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student;
 3. materially and substantially disrupts the educational process or the orderly operation of a classroom or school; or
 4. infringes on the rights of the victim at school; and



Cyberbullying

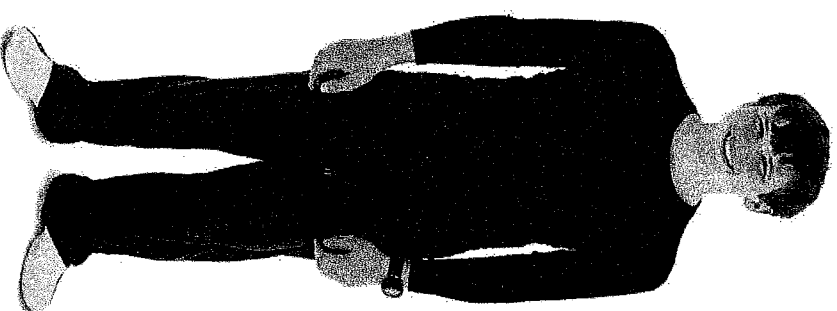
1. includes cyberbullying.

“Cyberbullying” means bullying that is done through the use of any electronic communication device, including through the use of a cellular or other type of telephone, a computer, a camera, electronic mail, instant messaging, text messaging, a social media application, an Internet website, or any other Internet-based communication tool.



What is Bullying?

- Two key components distinguish bullying
 - Repeated harmful acts
 - Imbalance of power



The word "bully" used to mean the total opposite of what it means now? Five hundred years ago, it meant friend, family member, or sweetheart. The root of the word comes from the Dutch **boel**, meaning someone you care about. Big change today!



Why Do People Bully?

- People bully to have power and control over others
- People bully because they think it makes them important, it doesn't, it just makes them mean.
- People bully because they think they can get what they want by bullying others
- People who bully do it because they have learned this from others



Bullying

Bullying Video-Texas Safety and Security Center



Do Texas anti-bullying laws and regulations cover cyberbullying that occurs off-campus?

Yes. Texas anti-bullying laws cover off-campus conduct that occurs off school property or outside of a school-sponsored or school-related activity if the cyberbullying:

1. interferes with a student's educational opportunities; or
2. substantially disrupts the orderly operation of a classroom, school, or school-sponsored or school-related activity.



What are the policy requirements for schools to prevent and respond to bullying behavior?

Texas school districts are required to adopt a policy concerning bullying. School district policies must contain key policy and procedural elements, including, but not limited to:

- Statements prohibiting bullying and retaliation;
- Procedures for notifying parents or guardians of the alleged victim and the alleged bully;
- Statements regarding actions a student should take to obtain assistance and intervention in response to bullying;
- Statements regarding the available counseling options for a student who is a victim of or a witness to bullying or who engages in bullying;
- Procedures for reporting and investigations;
- Provisions related to disciplining of students with disabilities; and
- Statements regarding how the district policy will be publicized within the district.



Do Texas anti-bullying laws and regulations encourage or require districts to train teachers and other school staff on how to respond to bullying incidents?

Yes. Texas anti-bullying laws require district staff development programs to include training on preventing, identifying, responding to, and reporting incidents.



Federal Laws-Bullying

Federal Laws

Although no federal law directly addresses bullying, in some cases, bullying overlaps with discriminatory harassment when it is based on race, national origin, color, sex (including sexual orientation and gender identity), age, disability, or religion. Federally-funded schools (including colleges and universities) have an obligation to resolve harassment on these bases.



Do Texas anti-bullying laws and regulations encourage or require districts to provide safeguards or mental health supports for students involved with bullying?

Yes. Texas school district policies must establish the actions a student should take to obtain assistance and intervention in response to bullying and must set out the available counseling options for a student who is a victim of or a witness to bullying or who engages in bullying. Texas anti-bullying laws also allow for a student who is the victim of bullying to be transferred to another classroom or school campus



Do Texas anti-bullying laws and regulations involve parents in efforts to address bullying behavior?

Yes. Texas school district policies must establish a procedure for providing notice of an incident of bullying to the parents or guardians of the alleged victim and the parents or guardians of the alleged bully within a specified timeframe.

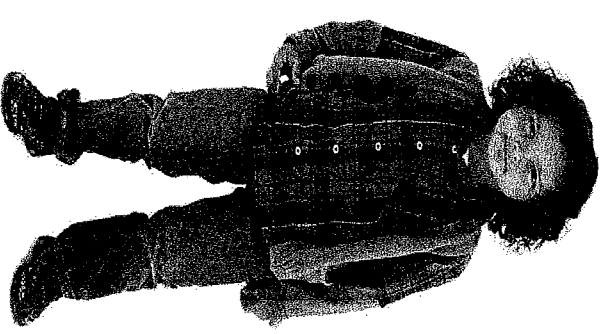


Is My Child Being Bullied?



Signs of Bullying Victims

- Comes home from school with torn, dirty clothing
- Brings home damaged books or other possessions
- Reports things “lost”
- Has cuts, bruises, or scratches
- Seems afraid to go to school



More Signs of Bullying

- Somatic complaints
- Sleep disturbances
- Loses interest in schoolwork
- Appears sad, depressed, or irritable
- Social withdrawal
- Feels picked on or persecuted
- Talks about running away
- Attempts to take protection to school
- Has few friends



Signs of a Bully

- Threatens, teases, or hurts other kids
- Aggressive towards adults
- Impulsive
- Difficulty following rules
- Displays little empathy
- Other antisocial acts



The Bully Profile

- Aggressive, dominant, and slightly below average in reading ability
- Average popularity
- Does not appear to have much empathy for victims
- Without intervention, adolescent bullies grow into adult bullies and tend to have children who bully
- Mixed research on emotional awareness

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What Can You Do if You Suspect Bullying?



Myth: My Child Would Report Bullying

Truth: Most children do **not report bullying to adults**

- Feelings of shame or not wanting to worry parents
- Fear of retaliation
- No confidence for change
- Fear telling will make it worse
- Fear they would not be believed
- It would be worse to be a snitch
- Poor past response



Most Important Mitigating Factor

Parental support



Direct Questions

- “Are there any kids at school who are bullying or picking on you?”
- “Are there any kids at school who tease you in a mean way?”
- “Are there kids at school who leave you out of exclude you purpose?”
- “Is there anyone at school who seems scary to you?”



Talk, Talk, Talk With Teachers and Staff

- “How does my child get along with other students in his class?”
- “With whom does he/she spend free time?”
- “Have you noticed or have you ever suspected that my child is being bullied?”



“My Child Does Not Bully and Is Not Being Bullied”

- Are you sure?
 - Many parents underestimate risks and their child’s involvement in problem issues and overestimate level of communication at home
- Talk about it anyway!
 - Talk about not partaking in the behavior and reporting if it happens



What Can You Do If Your Child Is Being Bullied?



Create a Safe Environment

- Be supportive and empathic
- Don't ignore or minimize
- Never blame or shame
- Listen
- Gather as much information as possible
 - Who, when, where, witnesses, attempts to cope
- Do not criticize or encourage physical retaliation



Work With Your Child

- Ask your child what he thinks should be done
- Encourage walking away and telling an adult
- Encourage assertiveness when appropriate
 - Practice these techniques at home
- Encourage traveling with friends and avoiding areas where bullies hang out
- Do not address bullying publically



Provide Encouragement and Support

- Don't force a meeting between your child and bully
- Do not contact the parents of the child who bullied your child
 - Let the school do this
- Follow up with your child
- Create a safe home environment with open communication
- Help develop your child's positive attributes
- Seek professional help



Work With Your Child's School

- Check your emotions
- Contact your child's teacher and/or principal
- Provide facts
- Work collaboratively
- Find out your school's policy regarding bullying
- Expect the bullying to stop
 - If it does not, contact school officials again



What if Your Child Is Bullying Others?

- Make it clear that you take bullying seriously
- Make it clear that you will not tolerate bullying
- Provide education regarding bullying and its impact
- Ensure that your family rules reflect the same values:
 - Non-physical consequences for rule violations
 - Rewards for positive behaviors
- Increase level of supervision of your child



Stay Involved and Informed

- Find out who your child's friends are and how they spend their free time
- Collaborate with teachers, school counselor, or principal to send a clear message that the bullying behavior is unacceptable and must stop
- Get your child involved in positive, prosocial activities
- Seek professional help, don't ignore



What Can Schools Do?



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Effective School Interventions

- Enlist the school principal's commitment and involvement
- Multifaceted, comprehensive approach
 - Involve the **WHOLE** school
 - Everyone is responsible



Effective School Responses

- Increase student report of bullying
- Develop activities in less-supervised areas
- Increased supervised time
- Stagger recess, lunch, and class release



More Actions for Schools

- Post classroom signs and consequences
- Give bullies constructive tasks during release times
- Provide teachers with effective classroom management



The Good News

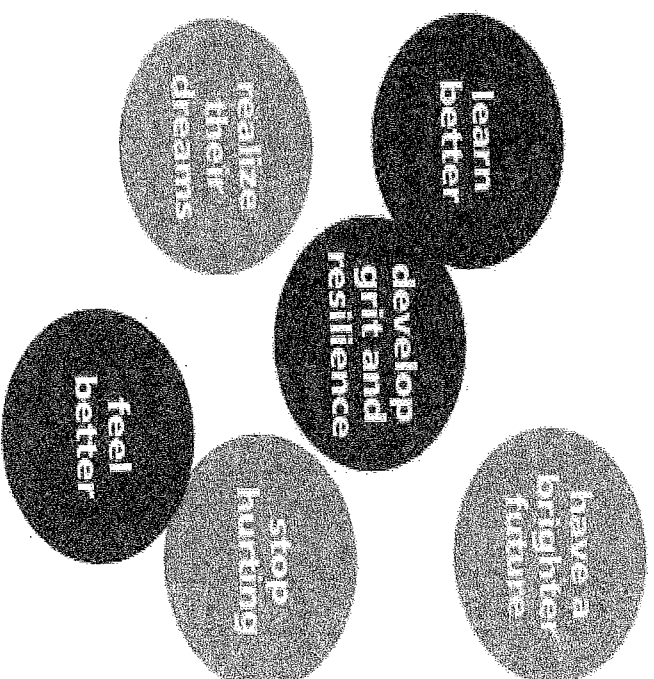
- A review of 26 years of school-based preventive bullying programs indicated a 20-23% decrease in bullying and a 17-20% decrease in victimization

(Leiner et al., 2014)

- You too can make a difference! Get involved!



What We Want For Kids and Teens



Stopbullying

Stop Bullying



Thank you for your attention!

