

# SUSD is Bully Free



## November is Bullying Prevention Month



### School-Wide Implementation Guide

Prepared by

Student Support Services

For November 2021

## **Introduction**

Stockton Unified School District and the Student Support Services Department are proud to have created a multi-faceted approach to Bullying Prevention.

School Counselors deliver social-emotional lessons through the Second Step Curriculum to students on how to recognize and define bullying, understanding how bullying can affect them and their peers, empathize with individuals who are bullied, and understand what they can do when they or someone they know are being bullied.

The PLUS program is a peer resource, trauma-informed, program that trains students to be restorative advocates in preventing and reducing bullying & school violence, alcohol/drug use, suicides, and other risk factors, by promoting opportunities for: prosocial bonding & inclusion. building a strong sense of belonging, and through district-wide prevention and awareness activities (Unity Day, SUSD is Bully-Free month, Suicide Prevention, Say Something Week, No One Eats Alone Day, etc.).

Below you will find resources on how to deal with bullying and cyberbullying, as well as our Bullying Prevention guide for SUSD is Bully-Free Month in November.

SUSD Board Policy [5131.2](#) and [5131.2R](#)

For more information, check out the California Department of Education (CDE) webpage for statewide bullying prevention resources: [Bullying Prevention Training & Resources](#)

Thank you for joining us in celebration “SUSD IS BULLY FREE” this November.

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# Activities for Bully Free Month & Spirit Week IDEAS

**#SUSDisBullyFree #PLUSTalks**

## Spirit Week November 1-5 “Friendship Week”

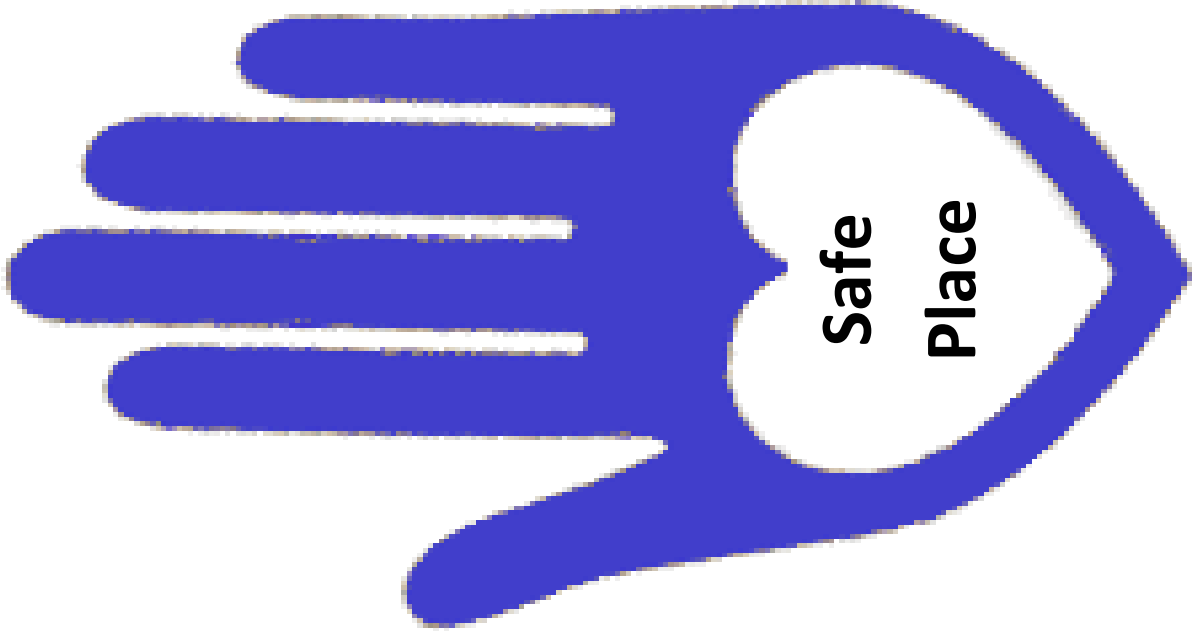
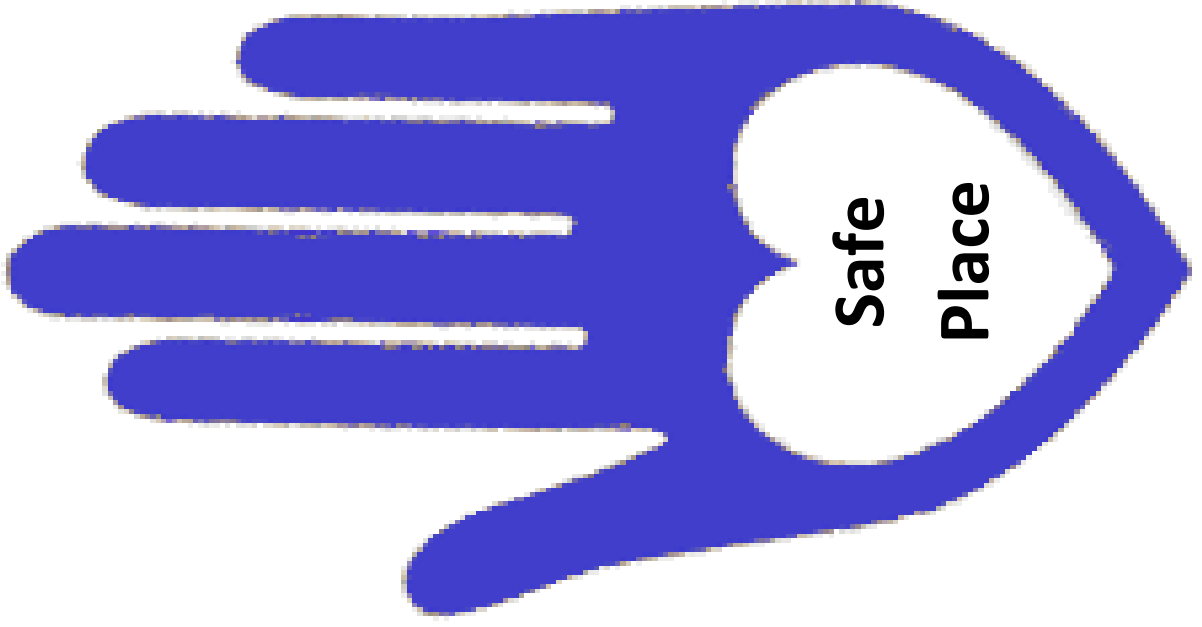
- Class discussion or journal what makes a good friend
- Virtual Mix-it up at Lunch day: have lunch time activities via zoom
- Twin Day, Matching Day, Superfriends Hero Day - take a picture and tag [#SUSDisBullyFree](#) [#PLUSTalks](#)
- Discuss the importance of respect in preventing bullying
- **California Healthy Kids Survey**
  - 6<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders will take the California Healthy Kids Survey (CHKS) online
  - Parent and Staff will take the CHKS too

## Spirit Week November 8-12 “Conflict Resolution Week”

- Discuss Points of View using a story→ [The True Story of the 3 Little Pigs](#)
- Peace Spirit Day→ Wear Tie-Dye
- Digital Unity Slide Show→ Have students design and submit a google slide with images, memes, and/or quotes about solving conflict. Once finished put them together in a slide show and share it out with the school community.
- Discuss civil rights leaders and their contributions.
- Practice problem solving skills and brainstorm multiple solutions
- BE PART OF THE SOLUTION - take anonymous student suggestions about how school can be friendlier, happier, and safer

## Spirit Week November 15-19 “Bully Free Week”

- Chalk the Walk→ write Messages of positivity, kindness, and respect, and acceptance on the sidewalk with Chalk at home (or in the school parking lot if sponsored by site). Take pictures and post them. Include [#PLUSTalks](#) [#SUSDisBullyFree](#)
- YouTube books about anti-Bullying→ Share book links to children’s books about anti-bullying [Spookley the Square Pumpkin](#), [Recess Queen](#), [Juicebox Bully](#), [I am Human](#), [Be Kind](#), [Have you filled a bucket today](#)
- Safe Space→ put a **blue handprint** in your Google Classroom and website to let students know that it is safe to report bullying to you
  - LGBT SAFE SPACE [sign](#)
- Discuss the importance of fairness in preventing bullying
- Celebrate diversity and inclusion for everyone (including LGBTQ)
  - Staff resources for supporting LGBTQ Students [HERE](#)
- Sign a Bully Free Pledge
- Make a bully free Virtual Classroom with your students→ What does it look like, what does it sound like, what information would be in it?



Stockton Unified School District  
Teaching Students About Bullying – Elementary

**Definition of Bullying**

Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.

**The 3 Step Procedure**

If we want students to report bullying to an adult, we need to train them how to respond to bullying and when to report.

**Be an “Upstander”**

The strategy that is most effective at stopping bullying is intervention by peer “bystanders.” Bullying involves imbalance of power which is disrupted when a peer gets involved. Also, when the peer stands up for the student being targeted it helps model pro-social skills and supports the targeted student’s self-confidence.

**Standing Up For Yourself**

<b><u>What To Do</u></b>	<b><u>What Not To Do</u></b>
Keep calm and be slow to take offense.	Don’t cry or act hurt in front of the bully.
Ignore the bully’s behavior when possible.	Don’t lose your temper.
Calmly and confidently tell the bully to stop.	Don’t call the bully names.
Use humor.	Don’t threaten or fight with the bully.
Change the subject or make a distraction.	Don’t make it worse.
Pretend to agree with the bully and “own it” to take the power imbalance away. “I guess so.” “That’s your opinion.”	Don’t get others to gang up on the bully.
Walk away and leave the situation.	
If it continues, report to an adult.	

# **Stop Bullying with The 3 - Step Procedure**



**Step 1 - Ask them to stop.**



**Step 2 – Warn that you will report them.**



**Step 3 - Report them to an adult.**

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# Be an UPSTANDER!

The **SOLUTION** to bullying is for everyone to stand up.

## 1. Don't take part in bullying.



- Don't laugh at teasing
- Don't laugh if someone is hurt
- Ignore the bully, don't give them attention

## 2. Offer support – be an ALLY to someone being bullied.



- Make a distraction or change the subject
- Ask the person being targeted to join you and walk away to another activity
- Offer to help in another way

## 3. Take action against bullying.



- Report the bullying to an adult if someone is being hurt

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## Teaching Students About Bullying – Secondary

### Definition of Bullying

Bullying is unfair and one-sided. It is any statement or act that is intended to harm, is repeated over time, and involves an imbalance of power or status.

### 4 Types of Bullying

1. Verbal Bullying - using words to hurt or humiliate
  - Teasing, name calling, put downs, slurs, Insults, sarcasm, ridicule
  - Threatening, taunting, intimidating
  - Making faces, mean looks, mean gestures, hand gestures
2. Physical Bullying - using physical force to hurt, humiliate, or intimidate
  - Hitting, kicking, pushing, shoving, pinching, holding down, trashing
  - Throwing things, spitting, pantsing, taking or breaking belongings
  - Stealing or extorting money
3. Relational Bullying - using social influence to hurt, humiliate, or exclude
  - Rumors, gossip, whispering, defaming, scape goating
  - Excluding, ignoring, ostracizing, shunning, silent treatment
4. Cyber Bullying - using electronic devices and cyber space to hurt or humiliate
  - Bullying by text, post, e-mail, IM, web blog, social network
  - Posting embarrassing pictures, rumors, forwarding e-mail, IM, or texts

### Be Empowered - Using Assertiveness Skills

Students who can manage their emotions and respond assertively are most effective at stopping bullying targeted at themselves or at their peers. Assertive communication skills are also an important life skill for resolving conflict and maintaining healthy relationships. Assertive communication is fair, respectful, and considers all parties.

### Be an “Upstander”

The strategy that is most effective at stopping bullying is intervention by peer “bystanders.” Bullying involves imbalance of power which is disrupted when a peer gets involved. Also, when the peer stands up for the student being targeted it helps model pro-social skills and supports the targeted student’s self-confidence.

### Standing Up For Yourself

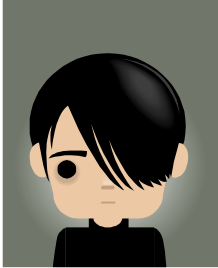
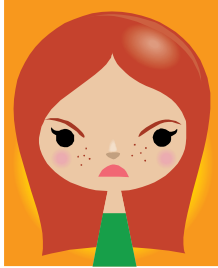
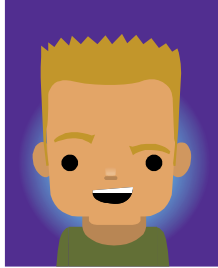
<u>What To Do</u>	<u>What Not To Do</u>
Keep calm and be slow to take offense. Ignore the bully’s behavior when possible. Calmly and confidently tell the bully to stop. Use humor. Change the subject or make a distraction. Pretend to agree with the bully and “own it” to take the power imbalance away. “I guess so.” “That’s your opinion.” Walk away and leave the situation. If it continues, report to an adult.	Don’t cry or act hurt in front of the bully. Don’t lose your temper. Don’t call the bully names. Don’t threaten or fight with the bully. Don’t make it worse. Don’t get others to gang up on the bully. Don’t try to get revenge.



# Be Empowered – Using Assertiveness Skills

## From “Project Toward No Drug Abuse” –High Schools

The way we usually interact with each other (communication style) can fall into three categories:

<b>Passive:</b> (easy to push around, doesn't want to stand up for self)	<b>Aggressive:</b> (pushy and offensive)	<b>Assertive:</b> (clear and confident)
		
Is afraid to speak up	Interrupts and “talks over” others	Speaks openly
Speaks softly	Speaks loudly	Uses conversational tone
Apologetic	“You Statements”	“I Statements”
Avoids looking at people (looks down or away) – may be cultural	Glares and stares at others	Makes good eye contact
Shows little or no facial expression	Intimidates others with facial expressions	Shows facial expressions that match the message
Slouches or withdraws	Stands rigidly, crosses arms, or invades others’ personal space	Relaxes and adopts an open posture and expressions
Isolates self from groups	Controls groups	Participates in groups
Agrees with others, regardless of own feelings	Only considers own feelings	Considers feelings of self and others then speaks to the point
Values self less than others – feels inferior	Values self more than others – feels superior	Values self equal to others – feels equal
Hurts self to avoid hurting others	Hurts others to avoid being hurt	Tries to hurt no one (including self)
Puts the rights of others first, does not stand up for own rights	Stands up for own rights but violates the rights of others	Stands up for own rights while maintaining respect for the rights of others

Being assertive is the most effective way to deal with others. It is not always easy, but when we respond assertively we are clear about what we are saying. When we are assertive, we decrease the chance of conflict, hurting people’s feelings, or getting involved in fights.

# The SOLUTION to bullying is for everyone to stand up.

## 1. Don't take part in bullying.



- Don't laugh at put downs or disrespect
- Don't participate in gossip talk or online
- Don't laugh if someone is hurt
- Don't give your attention to the bully

## 2. Do Offer support – be an ALLY to someone being bullied.



- Make a distraction or change the subject
- Ask the person being targeted to join you and walk away to another activity
- Offer to help in another way

## 3. Take action against bullying.



- Report the bullying to an adult if someone is being hurt

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# Responding to Cyberbullying

Cyberbullying is using a form of technology- internet, online learning platforms, social media, and/or smart devices- to intentionally send hurtful messages or post information to damage people's reputation and friendships.



## Don't Put Yourself at Risk

- ❖ Don't post or send information others could use against you.
- ❖ Watch out for how you are communicating.
- ❖ Be careful not to insult others.
- ❖ Don't hang around places where people treat you badly.

## Be a Digital First Responder

If you see that someone is being cyberbullied or targeted online:

- ❖ **Tell the cyberbully to stop**
  - Let them know it is not ok and that they need to stop
- ❖ **Help the person being cyberbullied.**
  - Post something positive on that persons feed
  - Send a message to them and let them know you are there for them
  - Don't repost the negative posts
- ❖ **Tell a trusted adult.**
  - Parent/Guardian, School Counselor, Teacher, or another adult you trust
- ❖ **Report the bullying to the Social Media platform.**
  - Facebook, Instagram, and Snapchat all reporting guidelines to report bullying or offensive content

## If You Are Being Cyberbullied DON'T RETALIATE!

This only gives the cyberbully a "win" and could make other people think you are part of the problem.

- ❖ **Save the evidence** and try to figure out who the cyberbully is.
- ❖ **Tell the cyberbully to stop:** Calmly and strongly tell the cyberbully to stop and to remove any harmful material or you will take further action.
  - Ignore or block further communications
  - Take threats seriously and get help from an adult immediately
- ❖ **Tell a Trusted Adult:** Get help from your parent/guardian, school counselor, teacher, principal, or another adult you trust
- ❖ **Report the bullying to the Social Media platform.**
  - Facebook, Instagram, and Snapchat all have reporting guidelines to report offensive content

## Think Before You Post!

Is it **T**True?  
Is it **H**elpful?  
Is it **I**nspiring?  
Is it **N**ecessary?  
Is it **K**ind?

OnlineBizSmarts.com



Student Support Services Department  
School Counseling & PLUS Program

# Resources and Websites

## Report Bullying or Harassment on Social Media Platforms

[Facebook Community Standards on Bullying & Harassment](#)

[How to Report Bullying on Facebook](#)

[Instagram and Bullying Prevention & Reporting Steps](#)

[Snapchat Policy & Reporting Bullying or Harassment](#)

[Twitter Reporting Steps](#)

## Bullying

[www.stopbullying.gov](http://www.stopbullying.gov) Tips for kids, teens, and parents, resources for Bullying Awareness Month, educator resources including online training, videos, and lessons

[www.olweus.org](http://www.olweus.org) Website for the research based Olweus Bullying Prevention Program

[www.cfchildren.org](http://www.cfchildren.org) Website for Committee for Children, researcher for Second Step and Steps to Respect social skills, violence prevention, and bullying prevention curricula

[www.circleofriends.org](http://www.circleofriends.org) Circle of Friends, an inclusion program for all students with disabilities, bringing understanding and acceptance of differences on school campuses and within the community and decreasing bullying. Resources for chapters and activities.

[www.glsen.org](http://www.glsen.org) Gay Lesbian Straight Education Network website with resources for students and educators on bullying prevention, also research, media center, and tools and tips

<https://www.glsen.org/activity/thinkb4youspeak-guide-educators-grades-6-12> Educator's guide and videos of celebrities standing up to bullying

[www.nonamecallingweek.org](http://www.nonamecallingweek.org) Celebrated January 20-24, 2020. Get the free activity guide

[www.pinkshirtday.ca](http://www.pinkshirtday.ca) Canada's Bully Prevention campaign that was inspired by students who wore pink to stand up for a classmate that was ridiculed for wearing pink

## Cyber Safety

[www.commonsemmedia.org](http://www.commonsemmedia.org) Newsletter, reviews of movies, games, and websites, education, advice on issues, and policy and advocacy. Curriculum and class activities.

[www.netsmartz.org](http://www.netsmartz.org) Multimedia Internet safety presentations tailored for specific audiences – parents and communities, tweens, teens, and younger children.

[www.nsteens.org](http://www.nsteens.org) Tips, videos, and games for teens

[www.thatsnotcool.com](http://www.thatsnotcool.com) A national public educational initiative to prevent teen dating abuse. "That's Not Cool" focuses on preventing controlling or abusive behavior occurring within the digital universe - online, via cell phone, etc. - and encourages teens to draw their own lines about what is, or is not, acceptable relationship behavior.

[www.onguardonline.gov/features/feature-0004-featured-net-cetera-toolkit](http://www.onguardonline.gov/features/feature-0004-featured-net-cetera-toolkit) This website has a free publication called *Net Cetera: Chatting With Kids About Being Online*. OnGuard Online gives adults practical tips to help kids navigate the online world. This site also has Flash Tutorials on using parental safeguards and other on-line safety features.

<https://cyberbullying.org/resources> Cyberbullying research center website with quizzes, research, and info sheets

[www.netfamilynews.org](http://www.netfamilynews.org) Articles for parents and educators on the latest in technology