

HARASSMENT/BULLYING PREVENTION LESSON

8th Grade 2013



Agenda

Harassment/Bullying

- What are the different types?
- The Bystander Effect
- *Let's Fight Together* Video
- *Have You Ever?* Activity
- *What's Your Story: Cyber-Bullying* Video
- Healthy vs. Unhealthy Relationships
- Student's Rights and Responsibilities
- Tips to Help Yourself and Others
- *An Open Letter to All Bullies: A Jubilee Project PSA* Closing Video

Post-Test



Definitions of Harassment/Bullying

Harassment is....

- Any action or words intended to hurt someone else
- Creating an uncomfortable and unsafe environment

Bullying is....

- When a person or group of people repeatedly use words or actions to intentionally cause physical or emotional harm to another person.



Definitions of Harassment/Bullying

Sexual Harassment is....

- Unwelcome and repeated sexual advances; unwelcome touching and/or persistent requests for dates or other social or sexual activities; requests for sexual favors; vulgar and/or abusive comments; sexual jokes, comments and stories; and other verbal or physical conduct of a sexual nature that can create an unwanted, hostile environment. It refers to conduct that is not welcome and is intimidating and offensive. (Regulation 2940)

Cyber-Bullying is....

- The use of technology such as the internet and cell phones to degrade or humiliate another person or group.



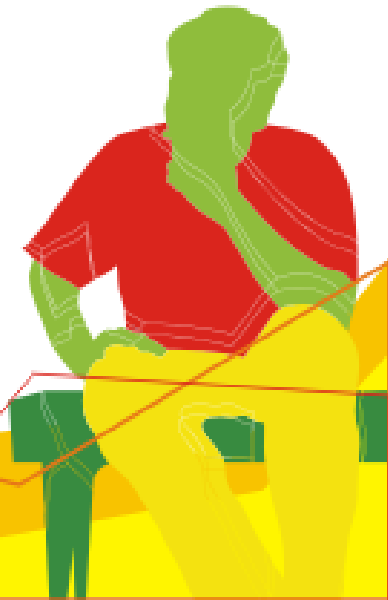
What Are Examples of Physical Harassment?

- Pushing
- Poking/Pinching/Prodding
- Shoving
- Fighting
- Tripping
- Invading personal space
- Throwing objects at the person
- Brushing up against someone



What Are Examples of Verbal Harassment?

- Inappropriate humor about sex, race, gender
- Repeated insults
- Gossiping/Rumors
- Creating lies/stories about someone
- Threats
- Suggestive or insulting sounds
- Inappropriate whistling



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What Are Examples of Non-Verbal Harassment?

- Obscene gestures
- Unwelcome or obscene facial expressions
- Suggestive looks at someone
- Any written messages via Notes, Journals
- Following/Stalking someone
- Graffiti
- Hanging offensive signs or notes



What Are Examples of Cyber-Bullying?

- Any written messages via Notes, Journals
- Instant Messaging via GChat, AOL IM, FB chat
- Wall postings via Facebook
- Twitter arguments
- Texting/Sexting
- Posting pictures via IM, FB Wall, or cell phone
- Online gaming via WoW, Second Life, Syms, Video Gaming (Halo, Gears of War, Call of Duty)



Why
Are
Non-Verbal Harassment
And
Cyber-Bullying
Often Linked
Together?



What are Examples of Sexual Harassment?

- Inappropriate humor about sex, race, gender
- Sexual Rumors
- Suggestive comments or Insulting sounds
- Suggestive looks
- Obscene gestures
- Sending written comments or pictures that are of a sexual nature
- Forced sexual contact or assault
- Inappropriate touching and/or hugging
- Brushing up against someone



Sexual Harassment vs. Flirting

WHAT
IS THE DIFFERENCE
BETWEEN
SEXUAL HARASSMENT
AND
FLIRTING?



Sexual Harassment vs. Flirting

Sexual Harassment

- Illegal behavior
- Unwelcome
- Victim feels “bad”, ashamed
- One-sided
- Controlling, Demeaning

Flirting

- Legal and acceptable
- Both people welcome
- Doesn't feel bad
- Equal
- Trusting and Understanding

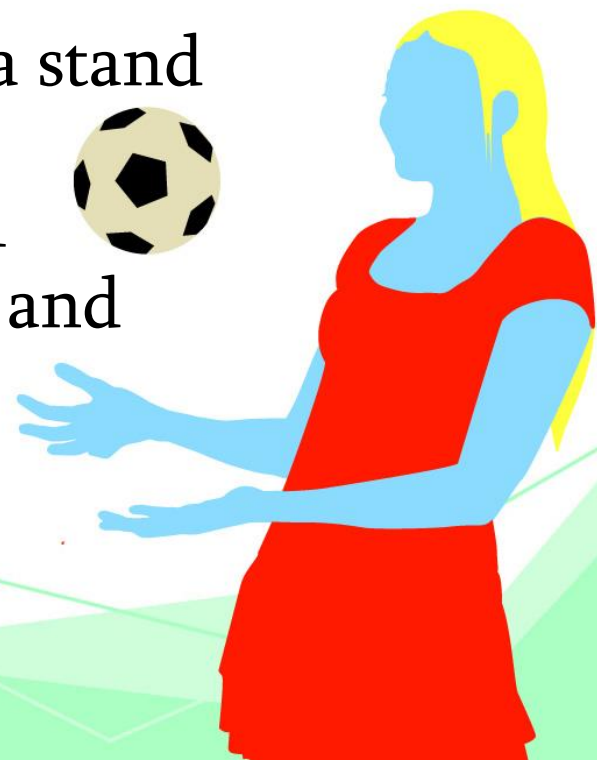


WHAT
IS
THE BYSTANDER EFFECT?



The Bystander Effect

- A recent study showed that friends of the victim are present 85% of the time when the victim is being harassed/bullied, but that the friends only tried to help their friend/victim 10% of the time.
- Most “bystanders” feel afraid to take a stand and if it’s their friend who is being harassed/bullied, the “bystander” will pretend they don’t know that person and sometimes, will even cheer the harasser/bully!



The Bystander Effect

- Did you know that there are TWO social influences happening when you and your friends watch someone being bullied?
 1. You think that since everyone is doing exactly the same thing (which is nothing), then you should too!
 2. You think, “Well, someone else will go get help. I can just stay and watch.”
- Harassers/Bullies thrive on power and control, being questioned by other people throws them off balance. It only takes **one person** to take a stand and mobilize others to take action!!



Cyber-Bullying Video

“Let’s Fight It Together”



1. What types of harassment/bullying could you identify from the video?

A. Physical

B. Cyber-Bullying

C. Nonverbal

D. Verbal



Answer: False

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2. Gossiping makes you popular.

True

False



Answer: False

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3. Cyber-Bullying is not as hurtful as bullying someone face-to-face.

True

False



Answer: False

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*4. Cyber-Bullying is anonymous,
so you can't get caught.*

True

False



*5. What could you do if
you were his friend?
(multiple choice)*

- A. Gossip about it with your friends on Facebook
- B. Tell an adult on his behalf
- C. Ask him if he needs someone to talk to
- D. Join in on the name calling
- E. B and C



*Who do you think bullies
(physical/verbal) more?*

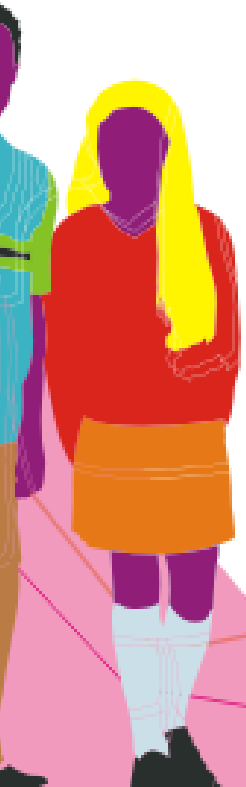
Boys

Girls

Both



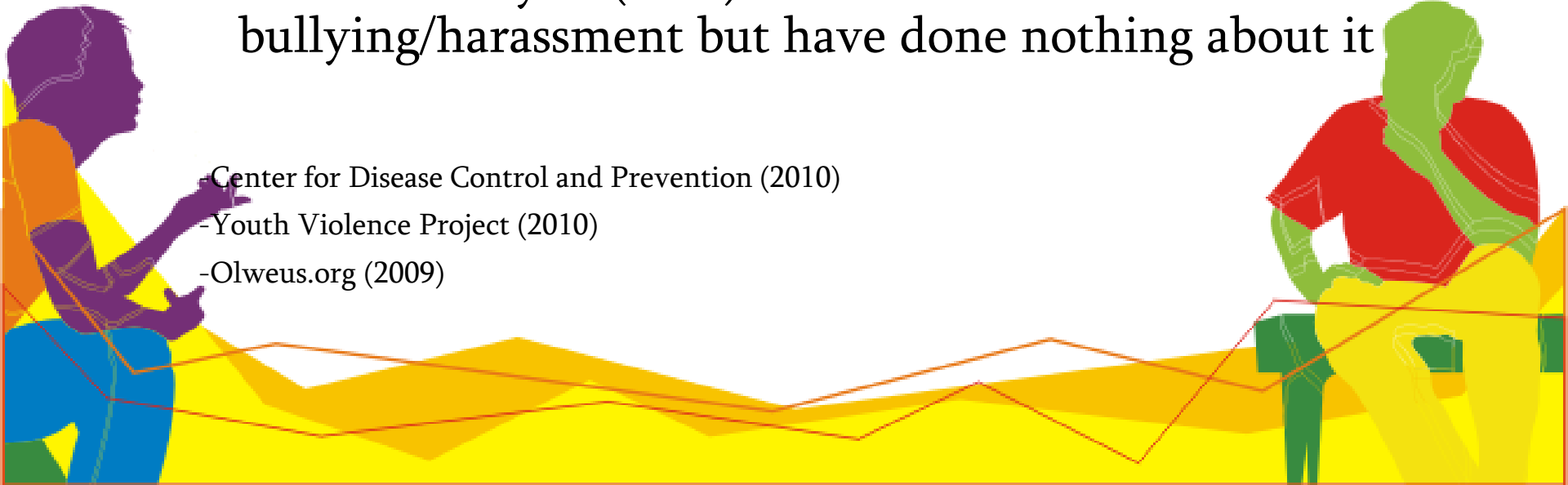
Physical/Verbal Bullying
is
EQUAL
among
Boys and Girls



The Reality of Harassment/Bullying

- One in four youth report being verbally, physically, emotionally, or sexually harassed each year.
- Two out of three students who are victims will become bullies.
- Majority of students who bully have been victims of past bullying (i.e, the bullying cycle)
- Over half of you (56%) have witnessed bullying/harassment but have done nothing about it

-Center for Disease Control and Prevention (2010)
-Youth Violence Project (2010)
-Olweus.org (2009)



Have You Ever...?



Have You Ever...?

- Sometimes you can be the victim and as the bully
 - Technology is very easy to use as both to attack and to hurt people
- Technology isn't bad...

So how can we use it more responsibly?



Cyber-Bullying Video

“What’s Your Story:
Cyber-Bullying”



Have you ever said something you wished you could take back?

Even the smallest gesture or comment can make the greatest difference in someone's life.



Who do you think Cyber-Bullies more?

Boys

Girls

Both



Girls Cyber-Bully MORE Than Boys

WHY?



Girls usually bully within their circle of friends. Give some examples of common “girl bullying” behaviors:

- Gossiping
- Name calling
- Rude stares
- Ignoring/Left out



Boys usually bully outside their circle of friends. Give some examples of common “boy bullying” behaviors:

- Pushing
- Fighting
- Threats
- Rude gestures
- Yelling out/Being loud

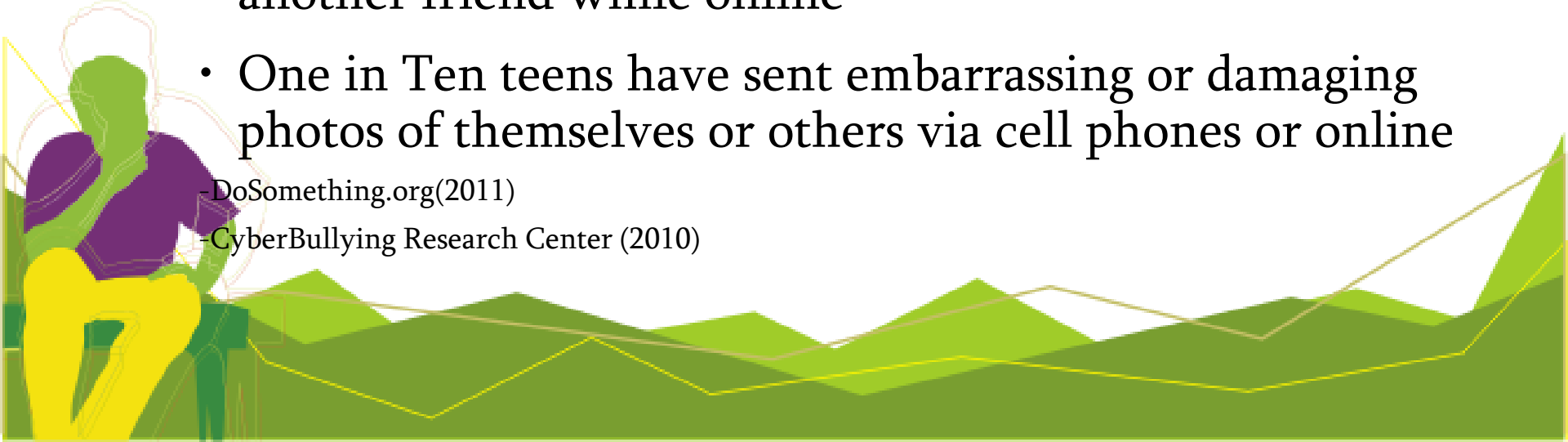


The Reality of Cyber-Bullying

- Four of ten middle school students have had their passwords stolen and either locked out of their account or have communications sent by people posing as them
- 43% of students have been bullied while online
- Girls are twice as likely to be victims as they are to bully online
- Nine out of ten of you have said hurtful things to another friend while online
- One in Ten teens have sent embarrassing or damaging photos of themselves or others via cell phones or online

-DoSomething.org(2011)

-CyberBullying Research Center (2010)



RELATIONSHIPS

Unhealthy Traits:

- Constantly yelling, name calling, putting down each other
- Gossiping, spreading rumors
- Controlling how someone dresses or acts
- Constantly calling/texting to see where you are, who you are with
- Ignoring or giving you the silent treatment when they are mad at you
- Slapping, hitting, shoving/pushing you when they are mad
- Un-wanted touching or sexual activity

Healthy Traits:

- Respect – Open and Honest about expectations and feelings
- Trust/Honesty – Believing in the person in terms of what they say and who they are
- Negotiation/Compromise - There is always a solution in a situation
- Anger Management – walking away, counting to five, having a conversation when calmer
- Anger Control - Think before acting out in anger
- Privacy – Respect a person's right to privacy
- Active Listening – If the person says “no”, you need to listen



Student's Rights and Responsibilities

The following shall result in disciplinary measure up to and including a 10-day suspension and recommendation for expulsion (p. 21):

1. Improper touching
2. Fighting, making threats, stalking, or intimidating, including bullying
3. Mob assault



Student's Rights and Responsibilities

The following shall result in an automatic 10-day suspension and recommendation for expulsion (p. 22):

1. Sexual assault or battery upon any person
2. Use of a weapon to cause or attempt to cause injury



Student's Rights and Responsibilities

The following shall result in disciplinary action at the discretion of the principal (p. 21):

1. Inappropriate language
2. False information and/or accusations
3. Endangering the well-being of others
4. Harassment or intimidation based on, but not limited to the person's race, color, religion, national origin, sex, disability, personal or physical attributes, or matters pertaining to sexuality, including sexual orientation



Types of Consequences

1. Home Consequences: Grounded, Cell phone/Gaming Console/Computer taken away, Activity Restrictions
2. School Consequences:
 - a) Detention
 - b) Suspension
 - c) Expulsion
3. If Harassment/Bullying Continues:
 - a) Police Notification
 - b) Restraining Order
 - c) Juvenile Detention (Jail)
4. Now on Official Record – Other Consequences:
 - a) College Acceptance Difficulties
 - b) Job Difficulties
 - c) Home Ownership Difficulties



Tips to Help Yourself and Others

- Walk away – encourage others to walk away too!
- Don't delete text msgs, instant msgs, FB/Twitter msgs, and / or emails as you can use this as evidence!
- Keep track of incidents and/or record how often the bullying/harassment occurs which can be used to help
- SPEAK UP!!! Tell the harasser/bully that they are wrong.
- Be a good friend to the student who is being harassed/bullied. Support and encourage.
- Talk to a trusted adult! Everything is confidential – we do not use names and we take retaliation very seriously.
- Get help as soon as possible



People Who Respect Each Other:

- Are open and honest about feelings and expectations
- Try to put themselves in others' situations
- Give each other the benefit of the doubt
- Take time to cool off, listen, and talk things out
- Break down a problem and look for win-win solutions
- Think before speaking or acting out in anger
- Give and get respect



Cyber-Bullying Video

“An Open Letter to All Bullies:
A Jubilee Project PSA”



Together we can ...

- Stand up to bullying
- Ensure an adult knows what is going on
- Create a positive community



POST TEST



RESPECT. GIVE IT. GET IT.

