



BOYS & GIRLS CLUBS
OF THE ANTELOPE VALLEY

Bullying Prevention

Studies generally show the 15-25% of students are bullied in-person and the number grows to 40-50% for cyberbullying on a daily basis. Students who are bullied are more likely to suffer from depression, mental health problems, suffer academically, have low self-esteem and other social problems. It has been known for decades that children need to be in safe, supportive learning environments to thrive. Most school and childcare staff feel that it is “their job” to intervene when witnessing bullying. However, why is bullying still so prevalent; most adults don’t recognize some behaviors as bullying and that bullying is misidentified as applying discipline to a perpetrator. There is no one to blame for the state of bullying, yet everyone is responsible. Effectively addressing a bullying problem requires a culture change; a true culture change takes time, but there are a few key steps to help get started.

Defining Bullying and Forms

Bullying can be characterized as:

Intentional - Unwanted, aggressive behavior intended to cause harm

Repeated - The unwanted behavior is repeated multiple times or has the likelihood to be repeated many times

Power imbalance - Involves an imbalance of power between the target and perpetrator(s) based on a student’s real or perceived race, color, weight, religion, disability, sexual orientation, gender, etc.

Bullying can also be demonstrated in many forms such as:

Direct - Includes, but is not limited to, verbal abuse or physical aggression

Indirect - Includes, but is not limited to, name calling, social isolation, defamation, and rumor spreading

Cyberbullying - Any type of bullying that is carried out through electronic media

Examples of Bullying

There are several different types of bullying experienced by students; some are obvious while others go undetected or are dismissed as conflict. Being able to recognize bullying will help in preventing or stopping the cycle of bullying and help build a better climate of acceptance. Examples include:

Verbal	Social	Physical	Cyberbullying
- Made fun of, called names, or insulted	- Leaving out/exclusion	- Pushed, shoved, tripped, or spit on	- nasty gossip or rumors
- Property was taken or destroyed	- Embarrassing someone in public	- Taking or breaking someone’s things	- deliberately excluding others online
- Threatened with harm	- Spreading rumors or lies	- Making mean or rude hand gestures	- abusive or hurtful texts, emails or posts, images or videos



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Team Tailgate Meeting Week of 4/12/2021

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What We Can Do

As educators there is no cookie-cutter program that will eliminate bullying for good; however, there are practices that we can put into play to create a better climate to promote acceptance and prevent bullying before it starts.

- **Recognize and understand what bullying is and the type of bullying that is affecting students in the Club**
 - look for as warning signs that some of your students are being bullied such as changes in habits, unexplainable injuries, decreased self-esteem, etc.
- **Establish a safe school climate**
 - Establish a culture of inclusion and respect that welcomes all students. Reward students when they show thoughtfulness and respect for peers
- **Respond when bullying happens**
 - Stop it on the spot - Intervene immediately. It is ok to get another adult to help. Separate the kids involved, make sure everyone is safe and model respectful behavior when you intervene.
 - Find out what happened - Keep all the involved children separate and get the story from several sources, both adults and kids. Listen without blaming and don't call the act "bullying" while you are trying to understand what happened.
 - Support the kids involved – Listen and focus on the child giving assurance that bullying is not their fault. Work together to resolve the situation and protect the bullied child.
- **Address bullying behavior**
 - Make sure the child knows what the problem behavior is - Young people who bully must learn their behavior is wrong and harms others.
 - Show kids that bullying is taken seriously
 - Use consequences to teach - Consequences that involve learning or building empathy can help prevent future bullying. Leading class discussions on how to be a good friend or role-playing a scenario about the importance of respecting others, the negative effects of gossip, or how to cooperate is a great way to teach
- **Avoid strategies that don't work or have negative consequences.**
 - Zero tolerance or "three strikes, you're out" strategies don't work - Suspending or expelling students who bully does not reduce bullying behavior
 - Conflict resolution and peer mediation doesn't work for bullying - Bullying is not a conflict between people of equal power who share equal blame
- **Follow-up**
 - After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good friend.

Information gathered from stopbullying.gov

Please visit for more information and tips on how to create a more accepting environment