



BULLYING DEFINED
WINDSOR HIGH SCHOOL

INTRODUCTION

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- School Counselor for students H- K
- Part Time Interventionist
 - Plato Coordinator(Credit Recovery Program)
 - Colorado Online Learning Coordinator
 - MTSS School Representative (Multi Tiered Systems of Support)
 - PBIS or Culture & Climate at WHS
 - Shift Team (Data, sub committees for decision making, universality)

AGENDA

1. Define Bullying
2. Complaint, Conflict, or Bullying: Differentiate Activity
 1. Scenarios
 2. Share out
 3. Perception
3. Cyberbullying Defined
4. What Bullying is Not
5. Prevention
6. Windsor High School Procedures
 1. Behaviors Defined
 2. Investigation Forms
 3. Student Behavior Management Process
7. Tips for parents
8. Questions

BULLYING DEFINED: HOUSE BILL 11-1254

According to HB 11-1254, "Bullying" means any written or verbal expression, or physical or electronic act or gesture, or pattern thereof, that is intended to coerce, intimidate, or cause any physical, mental, or emotional harm to any student. "Bullying" is prohibited against any student for any reason, including but not limited to any such behavior that is directed toward a student on the basis of his or her academic performance; or against whom federal and state laws prohibit discrimination upon any of the bases described in section 22-32-109 (1)(11)(I).

*Taken from the Colorado Department of Education's Bully Prevention and Intervention Website.

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DIFFERENTIATION

Complaint: Unhappy with the situation or behavior, of which others may or not be aware or understood.

Normal Conflict: Two or more involved in a disagreement, or don't see things the same way. There is an equal balance of power and equal emotional reactions. The "situation" is the focal point with no one person seeking power or attention.

Bullying:

- Colorado House Bill 11-1254 June 2011 (WHS Follows this Definition)
 - Any written or verbal expression or electronic or gesture, or pattern thereof, that is intended to coerce, intimidate, or cause physical, mental, or emotional harm to any student.

UNDERSTANDING DIFFERENT TYPES OF BULLYING

Verbal:

- Includes name calling, taunting, constant teasing or making threats.

Physical:

- Includes hitting, punching, shoving, spitting, or taking or damaging property or personal belongings.

UNDERSTANDING DIFFERENT TYPES OF BULLYING

Psychological:

- Includes spreading rumors, purposefully keeping people from activities and breaking up friendships or other relationships.

Electronic:

- Includes using the internet, mobile phone or other electronic equipment to intentionally harm others.

CYBERBULLYING

This phenomenon is being called cyberbullying , defined as: “willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices” (Hinduja & Patchin, 2009:5).

Basically, we are referring to incidents where adolescents use technology, usually computers or cell phones, to harass, threaten, humiliate, or otherwise hassle their peers.

NOT BULLYING LIST

- Not Liking Someone
- Being Excluded (without intent of ostracizing)
- Accidentally Bumping into Someone
- Wanting things Done “Your “Way
- A single act of Telling a Joke
- Arguments
- Expression of Unpleasant Thoughts or Feelings Regarding others
- Isolated Acts of Harassment, Aggressive Behavior, Intimidation or Meanness

Spotting Bulling,

ACTIVITY: DIFFERENTIATION IN BULLYING

Compare and Contrast Handout



PREVENTION

What Works in Bullying Prevention and Intervention?

- **Multi-Tiered prevention approaches.**
 - PBIS Behavioral Interventions and Supports
 - Culture & Climate (C²)
 - Shift Team

PBIS AKA CULTURE & CLIMATE

C:\Users\keely.garren\Desktop\PBIS Tiered Steps.pdf



ACTIONS TO STOP BULLYING

Build empathy

Teach respect

Be a role model

Show interest in your child's life and be an empathetic listener

Actively supervise your children

Know your child's friends

Be involved (YOU ARE HERE!!!)

Encourage positive problem solving

Ask questions

Disapprove of bullying



ACTIONS TO STOP BULLYING

#1) Teach your student to be “upstanders” rather than “by standers”

Stopping the cycle of bullying involves teaching your students to be “upstanders,” instead of being bystanders. Bystanders are people who watch bullying, including cyberbullying, and who do or say nothing to stop it or help. When by standers do nothing, they are sending a message to the bully that they accept bullying. Upstanders are people who take some action when they see bullying. Below are some actions you can suggest to your student that will prevent them from acting as bystanders and help them be bystanders.

ACTIONS TO STOP BULLYING

- Do not laugh or encourage the bully in any way;
- Stay at a safe distance and help the target of the bullying get away;
- Do not give the bully attention and support by watching
- Reach out to the victim in friendship;
- Support the victim in private;
- Include the victim in some of your activities;
- Tell an adult; and Only take actions that are safe

*If your student take these actions, they can take an active role in stopping the bullying of others. Talking about these situations with your student can increase the chances they will act as “upstanders.”

WHS PROCEDURES

- Behavior Definition Table
- Windsor High School Student Behavior Management Process
- Incident Investigation Form



TIPS FOR PARENTS: BULLYFREE.COM

- Be thankful that you know, now you can act.
- Stay calm and don't be quick to blame.
- Make sure your students understands that is not okay to get bullied.
- Ask yourself "Is my child contributing to this problem?"
- Don't tell your student to retaliate.
- Don't tell your student to ignore the bullying.
- Don't promise you will not tell anyone.
- Express confidence that a solution can be found.
- Contact administration to share the who, what, when, where's (report).
- Contact transportation if this is happening on the bus.
- Be patient with school personnel and don't give up.
- Remember, you can always call authorities.