

OCTOBER 2022

*Lend a Hand*  
*to*  
**Stop**  
*Bullying*

BULLYING PREVENTION MONTH TOOLKIT



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## October is National Bullying Prevention Month



students is bullied



can help prevent that

# INTRODUCTION

This year's bullying prevention theme focuses on uniting school communities through recognizing bullying, cyberbullying and the importance of our actions as active bystanders or trusted adults. Understanding this helps create a safe and peaceful environment for everyone.

The Center for Prevention of Abuse (CFPA) defines bullying as unfair and one-sided treatment of a peer that happens when they are being continuously hurt — either physically or emotionally — or their property is hurt.

Technology plays such a big role in our daily lives, helping us connect with others in an instant. While technology is usually a convenient and fun way to socialize with others, having the ability to remain anonymous and connect with anyone, anywhere, at any time can lead to cyberbullying.

Cyberbullying includes sending, posting or sharing negative, harmful, false or mean content about someone else ([stopbullying.gov](http://stopbullying.gov)). We hope this toolkit helps you unite your students to be part of the solution to bullying!

## ***PreventEd: Bullying Program***

School-based bullying prevention programs decrease bullying by up to 25% (*McCallion & Feder; pacer.org*).

Our *PreventEd: Bullying* programming focuses on social and emotional learning and development in the areas of respect and empathy, emotion management, communication, problem solving, peaceful conflict resolution, overall bullying prevention and bystander intervention.

Programming is available for grades K–8 once weekly for 12 weeks in 30–45 minute sessions.

# PRAISE FOR CFPA

## What do educators say about the *PreventEd: Bullying* program?

“I have witnessed students support another if a student is put down during an activity.”

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“We actually had a student mention that this weekly program was the reason he did not engage in a fight with another student.”

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“Since the start of the program, more bystanders are standing up or helping. Conflicts are being resolved without physical fights. Students are being more aware of each other’s emotions and talking and communicating with each other. I thought the lessons were well-taught.”

“Since the start of the program, I have observed an increased use of bullying prevention techniques (*report, refuse, support*) by the students.”

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“I see that students are trying to recognize when they are upset and are using more words! They have a great understanding of when a conflict has risen and are using their words!”

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“They do understand and tell each other when someone is bullying versus bad behavior. They have been more assertive in asking each other about their feelings.”

# BULLYING DEFINED

## Bullying

Use the following acronym to help distinguish bullying from conflict. **HOOR** refers to the four defining factors of bullying. The factors below are questions we ask to make our determination. First, is it hurtful? Second, is it one-sided? Third, is it unfair? Finally, is it repeated?



**Hurtful** (physical, emotional, property)



**One-sided** (person being bullied is not doing any hurtful behaviors in return)



**Unfair** (one person using “power” over another to get their way. Power can be popularity, age, size, family status, etc.)



**Repeated** (hurtful behavior is happening continuously and the person being bullied is not able to make it stop)

# CYBERBULLYING DEFINED

## Cyberbullying

Cyberbullying occurs when one or more people repeatedly harm, harass, intimidate or exclude others using technology. It is unfair and one-sided. Some examples of bullying through technology can include mean or inappropriate texts, emails, social media posts, name calling, rumors, threats, embarrassing pictures, videos, websites, fake photos and hacking into accounts and posting inappropriate messages.

Cyberbullying has unique concerns in that it can be:

**Persistent** – Digital devices offer immediate and continuous conversation 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief.

**Permanent** – Most information communicated electronically is permanent and public if it is not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment and other areas of life.

**Hard to Notice** – Because teachers and parents may not overhear or see cyberbullying taking place, it can be harder to recognize (*stopbullying.gov*).

## What's App?

Social media continues to evolve and change with the introduction of new apps that can easily be downloaded to a phone or device. Be aware of what social apps a child might be using to chat or connect with other people. Please review appropriate privacy settings within each app.



FACEBOOK allows users to share text, pictures and videos on their own page. It also has a messenger feature for private conversations. Users have the ability to set various levels of privacy.



INSTAGRAM allows users to upload pictures and videos using filters and organize by tags and locations. Users can follow each other.

# CYBERBULLYING DEFINED



**Tik Tok**

TIKTOK allows users to create and share short videos. It has limited controls, potentially exposing children to cyber bullying and explicit content.



SNAPCHAT allows users to take photos and videos and share them. These “disappear” within seconds, but are housed at Snapchat. User locations are also visible to others.



TWITTER allows users to share short posts known as tweets. These tweets can contain text, videos, photos or links.



**YouTube**

YOUTUBE allows users to watch, like, share, comment and upload their own videos.



KIK allows anyone to contact and direct message others on the app, bypassing traditional text messages.



DISCORD allows users to communicate with voice calls, video calls, text messaging and media files in private chats or as part of a community.



MEETME encourages users to connect based on geographical location.



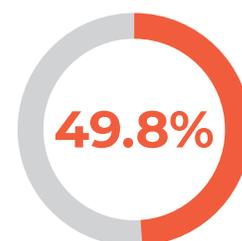
WHATSAPP allows users to send texts, photos, voicemails, make calls and video chats worldwide.

# FACTS & STATISTICS

**ONE** out of every **FIVE (20.2%)**



students report being bullied



**49.8% of tweens** (9 to 12 years old) said they experienced bullying at school

**Bullied students reported that bullying occurred in the following places:**



hallway or stairwell at school



inside the classroom



in the cafeteria



outside on school grounds



online or by text



bathroom or locker room



on the school bus



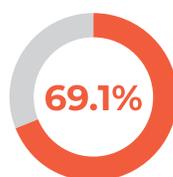
**14.5% of tweens** shared they experienced bullying online

The percentages of individuals who have experienced cyberbullying at some point in their lifetimes has **more than doubled (18% to 37%)** from 2007 to 2019.

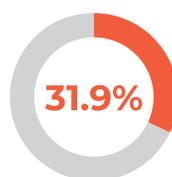


**ONE in FIVE** tweens (**20.9%**) have been cyberbullied, cyberbullied others, or seen cyberbullying

**Tweens who were cyberbullied shared that it negatively impacted:**



their feelings about themselves



their friendships



their physical health



their schoolwork

Students reported that the most helpful things teachers can do are: **listen to the student, check in with them afterwards to see if the bullying stopped, and give the student advice.**

# UNITING THROUGH ACTION

## Mix It Up at Lunch Day – Tuesday, October 18, 2022

Students consistently identify the cafeteria as a place in their school where divisions are clearly and harshly drawn. During your daily announcements, **ask students to move out of their comfort zones and connect with someone new over lunch.** It is a simple act with profound implications. Studies have shown that interactions across group lines can help reduce prejudice. When students interact with those who are different from them, biases and misperceptions can fall away, uniting us all ([tolerance.org/mix-it-up](http://tolerance.org/mix-it-up)).

## Unity Day – Wednesday, October 19, 2022

**WEAR AND SHARE ORANGE** to show unity, kindness, acceptance, inclusion and to send a visible message that no child should ever experience bullying ([pacer.org](http://pacer.org)).

## Unity Tree- October 2022

**The Unity Tree is a powerful symbol reminding everyone that bullying can be prevented when we all come together – united for kindness, acceptance and inclusion.**

1. On the classroom wall or bulletin board, create the trunk of a tree and branches with construction paper or materials of your own choosing.
2. Next, cut out leaf shaped pieces of orange paper; make them large enough for students to write a message. Below are three options for types of messages, or create your own:
  - If you planted a seed, what would you tell your seed about bullying?
  - What can you do to change/impact your school's culture about bullying?
  - How can you support a friend/peer who is being bullied?
3. Have each student write down their response on a leaf.
4. Attach each of the leaves to the tree.

# SUGGESTED ACTIVITIES

## Lend A Hand to Stop Bullying

**Topic:** Stop bullying

**Grade level:** Elementary School

**Time:** 20 minutes

**Supplies needed:** Paper, scissors, art supplies, tape

### Activity:

Give each student a piece of paper and have them trace their hand and cut it out. In each finger, ask the students to write a way they could help to stop bullying. When they have their five ways to help stop bullying, ask students to decorate the rest of the hand. Once all students are finished, display hands so students have a reminder of things they could do to support one another.

Here are some scenarios to help them think of ideas:

- You see one of your classmates is not being invited to play with anyone, what could you do to help?
- A classmate is feeling upset or sad, what could you do to help?
- You see someone bullying a classmate by breaking their things, what could you do to help?
- You really like another classmate's shirt today, what could you say to them?
- A classmate is having a hard time with their math problems and you are doing really well with them, what could you do to help?

# SUGGESTED ACTIVITIES

## Stick to Kindness

**Topic:** Kindness

**Grade level:** Middle School

**Time:** 5–10 minutes

**Supplies needed:** Sticky notes, art supplies

### **Activity:**

Give each student five sticky notes. Ask students to write positive and kind messages on each one. Once all students are done, stick the notes around the school or the classroom for students to read as they pass them.

# SUGGESTED ACTIVITIES

## Appreciating Differences

**Topic:** Understanding and appreciating differences

**Grade level:** High School

**Time:** 10 minutes

**Supplies needed:** None

### Activity:

Create a line or divider in the room or in the hallway and have students stand on either side of the line. Instruct the students to step up to the line if they answer “yes” to the statement.

Statements:

- Go to the line if your favorite color is blue
- Go to the line if your favorite animal is a cat
- Go to the line if someone has ever been kind to you
- Go to the line if someone has ever been unkind to you
- Go to the line if your favorite food is pizza
- Go to the line if you or someone you know has ever been bullied
- Go to the line if you have ever felt alone or isolated
- Go to the line if your favorite school subject is math
- Go to the line if you have ever helped someone feel better
- Go to the line if you like to play football
- Go to the line if you or someone you know has ever said or done anything hurtful to others
- Go to the line if you have done something kind in the past week

### Lesson Connection:

Lead a discussion with the students with questions like:

- How are we alike and how are we different?
- Why might it feel threatening or uneasy to feel like you are different than everyone else?
- How might feeling or thinking differently than others be related to bullying?
- Were you surprised by how much you had in common with the people around you?
- Were you surprised by how much you did not have in common with the people around you?
- What could you do to celebrate/appreciate the differences?

# SOURCES

*Pacer.org*

*Tolerance.org*

center *for*  
prevention  
*of* abuse.



let's start the  
conversation.

309.691.0551 | 1.800.559.SAFE (7233)  
[centerforpreventionofabuse.org](https://centerforpreventionofabuse.org)