

Why Not Have a Bullying Prevention Week?

*The FIRST State to officially declare an Official Bullying Prevention Ed Week, (2006), through Proclamation, as **Bullying Awareness Week** was –*
IDAHO

Below is the 2006 Idaho Bullying Awareness Week Proclamation

HCR32

*PASSED BY 70/0 IN THE IDAHO HOUSE AND 35/0
(UNANIMOUSLY) IN THE IDAHO SENATE, AND SIGNED BY THE
GOVERNOR*

Be It Resolved by the Legislature of the State of Idaho:

WEREAS, the school shooting on April 20, 1999, at Columbine High School in Littleton, Colorado, during which fifteen students and a teacher were killed and 23 other students were wounded, was an event set apart in our hearts and memories; and

WHEREAS, it behooves each of us, as parents, students, educators and citizens to recognize the lessons to be learned from this tragedy and identify changes to prevent repetition; and

WHEREAS, many organizations, school districts, educators and parents have publicly expressed concern about the bullying of children; and

WHEREAS, it is important that we acknowledge the serious issues and the negative effects of bullying, including the long-term issues and the negative effects of bullying, including the long-term damage

which may be of caused for our youth and the risks of teenage suicide; and

WHEREAS, playground observations identify that at least one incident of bullying occurs every seven seconds; and

WHEREAS, bullying ay consist of physical incidents of hitting, kicking, or choking, verbal threats, teasing and taunting, or systematic exclusion from activities; and

WHEREAS, providing a safe physical and emotional environment is a significant goal and a personal responsibility of each individual; and

WHEREAS, in remembrance of the Columbine shootings, and as a symbol of our year round struggle against bullying, it is appropriate that we designate a week to emphasize the importance of our endeavors.

NOW, THEREFORE, BE IT RESOLVED the members of the Second Regular Session of the Fifty-eight Idaho Legislature, the House of Representatives and the Senate concurring therein, that, **on behalf of the citizens of the state of Idaho, the Legislature designates the week of September 10 through 16, 2006, as Bullying Awareness Week.**

Bully Police USA challenges all who wish to make a difference, for the one child, or the many children, being bullied, to participate in a BULLYING PREVENTION EDUCATION WEEK.

Most schools choose to organize a prevention week the last week of September or the first week of October. This gives the school, their teachers, students and parents the opportunity to prepare and fully participate in the Bullying Prevention Week.

“All members of our communities – parents, educators, business leaders, concerned citizens – have a role to play in addressing the needs of our children. It is only through concerned community efforts that such senseless acts of violence will decline.”

(Ginny Markell, President, National PTA, March 5, 2001)

Make Bully Prevention Education a priority everyday of the school year because...

“Research shows bullying and harassment, even in the subtle (verbal, psychological, exclusion/social isolation) forms, may cause life long difficulties, including mental health problems leading to substance abuse, teen violence, suicide and accidental death related to increased risk taking, retaliatory violence and future (possibly life-long) impairments in work and family relationships (including domestic violence, child abuse, and animal abuse).”

Jodi Richardson, Arizona, Licensed Clinical Social Worker

"Education is the key to every successful action we achieve in our individual lives, but when a group is educated, they gain synergy in a powerful movement. Communities, teachers, parents and students must build a consistent, planned program to educate schools and classrooms about the dangers of bullying because all children deserve to go to school to learn in a peaceful and safe environment."

Brenda High, Founder, Co-Director Bully Police USA

If you hold a Bullying Prevention Education Week, let us know. We would like to post your event and ideas to help others across the country.

What Can Be Done?

Some of the things we must do as educators and parents are to:

- Have a plan of action to educate students and communities about bullying
- Select programs to teach about the consequences of bullying
- Prepare students to react and take action when they see bullying
- Focus attention on good behavior – Seize the teaching moments

- Teach that bullying will not be tolerated
- Be consistent, persistent and diligent in the resolve to stop bullying – raise the awareness that it will not be tolerated.
- Teach victims of bullying that they have the power to empower themselves, and
- Teach bullies that they have the power to change, thus empowering themselves

PREVENTION is the KEY!

Creating a violence prevention and response plan can lessen bullying behavior. A team must be formed that can ensure implementation of the plan.

This plan should include:

- Administering an anonymous questionnaire survey – this can help determine the nature and extent of bully/victim problems in the school.
- The definition of bullying
- Prevention Education
- Ways for students to safely report trouble behaviors that may lead to dangerous situations.

Bully Prevention Education Week - IDEAS

Bully Police USA has outlined ideas for Bully Prevention Education Week. Educators, students, and parents will find this information to be quite helpful in raising the awareness about bullies and victims.

These ideas have been submitted by individuals such as bullied survivors, parents who have children who have been bullied, clinical professionals, and educators. While there are many programs that are being used in some schools/districts, we hope that regardless of where you are at in developing or refining your school/district program, you will find these suggestions helpful.

Submitted by: *E. Field*, Melbourne, Australia www.bullying.com.au

- Read books on school bullying and discuss them in class.
- Poster competitions, debates, listening to former young and older victims, listening to workplace bullying stories, dramas are good.
- Provide books, websites and psychologist/clinics who can help because schools cannot do everything and children need to learn skills.

Submitted by: *Robin Todd*, **Arizona**

- Raise the awareness about bullying by inviting a special guest to speak on bullying, (Police officer, mascot from a local business or sports team, victim of bullying, someone from experience on the subject of bullying, etc.), to talk to the students on bullying. This can be done in the classroom, as a school wide assembly, or a school sponsored evening event (potluck) inviting parents and students.
- Role Play/Discussions – teach students the difference between tattling and telling (let the kids define) (i.e. Tattling is not bad, it is showing compassion for the victim)
- Establish a “caring community” in which everyone looks out for and sticks up for everyone else.
- Form “Peer Help” - trained individuals/groups that victims can turn to for support
- Create and review in each classroom Bully Policy/Rules
- Make bullies aware that they are being watched.
- General class discussion identifying consequences for bullying
- Discuss ways students can help the victim
- Teachers/Schools: Send home information with the students relating to the prevention material that was covered.
- Post on campus and include in the school paper reminders on school bully policies, how to report a problem, and a phone

number, if available, to the district or state offices, of any bullying problem.

Submitted by: *C. Sisk*, **Missouri**

- Plan a community event – such as a BBQ. Invite government officials, kids, parents, and businesses.
- Invite a speaker to talk about bullying. What is bullying? How do we recognize bullying? What should we do when bullying occurs?
- Submitted by *Kristi*
- Write an essay or be a mentor for one who is being bullied and see what they experience on a daily basis. The essay has to come from spending a week with that person.

Submitted by *L. Davidson*, **Michigan**

- Have all the students in the classroom draw a name out of a hat and give each child a strip of paper. Whosoever name they draw they have to write something that they like about that person on the strip of paper-along with the name of the child that is intended for. No need to sign (authors) own name. The teacher/supervisor should read the finished strips of paper to make sure the students followed through with something nice and appropriate – maybe make this a 2-day project to allow time to read the comments. This will show that everyone has nice qualities. Follow up with a discussion about the need to look for the good in people.

Submitted by *D. Sparks, Virginia*

- Prepare or purchase posters advertising anti-bully zones or addressing what bullying is and how children can help eliminate it.
- Prepare and distribute “Anti Bullying Pledges” that must be signed by each parent, child, and school administrator.
- Begin each school day with a poem, or reading, addressing bullying and/or how to respect others.

Submitted by *K. Noll & Dr. J. Carter* Authors, “*Taking the Bully by the Horns*”

- Teach kids the skills they need to handle bullies and feel good about themselves (self-esteem/life skills)
- Teach kids better social skills. (*There are certain kids who are more likely to be bullied, such as kids with poor social skills.*)

Submitted by *J. Pape*

- Make sure the victim knows whom they can go to when they are bullied.

Other Ideas

- "Talking it out" will help prevent bullying. Child-to-Child (Peer Mediation); Teacher to Parent (PTO's, PTA's, Teacher to Teacher (in service days), Parent to Child (at home) There should be town meetings involving the parents, students, and entire school faculty to discuss Conflict Resolution.
- Teach kids to understand the cause and effect of bullying – how it feels.
- Parents need to get more involved in their children's lives – promote honesty, ask questions, listen with an open mind and focus on understanding, allow children to express how they feel, treat a child's feelings with respect.
- Make "Pledge Hands" – Students make paper cut outs of their handprints and write nonviolent messages on them. For example, "I will not use my hands or words for hurting." The "Pledge Hands" will serve as a visual reminder that together they can make a difference.
- Promote a white out day – Students wear as much white as possible to symbolize peace.
- Promote a unity day – Students wear their school colors.
- Promote a school pride day – The school may want to put up a peace flag outside on the days when there is no conflict in the school. This promotes a pride in the school, and teaches them that even one person's actions can have consequences that affect everyone.