



be the answer™
solutions 2 bullying

BULLYING INTERVENTION AS SUICIDE PREVENTION

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MarriageEnvy.com/bullying



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VOTE

Tummy Rubs 4 All!

PEPPER

MarriageEnvy.com/
bullying



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SILENCE



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**DOING
NOTHING**



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**STANDING
BY**



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**WATCHING
IT**



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**TELLING
NO ONE**



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SAYS



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BULLYING



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TEASING



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HARASSING



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IS



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OK



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IS IT
OK WITH
YOU



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IS

IT



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A black and white photograph of a man with glasses, looking down and slightly to the right. He is wearing a dark shirt. The background is blurred. Overlaid on the image is text in white and red.

**THIS MAN
SAID IT WAS
NOT OKAY**

**AND DID
SOMETHING
ABOUT IT**



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**THIS MAN
SAID IT WAS
NOT OKAY**

**AND DID
SOMETHING
ABOUT IT**



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YOU

**CAN SAY IT'S
NOT OK**



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AND
YOU
CAN DO
SOMETHING
ABOUT IT



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WHAT WILL

YOU

DO?



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WHAT CAN

YOU

DO?



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A black and white photograph of a man with glasses, looking down and slightly to the right. He is wearing a dark shirt. The background is blurred. The text "THIS MAN SAID" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

**THIS MAN
SAID**

**"YOU MUST
BE THE CHANGE
YOU WISH TO
SEE IN THE
WORLD."**



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**THIS MAN
LISTENED**

AND DID SOMETHING



**BUT WHAT
HE SAID
DOESN'T
MATTER**

**IT IS
YOUR ANSWER
TO WHAT HE
SAID
THAT MATTERS**



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WILL

YOU

**BE THE
CHANGE?**



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WILL

YOU



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BE
THE
ANSWER



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THE PROBLEM



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Bullying includes...

Pushing, shoving, hitting and other physically aggressive acts.

Spreading **gossip** and harmful **rumors**

Social exclusion.

Teasing and name-calling.



CALL IT WHAT IT IS



Bullying is **NOT** a normal part of growing up.

“Boys will be boys”

It **IS** a big deal.

It **IS** illegal in the workplace.

It **IS** illegal in stores.

It **IS** illegal everywhere in society.

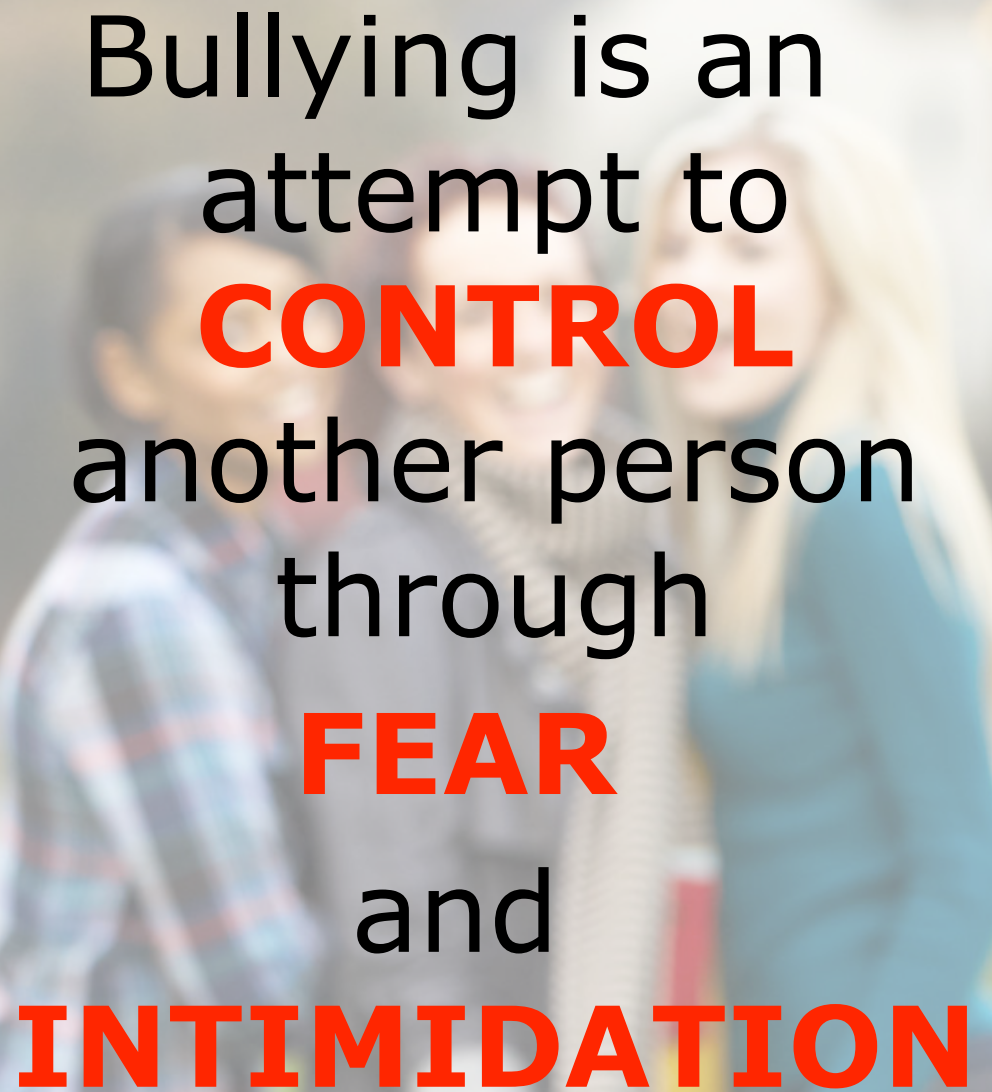
YOUR school has rules against it and serious consequences for it.

Bottom line:

Bullying **IS** Abuse.



CALL IT WHAT IT IS



Bullying is an attempt to **CONTROL** another person through **FEAR** and **INTIMIDATION**

The fear of being bullied may keep as many as **160,000** U.S. students out of school on any given day.



THE CONNECTION

What We Know about Bullying & Suicide Together

- They are closely related:
 - Youth who report any involvement with bullying behavior are **more likely to report high levels of suicide-related behavior** than youth who do not report any involvement with bullying behavior.
- We know enough to make **evidence-based recommendations to improve prevention efforts.**



THE SOLUTIONS

What do we know from the research?

Youth who **feel connected to their school** are less likely to engage in suicide-related behaviors.

What can school personnel do?

Help your students feel connected to you and their school.

- Greet them by name every day.
- Ask them how they are doing.
- Encourage their extracurricular interests and involvement.

A strong sense of connectedness to caring, responsible adults at school can provide invaluable support to youth who may be struggling socially and/or emotionally.

Source: CDC

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



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THE SOLUTIONS

What do we know from the research?

Youth who are able to **cope with problems in healthy ways and solve problems peacefully** are less likely to engage in suicide and bullying related behaviors.

What can school personnel do?

Teach youth **copng/life skills**. Focus on positive and empowering messages that **build resilience and acceptance** of differences in themselves and others.

Early training (even starting in elementary school) for students to help them develop:

- coping and problem solving skills,
- build resilience, and
- increase their social intelligence and
- empathy is important to fostering positive mental health and pro-social behavior.

Source: CDC

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



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THE SOLUTIONS

What do we know from the research?

Youth with **disabilities, learning differences, sexual/gender identity differences or cultural differences are often most vulnerable** to being bullied.

What can school personnel do?

Provide **better training for all school staff** who work with youth.

- Teach personnel about **vulnerable populations** and appropriate ways to intervene in bullying situations.
- Understand that **acknowledging risk factors is not the same as victim blaming**.

There are **power differences** involved in bullying situations.

- For this reason, **general conflict resolution methods are not appropriate or effective**.
- Adopt and implement effective and inclusive **anti-bullying policies**.

Source: CDC

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



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THE SOLUTIONS

What do we know from the research?

Youth who report frequently **bullying others** are at high, long-term risk for suicide-related behavior.

Youth who report **both being** bullied and bullying others (sometimes referred to as bully-victims) have the highest rates of negative mental health outcomes, including depression, anxiety, and thinking about suicide.

Youth who report being frequently **bullied by others** are at increased risk of suicide-related behaviors, and negative physical and mental health outcomes.

What can school personnel do?

Provide support and referrals for all youth involved. Include their families. Youth who act out through bullying others may be trying to fit in and/or reacting to stress, abuse, or other issues at home or school. Bullying behavior may be an important signal that they need mental health services and additional support.

- While punishment and **appropriate consequences** are often a necessary part of a school's response, we must move beyond punishment and blame to set the tone for **lasting prevention**.
- The focus on **blame, shame, and criminalization is divisive and can be a roadblock** to getting youth and families the professional support that is needed to make a positive change and prevent future suffering.

Source: CDC

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



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THE SOLUTIONS

What do we know from the research?

Involvement in bullying in any way—even as a witness—has serious and long-lasting negative consequences for youth.

Youth who reported witnessing bullying had greater feelings of helplessness and less sense of connectedness to school than youth who did not report witnessing bullying.

What can school personnel do?

Empower youth by providing concrete, positive, and proactive **ways THEY can influence the social norms of their peer group** so that bullying is seen as an uncool behavior.

Encourage more work on **bystander approaches** to violence prevention in general.

Source: CDC

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



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THE SOLUTION

YOU



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1 in 7

1 out of 7 kids are bullied.

**Who Will STAND FOR
Them?**



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BYSTANDERS: **The Hidden Problem of Bullying**

There are more bystanders —
kids who are standing by —
than there are bullies.

Why do they stand by?

Will you stand by or stand up?





new word

"SYNERGY"

STAND UP



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How to **STOP** a Bully: Stand United

- EACH** of **you** are powerful.
- SOME** of **you together** are more powerful than a few.
- MANY** of **you together** are more powerful than some.
- MOST** of **you together** are more powerful than many.
- ALL** of **you united together** are more the most powerful of all.

How to **STOP** a Bully: **Stand United**

Stop talking. Take action.

Abuse thrives on secrecy.

Expose it for what it is.

Stand up as a group to the person doing the bullying.

Support the person being bullied. **Refuse to be a "bystander."**

Refuse name calling, teasing, exclusion.





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**STAND UP
&
STAMP OUT**



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Stay away from bullies.
Tell someone.
Avoid bad situations.
Make friends.
Project confidence.

OUT BULLYING!

How to **STOP** a Bully

Be **assertive**

Tell the bully to "**Stop!**"

Have **confidence** in who you are

Make good **friends** + stick together

Talk to someone you can trust



“That’s interesting...”

Refuse to engage.

“That’s interesting...”

Then walk away to a support
person.





How to **STOP** a Bully

Take a **STAND FOR** others.

Make yourself the **FRIEND** of kids who don't have friends.

If bullying is **NOT** okay, if bullying **IS** abusive, then telling an adult is not "narcising" or "tattling" — it is **REPORTING**.

ACTIVATING BYSTANDERS

Examples:

- QPR
 - Question, Persuade, Refer
 - QPRinstitute.com/
- Hope Squad
 - hopesquad.com
- Be the Change
 - twitter.com/bethechange_af
 - #bethedigitalchange
 - #icanhelp
- SAFE-UT App

<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>

CYBERBULLYING

STOP, BLOCK & TELL

●STOP!

- Don't do anything. Take 5! to calm down.

●BLOCK!

- Block the cyberbully or limit all communications to those on your buddy list.

●TELL!

- Tell a trusted adult. You do NOT have to face this alone.

Report cyberbullying to
wiredsafety.org

Source: http://www.stopcyberbullying.org/take_action/stop_block_and_tell.htm





**SO HERE'S THE
QUESTION...**



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**CAN BULLYING BE
100% COMPLETELY
STOPPED IN YOUR
SCHOOL?**



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Many say
"CAN'T"



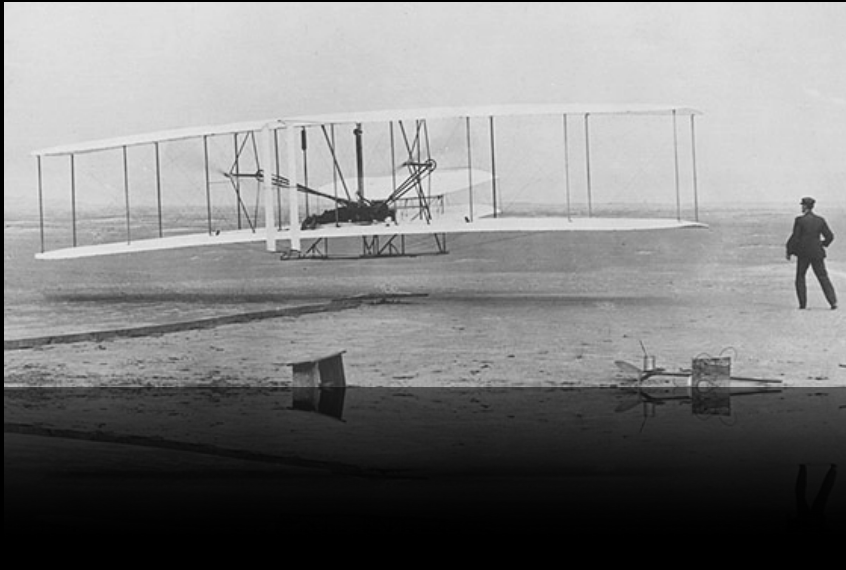
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do you want to be
FAMOUSLY WRONG?

OR do you want to be
FAMOUSLY RIGHT?



FAMOUSLY WRONG



"Heavier-than-air flying machines are impossible."
— Lord Kelvin, president, Royal Society, 1895.



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FAMOUSLY WRONG

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

-- Western Union internal memo, 1876.



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FAMOUSLY WRONG

The logo for Mrs. Fields, featuring the brand name in a white, cursive script font with a registered trademark symbol, set against a red rectangular background.

"A cookie store is a bad idea. Besides, the market research reports say America likes crispy cookies, not soft and chewy cookies like you make."

-- Response to Debbi Fields' idea of starting Mrs. Fields' Cookies.



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FAMOUSLY WRONG

"I think there is a world market for maybe five computers."

-- Thomas Watson, chairman of IBM, 1943

"\$100 million dollars is way too much to pay for Microsoft."

-- IBM, 1982



FAMOUSLY WRONG



"We don't like their sound, and guitar music is on the way out."

— Decca Recording Co. rejecting the Beatles, 1962.



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FAMOUSLY WRONG

"The concept is interesting and well-formed, but in order to earn better than a 'C,' the idea must be feasible."

— A Yale University management professor in response to Fred Smith's paper proposing reliable overnight delivery service. Smith went on to found Federal Express Corp.

The FedEx logo is displayed in a large, bold, sans-serif font. The word "Fed" is purple, and "Ex" is orange. The logo is centered within a white rectangular area that has a subtle drop shadow against the black background of the slide.

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FAMOUSLY WRONG

"So we went to Atari and said, 'Hey, we've got this amazing thing, even built with some of your parts, and what do you think about funding us? Or we'll give it to you. We just want to do it. Pay our salary, we'll come work for you.' And they said, 'No.' So then we went to Hewlett-Packard, and they said, 'Hey, we don't need you. You haven't got through college yet.'"

— Apple Computer Inc. founder Steve Jobs on attempts to get Atari and HP interested in his and Steve Wozniak's personal computer.



FAMOUSLY WRONG

"Computers in the future may weigh no more than 1.5 tons."

— Popular Mechanics, forecasting the relentless march of science, 1949



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do you want to be
FAMOUSLY WRONG?

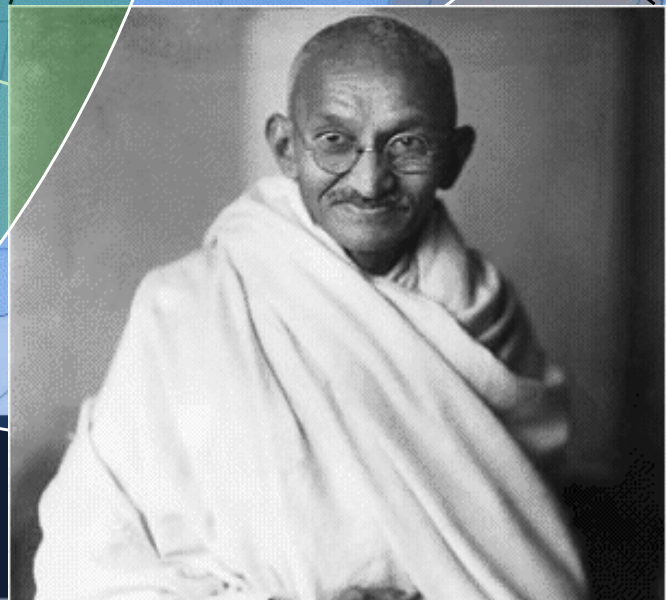
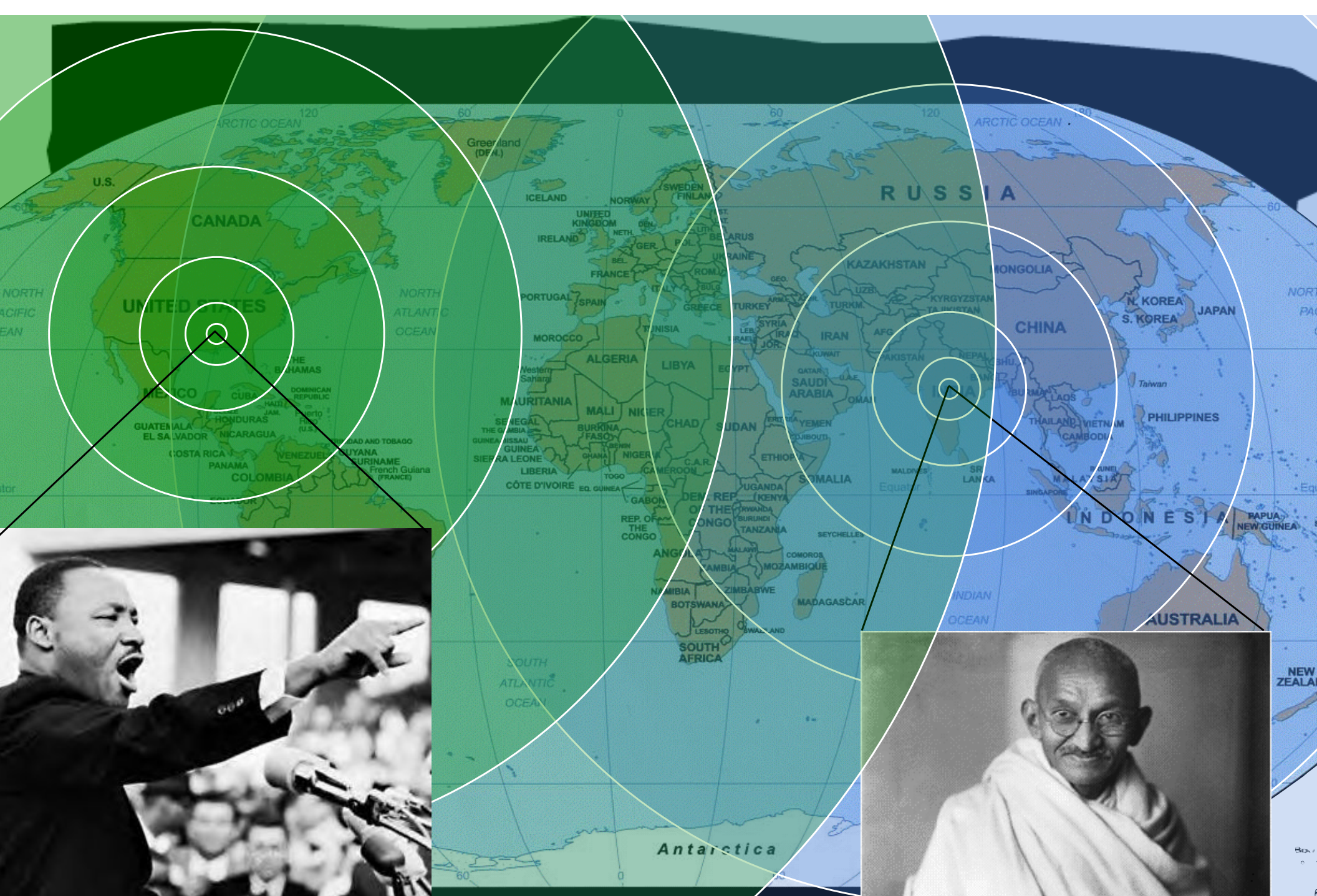
OR do you want to be
FAMOUSLY RIGHT?

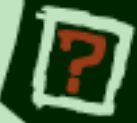


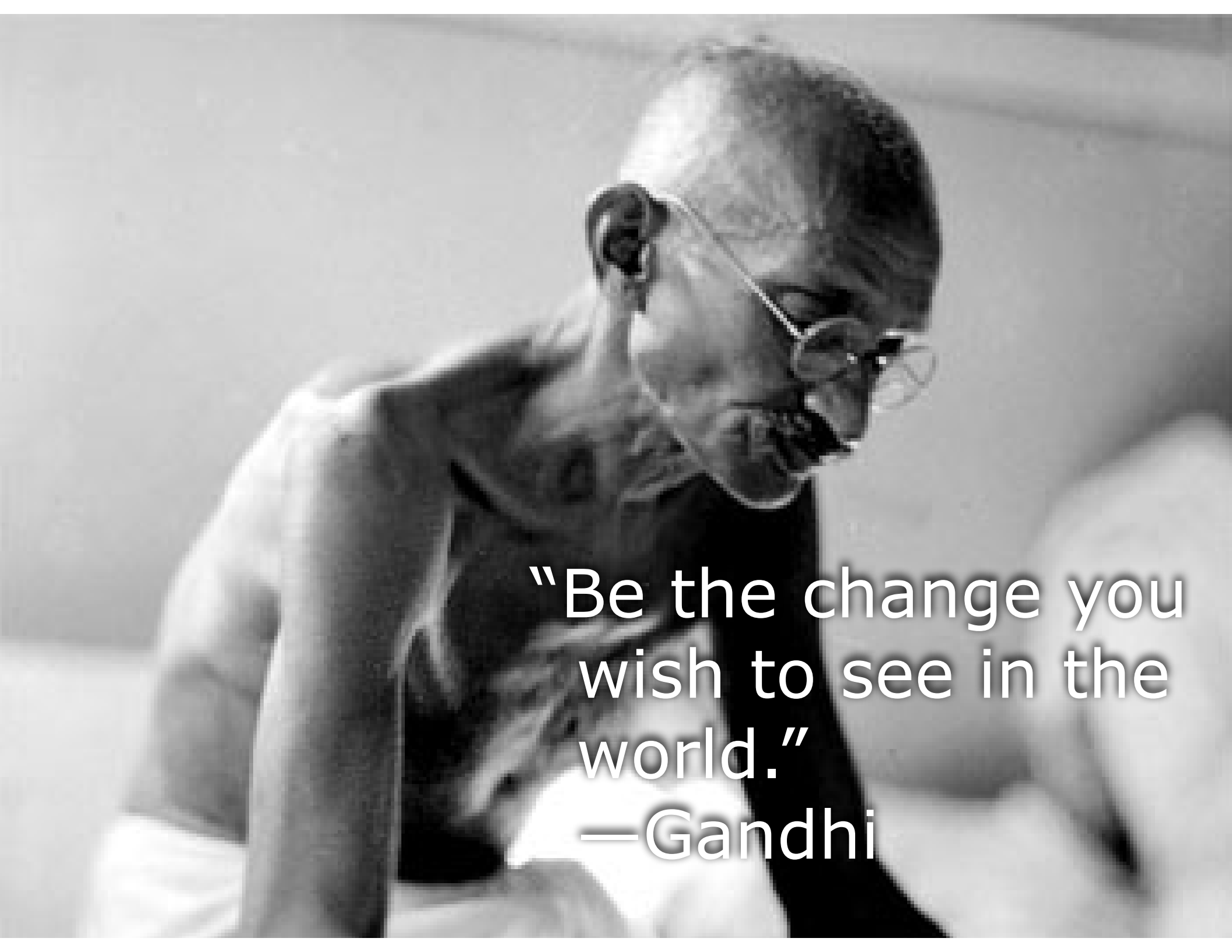
FAMOUSLY
RIGHT



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A black and white photograph of Mahatma Gandhi. He is shown from the chest up, wearing his characteristic round glasses and a dark, sleeveless garment. He is looking down and to the right with a thoughtful expression. The background is a plain, light-colored wall.

“Be the change you
wish to see in the
world.”

—Gandhi

**CAN BULLYING BE
100% COMPLETELY
STOPPED IN YOUR
SCHOOL?**



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CAN!



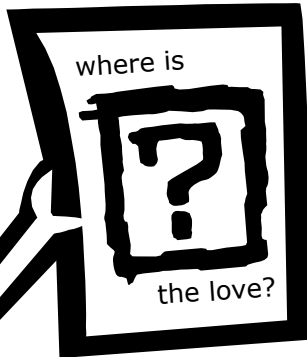
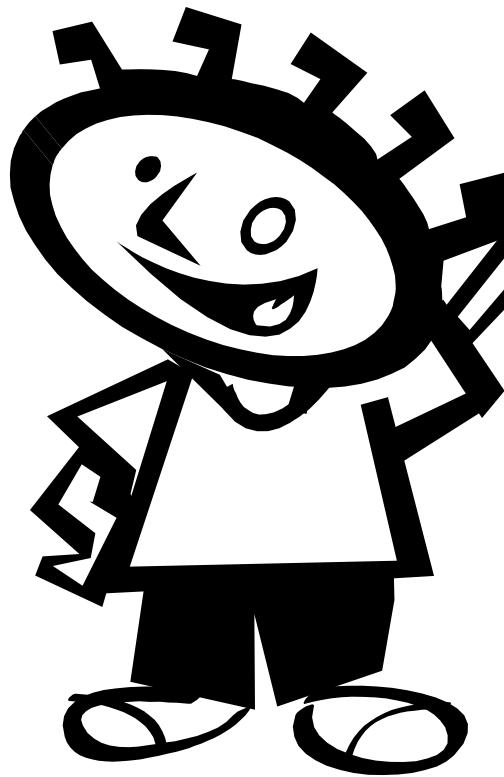
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**IF IT IS TO BE
IT IS UP TO ME**



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I, _____, AM THE ANSWER!



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