

# LCPS Bullying Prevention & Education

Presented by

Anaid Shaver, School Counseling Specialist

Karen Thompson, Guilford Elementary School

Regina Hagan, Smart's Mill Middle School

Jennifer Alberth, Stone Hill Middle School

Ken Christopher, Freedom High School

# Agenda

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- ▶ Respecting Our Peers Activity
- ▶ Understanding Bullying Behavior
- ▶ Overview of LCPS School Counseling Services Bullying Prevention & Education
- ▶ KAHOOT: Rude, Mean or Bullying
- ▶ School Counselors Role in Bullying Prevention & Education
  - ❖ Elementary- Myths & Truths about Bullying Behavior Activity
  - ❖ Middle
  - ❖ High
- ▶ What Parents/Guardians Can Do
- ▶ Perception Activity
- ▶ Comments/Questions- Parking Lot Review

# Respecting Our Peers

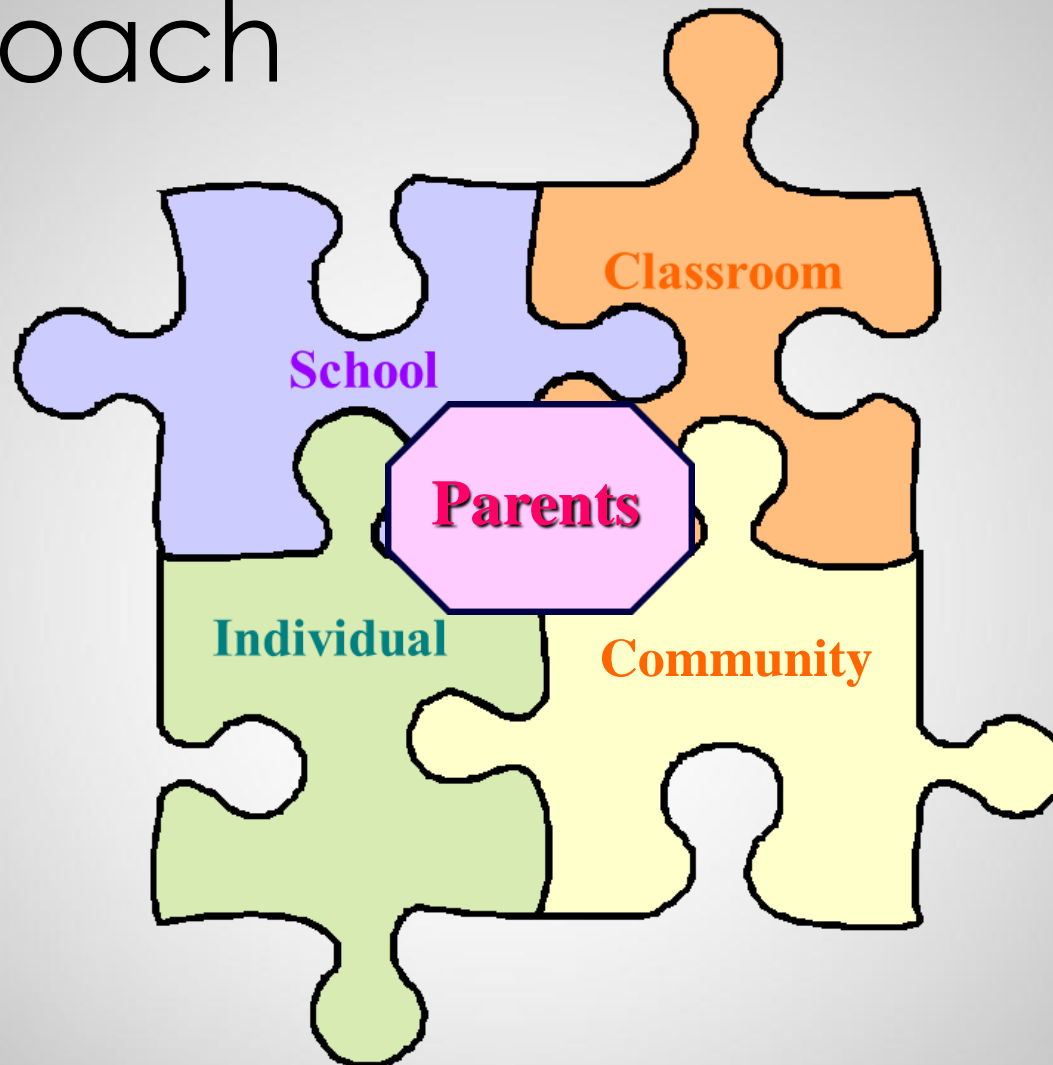
## Activity

- ▶ Each participant will receive a person outline.
- ▶ Decorate your person to show off their individual style.
- ▶ Listen to the vignettes that will be read aloud.
- ▶ Follow the directions of the speaker.

# Understanding Bullying

# School/Parent/Community Approach

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# LCPS Policy 8-41

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LCPS Policy 8-41 under **Student Conduct** states the definition of bullying, the policy, and regulation on bullying behavior.

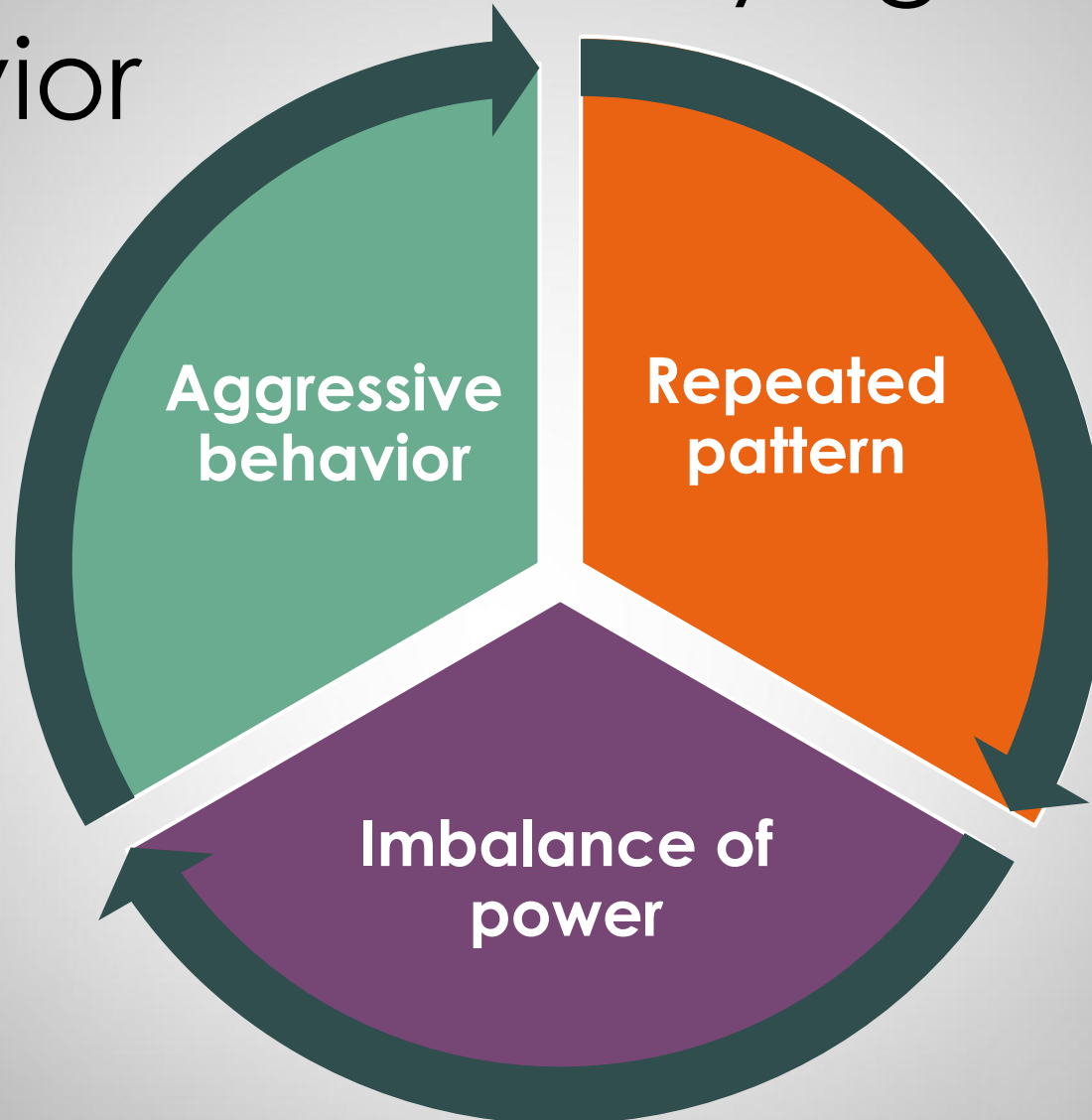


## What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

# Understanding the Three Key Components of Bullying Behavior

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## 8



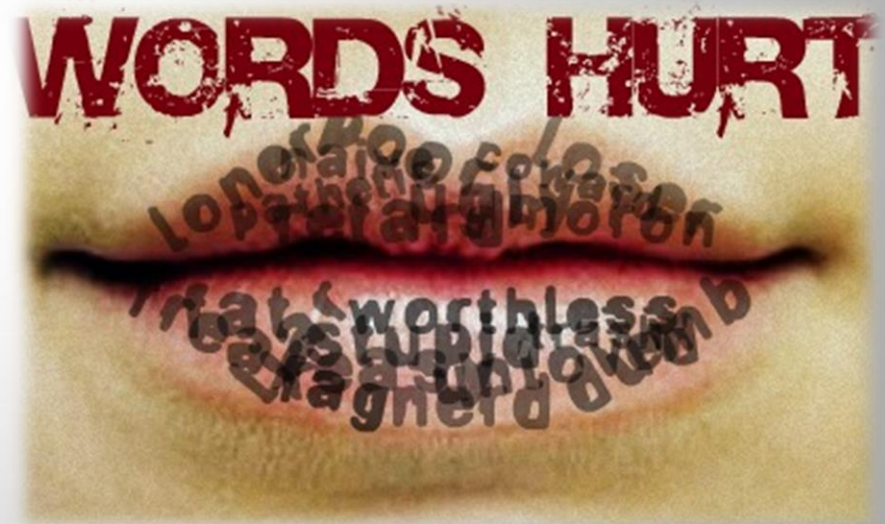


# Verbal Bullying is...

Verbal bullying is saying or writing mean things.

Verbal bullying includes:

- ▶ Teasing
- ▶ Name-calling
- ▶ Inappropriate sexual comments
- ▶ Taunting
- ▶ Threatening to cause harm



# Social Bullying is...

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Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- ▶ Telling other children not to be friends with someone
- ▶ Spreading rumors about someone
- ▶ Embarrassing someone in public
- ▶ Leaving someone out on purpose



# Physical Bullying is...

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Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- ▶ Spitting
- ▶ Tripping/pushing
- ▶ Taking or breaking someone's things
- ▶ Making mean or rude hand gestures
- ▶ Hitting/kicking/pinching



# Cyber-bullying is...

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Cyberbullying is bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.





# KAHOOT!

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Is it Rude, Is it Mean, or Is it Bullying?



Player vs Player  
1:1 Devices

Classic



Team vs Team  
Shared Devices

Team mode

Game options



## IS IT BULLYING?

Your local  
**Families**  
magazine

When someone says or does something  
*unintentionally* hurtful and they do it once, that's

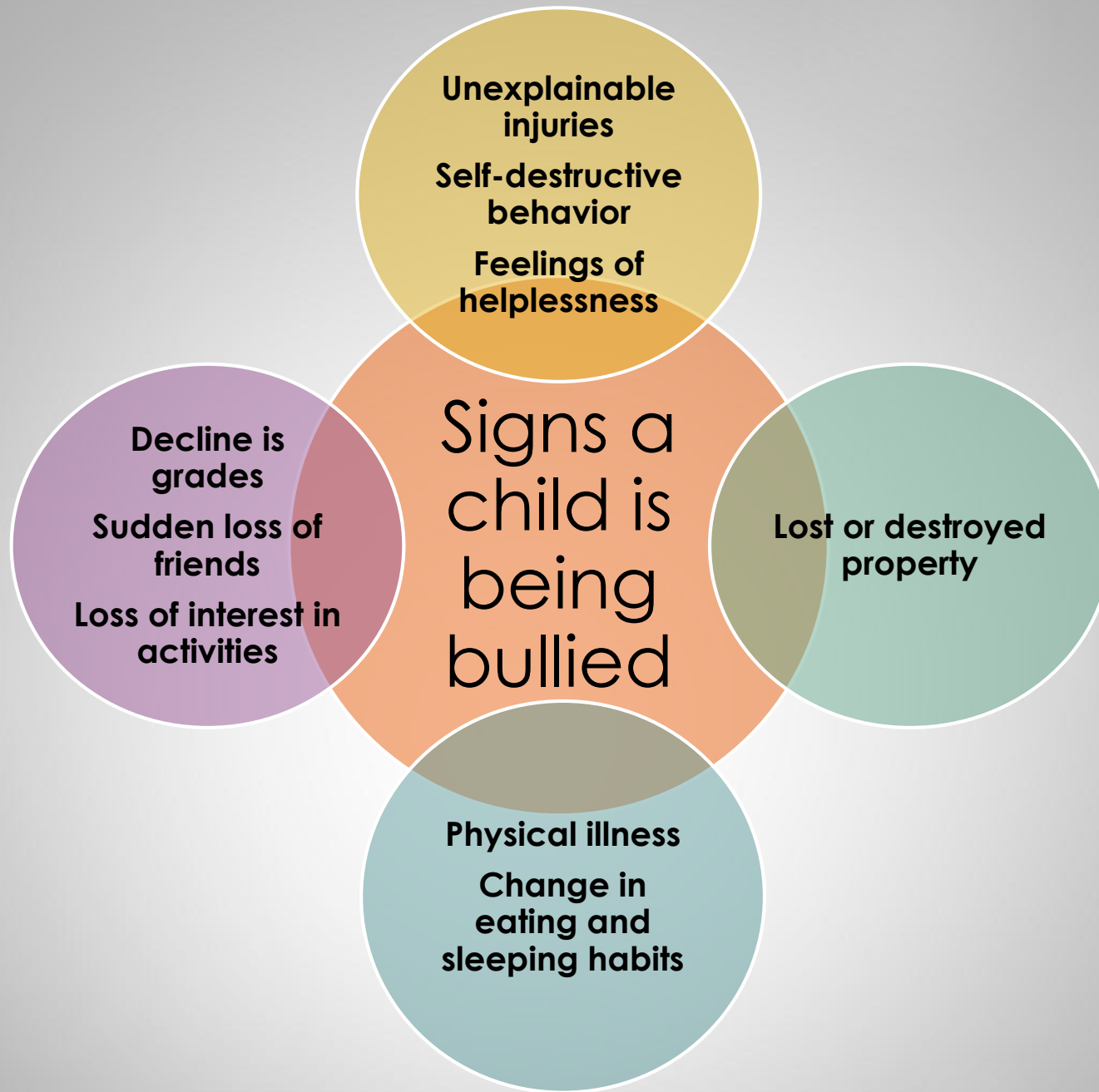
### RUDE

When someone says or does something  
*intentionally* hurtful and they do it once, that's

### MEAN

When someone says or does something  
*intentionally* hurtful and they *keep doing it* - even  
when you tell them to stop or show them that  
you're upset, that's

### BULLYING



# Report Bullying Behavior

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The reported incident will be investigated by school administration.

Parents/Guardians will be notified of the results from the reported incident investigation.

Appropriate discipline will be determined and administered. Disciplinary actions are confidential.

# Determine if it's Bullying Behavior



There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.



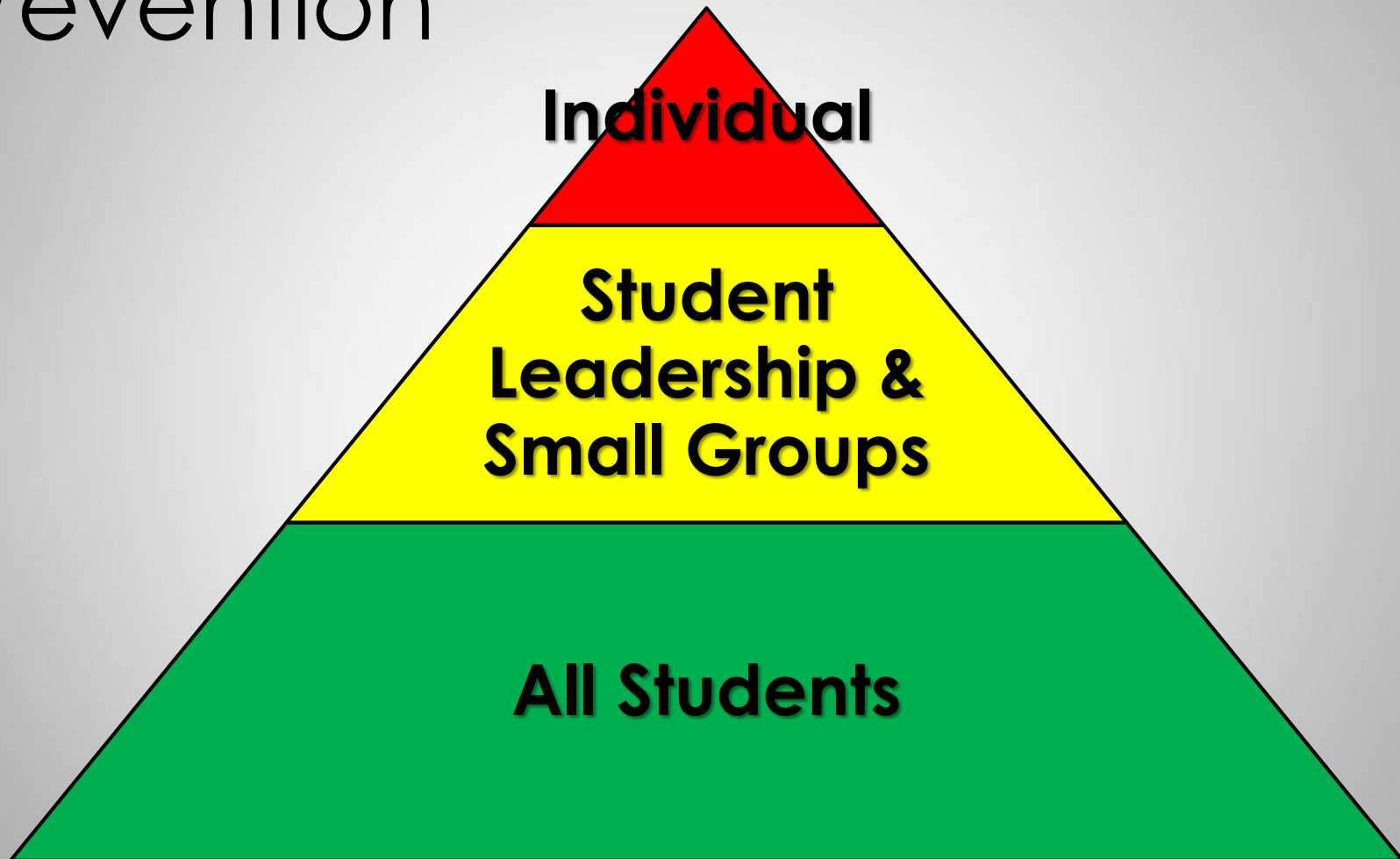
# School Counseling Services Approach

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- ▶ School counselors use a multi-tiered system of support to provide bullying prevention, education and intervention.
- ▶ School counselors use the PBIS Model Curriculum as a guideline for bullying prevention & education.
- ▶ School counselors work collaboratively with school administrators and staff to develop a comprehensive bullying prevention & education action plan

# LCPS Multi-tiered Student Support System & Bullying Prevention

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# Bullying Prevention & Education Implementation Plan

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## 1. Data Collection & Assessment

Gather Data  
Identify Gaps & Needs  
Develop a Bullying Prevention & Education Action Plan

## 2. The Plan: Create/Revise

Careful selection of actions that will impact school community  
Integrate positive practices already working



## 3. Implementation

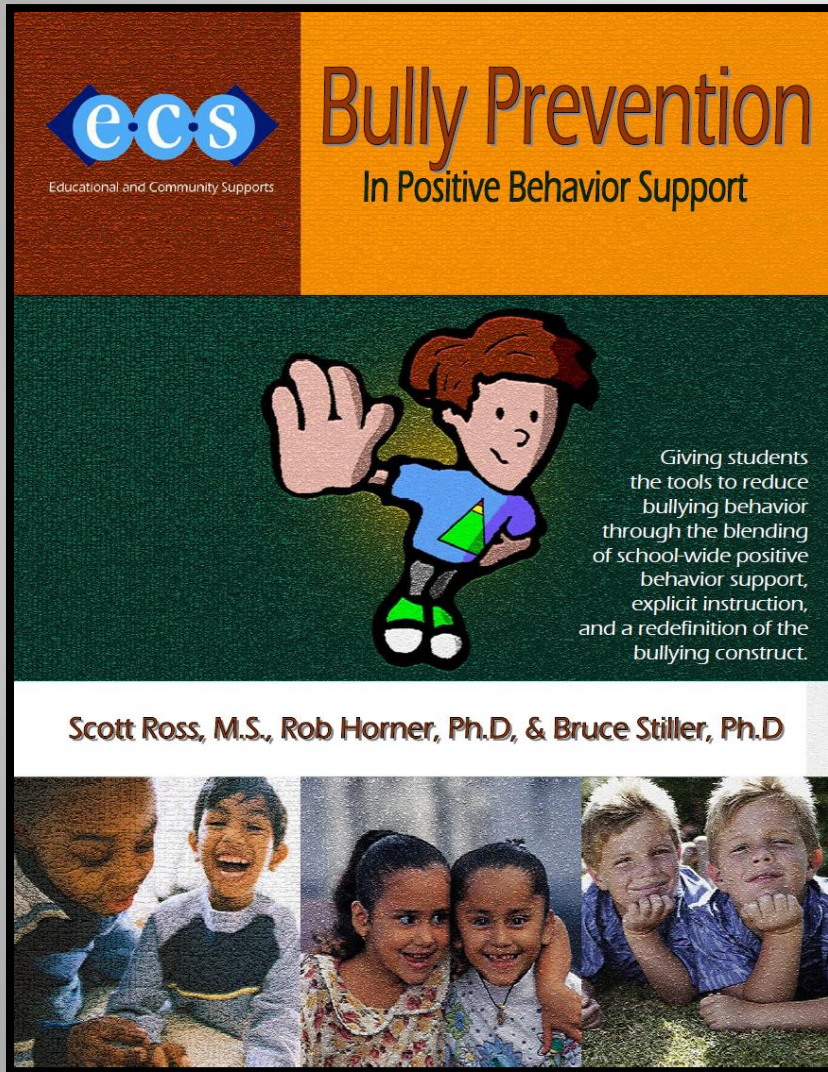
Commitment by whole school  
Ensure sustainability & commitment of the plan  
Communication to school community

## 4. Monitor & Reflect

Check-in: Fidelity  
Checklists/Timelines  
PBIS/BPC Meetings  
Success Indicators  
Celebrate Accomplishments

# PBIS: Stop-Walk-Talk & Expect Respect

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## Bullying and Harassment Prevention in Positive Behavior Support: Expect Respect

Brianna C. Stiller, Rhonda N.T. Nese, Anne K. Tomlanovich, Robert H. Horner, Scott W. Ross



UNIVERSITY OF OREGON

# Resources



# Stopbullying.gov

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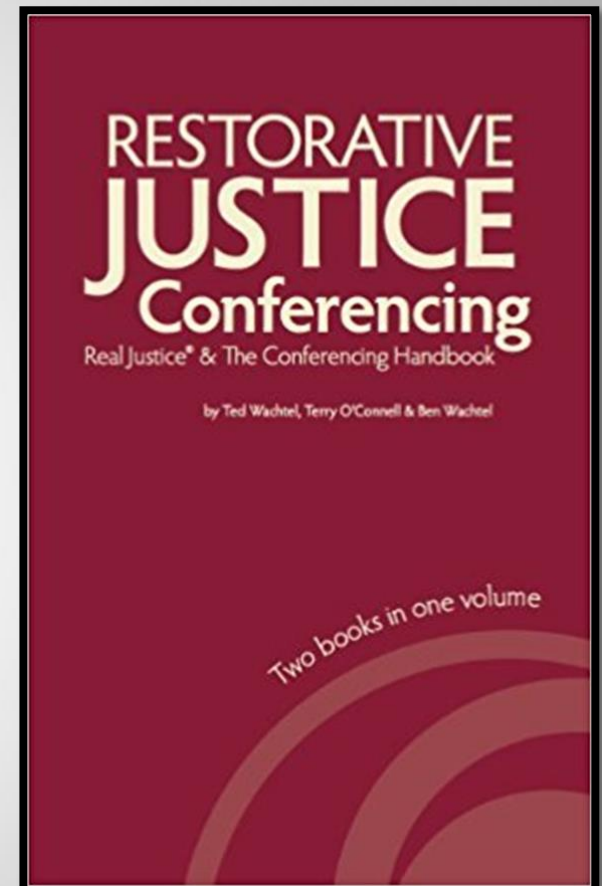
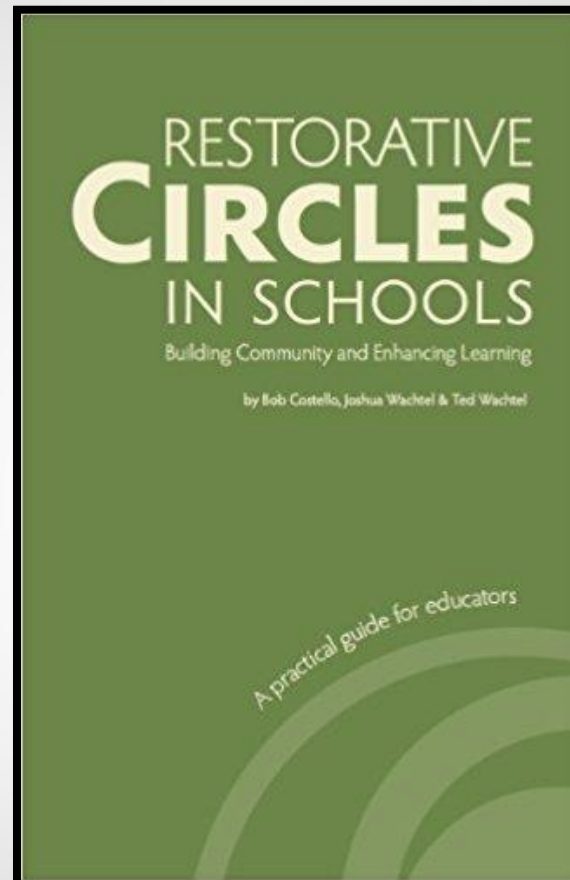
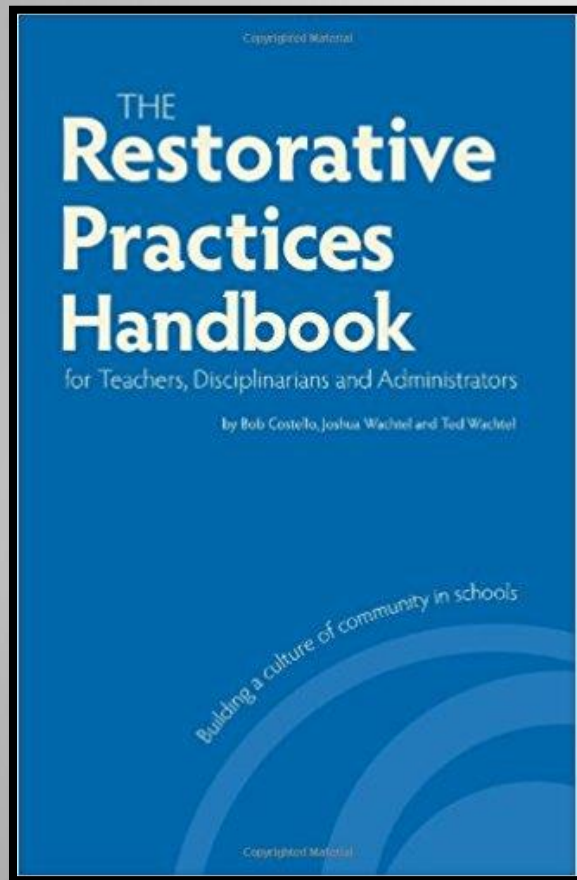
## Bullying Prevention Training Course

- ▶ Discover your role in bullying prevention! This training provides guidance on how to take a public health approach to bullying prevention through the use of long-term, community-wide prevention strategies. Take the course, earn continuing education and make a difference today!



# Restorative Language, Circles & Conferencing

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# NetSmartz Workshop: Digital Citizenship



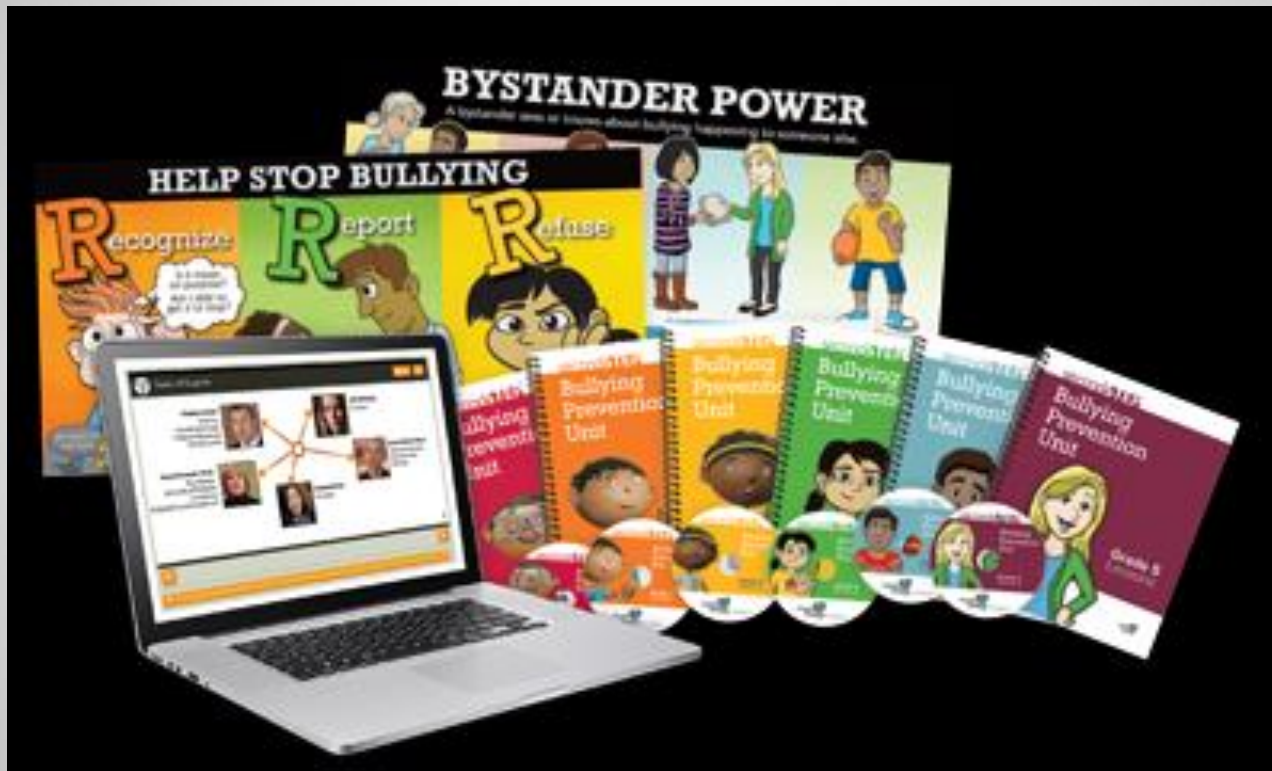
## Goals

- **Educate** children on how to recognize potential Internet risks
- **Engage** children and adults in a two-way conversation about on- and offline risks
- **Empower** children to help prevent themselves from being exploited and to report victimization to a trusted adult



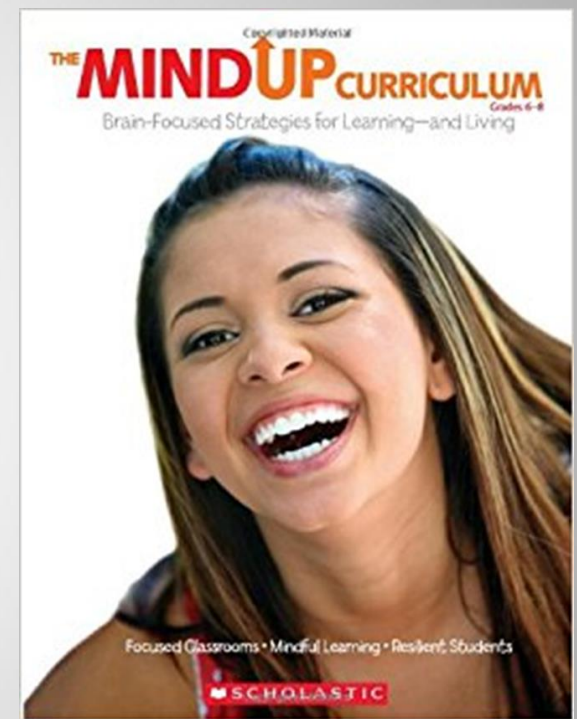
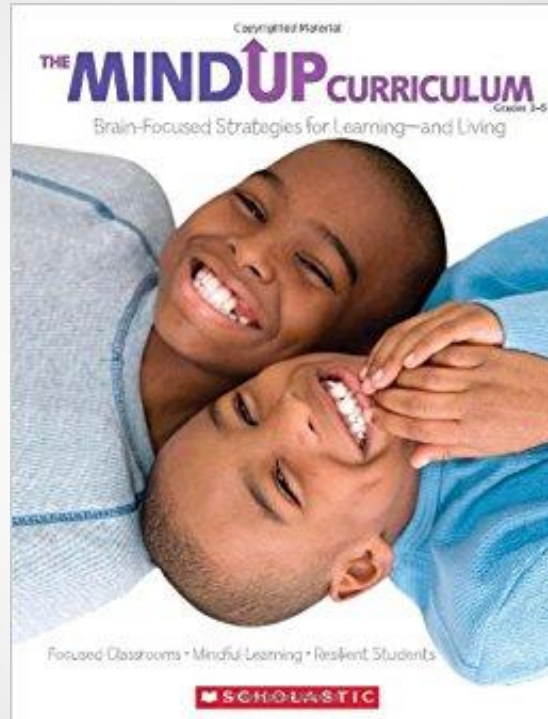
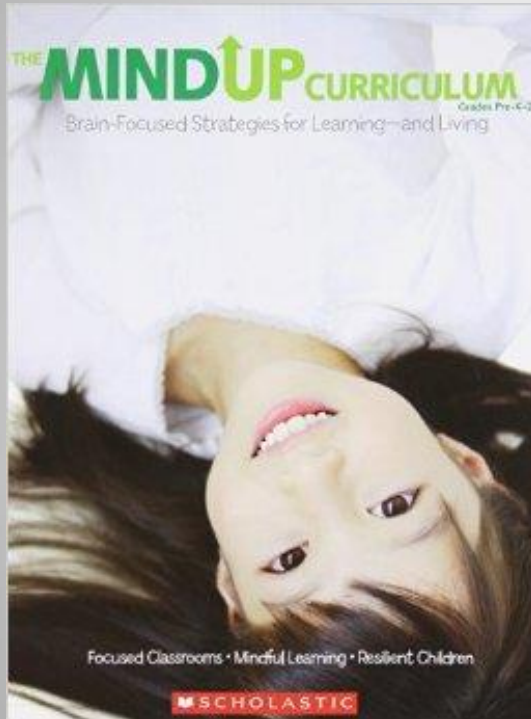
# Second Step: Bullying Prevention

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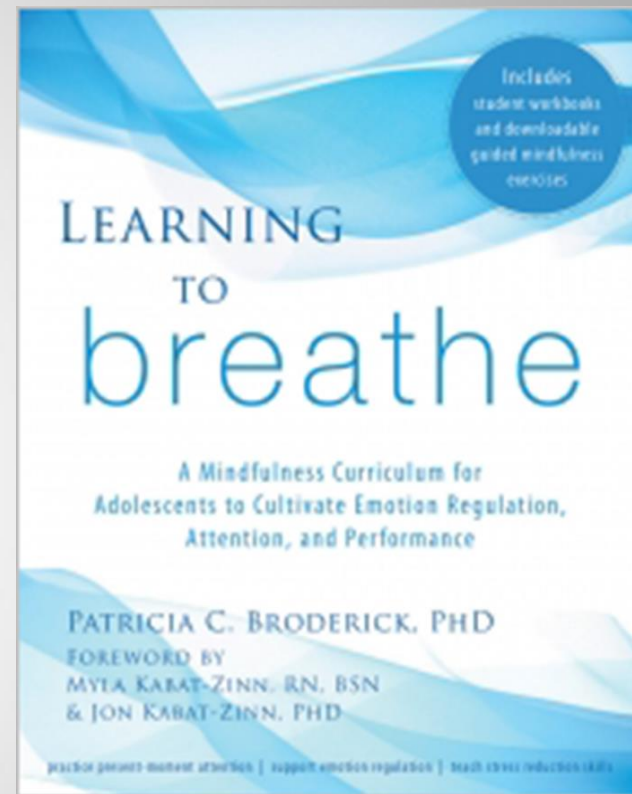
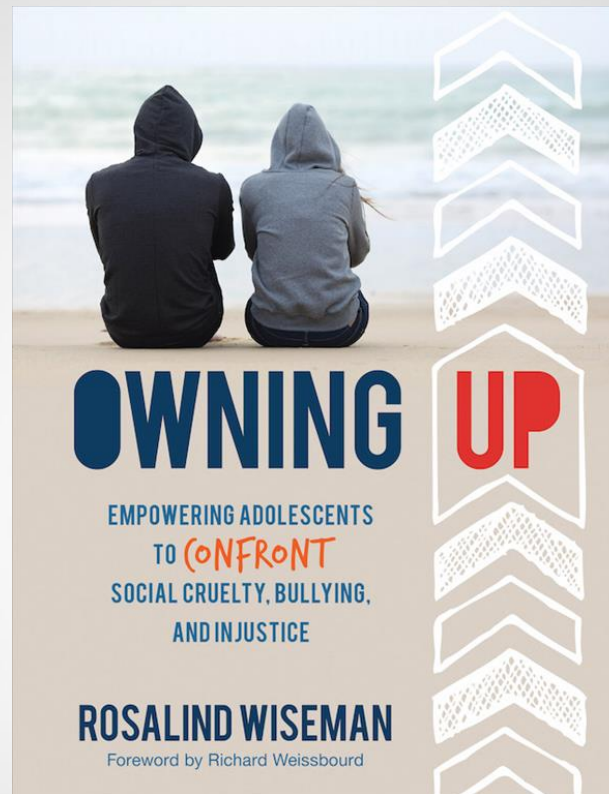
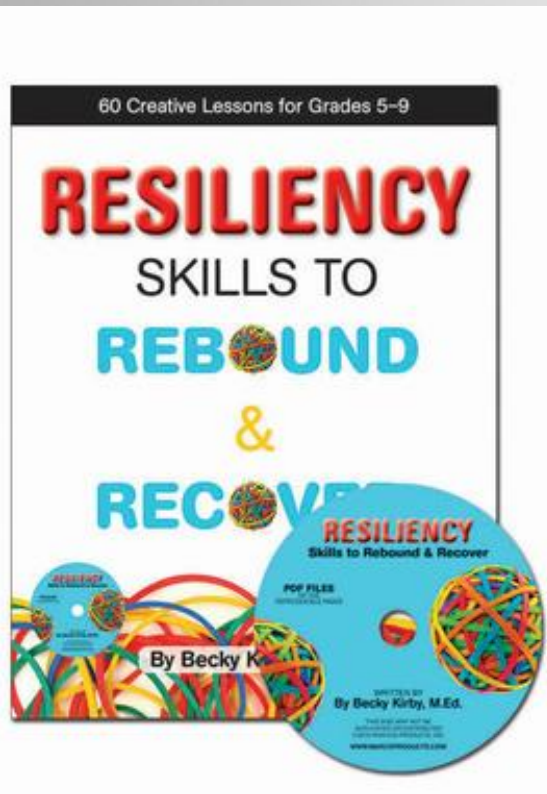
# Mind Up: Elementary & Middle

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# Small Group Resources

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# Teaching Skills & Strategies



# From Bystander to Up-Stander

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# Approach

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- ▶ School-wide
- ▶ Classroom Lessons
- ▶ Small group
- ▶ Individual

# School-wide School Counselors provide:

## **School-wide activities & events**

**When:** *During the month of August, September, October and throughout the school year*

- ✓ Training annually on bullying behavior
  - ❖ Training for staff
  - ❖ Informational workshop/presentation to parents/guardians
- ✓ Public Services Announcements/Newsletters
- ✓ Poster Contests
- ✓ Spirit Days
- ✓ Assemblies
- ✓ Website information & resources

# Elementary Examples of School-wide Awareness/Activities

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Hutchison Farm ES

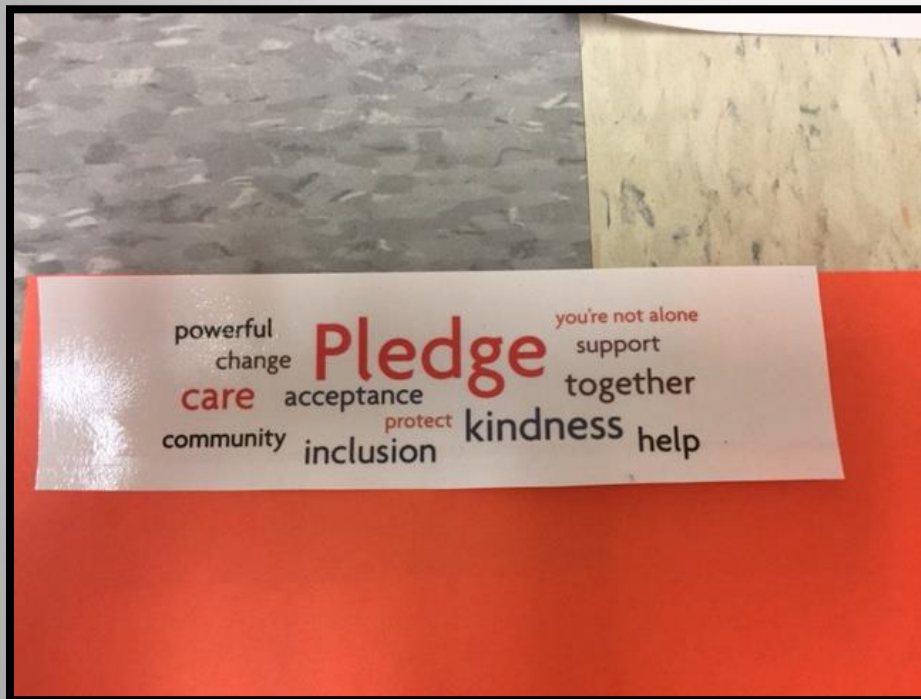




# Middle School Examples of School-wide Awareness/Activities

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Trailside MS



Blue Ridge MS



# Middle School Examples of School-wide Awareness/Activities

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Brambleton MS



Sterling MS



# High School Examples of School-wide Awareness/Activities

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John Champe HS



Heritage HS



# Classroom Lessons School Counselors provide:

## ▶ **Elementary**

- ❖ When: during classroom lesson time
- ❖ How often: October and throughout the school year

## ▶ **Middle**

- ❖ When: during advisory lessons; during resources time
- ❖ How often: October and through out the school year as needed

## ▶ **High School**

- ❖ When: during advisory; push in during selected class-time
- ❖ How often: October and throughout the school year as needed



# Small Group School Counselors provide:

## **Small Group**

- ✓ Restorative Circles
- ✓ Social Skills
  - ❖ Social Thinking
  - ❖ Super Flex
  - ❖ Social Detectives
- ✓ Friendship skills
- ✓ Communication skills
- ✓ Social Emotional Skill Building
  - ❖ Owning Up
  - ❖ Resiliency Skill Building
  - ❖ Second Step

# Individual Support

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- ▶ Individual counseling for victim and student demonstrating bullying behaviors
- ▶ Restorative Conferencing (if appropriate)
- ▶ Family Support as appropriate

# Elementary School Bullying Prevention & Education

KAREN THOMPSON, GUILFORD ELEMENTARY SCHOOL

# Myth & Truth Activity

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- ▶ A statement will be shared.
- ▶ Hold up your red piece of paper if you think it is myth.
- ▶ Hold up your green piece of paper if you think it is true.



# Myths & Truths about Bullying

- ▶ “Bullying is a natural part of childhood.”
- ▶ “Words will never hurt you.”
- ▶ “Some people deserve to be bullied.”
- ▶ “Telling a teacher about bullying is tattling.”
- ▶ “It’s only teasing.”

# Myths & Truths about Bullying (cont.)

- ▶ “Boys will be boys.”
- ▶ “Girls don’t bully.”
- ▶ “Children and youth who are bullied will almost always tell an adult.”
- ▶ “Bullying is easy to recognize.”
- ▶ “Ignoring bullying will make it go away.”

# Bullying Prevention & Education at Elementary School Level

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## Kindergarten

- Provide lessons on Defining Bullying Behavior and Introduction to PBIS: **“Stop Walk, Talk”** guidelines

## First Grade

- Provide lessons on Defining Bullying Behavior and Review of using the PBIS: **“Stop Walk, Talk”** guidelines

## Second Grade

- Provide lessons on ***Tattling vs. Reporting & Big and Small problems.*** Review using the PBIS: “Stop Walk, Talk” guidelines

# Bullying Prevention & Education at Elementary School Level

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## Third Grade

- Provide lessons on ***Bullying Prevention and the Power Struggle***. Review using the PBIS: “Stop Walk, Talk” guidelines.

## Fourth Grade

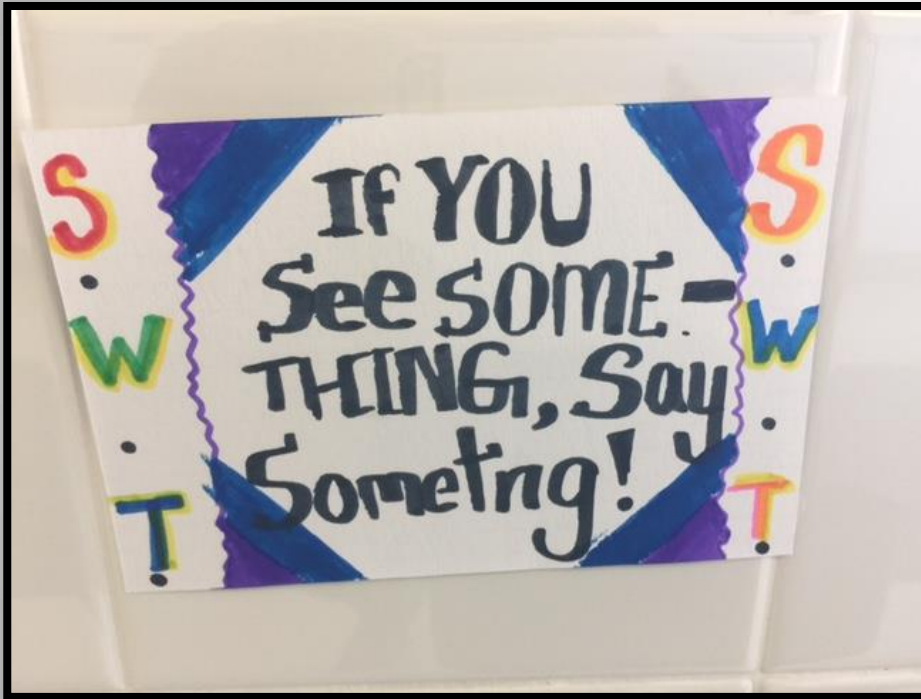
- Provide lessons on ***Four Types of Bullying Behavior and the Three roles in a bullying situation***. Review using the PBIS: “Stop Walk, Talk” guidelines.
- Provide lessons on ***internet safety and cyberbullying prevention***.

## Fifth Grade

- Provide lessons on ***Four Types of Bullying Behavior and the Three roles in a bullying situation***. Review using the PBIS: “Stop Walk, Talk” guidelines.
- Provide lessons on ***internet safety and cyberbullying prevention***.

# Elementary Classroom

## Example: Rosa Lee Carter





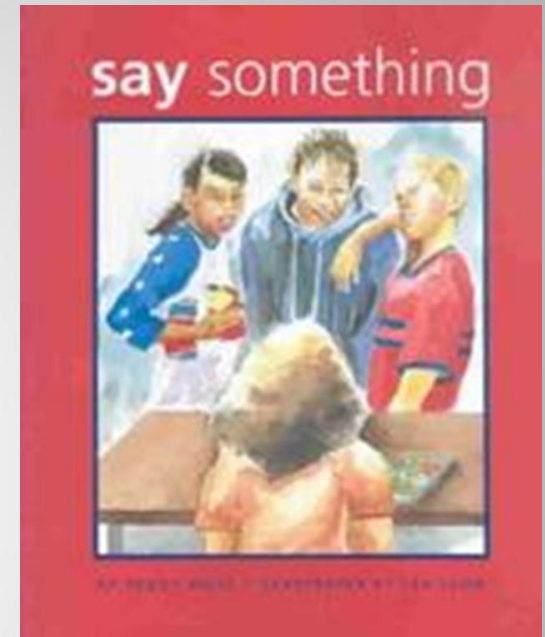
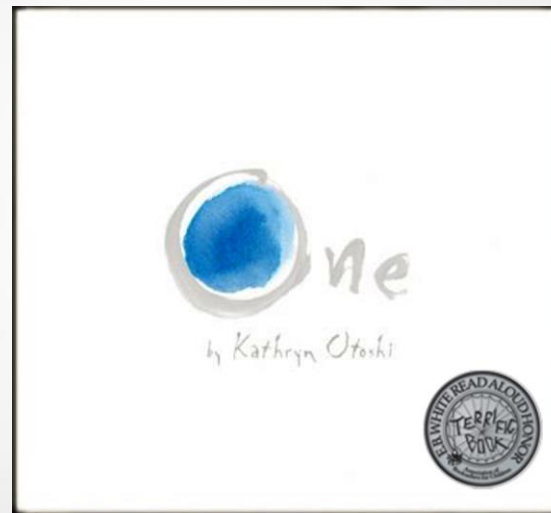
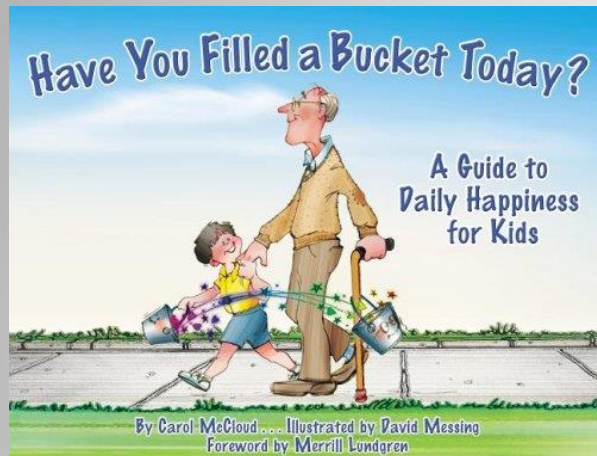
# Elementary Classroom Example: Hamilton ES – “It’s Cool to be KIND!”

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# Bully Prevention Resources for Elementary

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# Middle School and Elementary School Collaborative OTTW Bully Awareness Project

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# 5<sup>th</sup> graders sharing bully prevention projects with 8<sup>th</sup> graders

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# Middle School Bullying Prevention & Education

REGINA HAGAN, SMART'S MILL MIDDLE SCHOOL

JENNIFER ALBERTH, STONE HILL MIDDLE SCHOOL



# Bullying Prevention & Education at Middle School Level

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## Sixth Grade

- Provide lessons on ***Defining Bullying Behavior, Types of Bullying and Role of the Bystander.*** ***Introduce a key word to stop bullying behavior*** using the PBIS “Expect Respect” guidelines.

## Seventh Grade

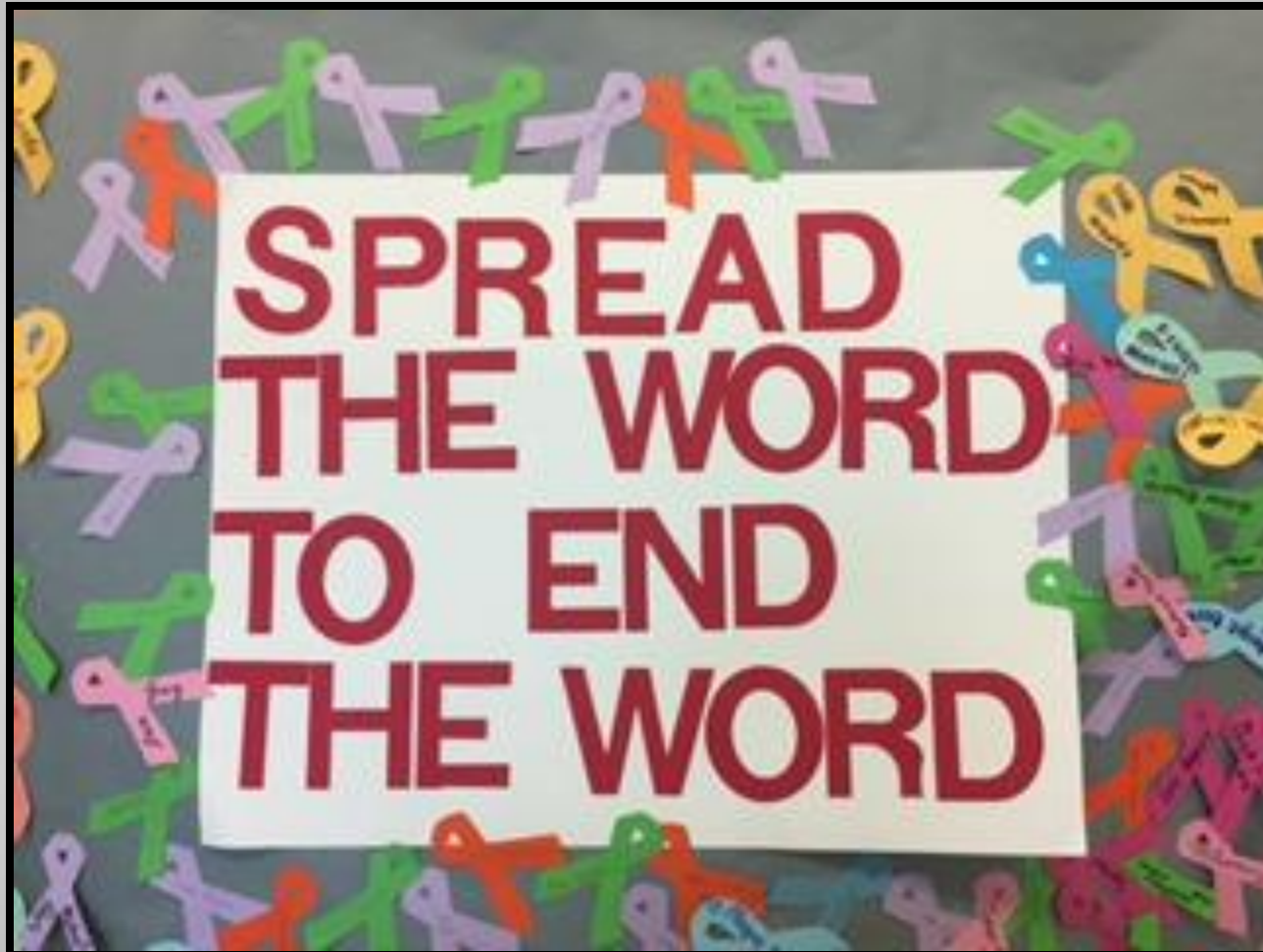
- Provide lessons on ***Sexual Harassment*** and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word

## Eighth Grade

- Provide lessons on ***Cyberbullying*** using the Common-Sense Media, “Digital Citizenship” guidelines resources and review bullying behavior using the PBIS “Expect Respect” guidelines and identified key word

# Expect Respect

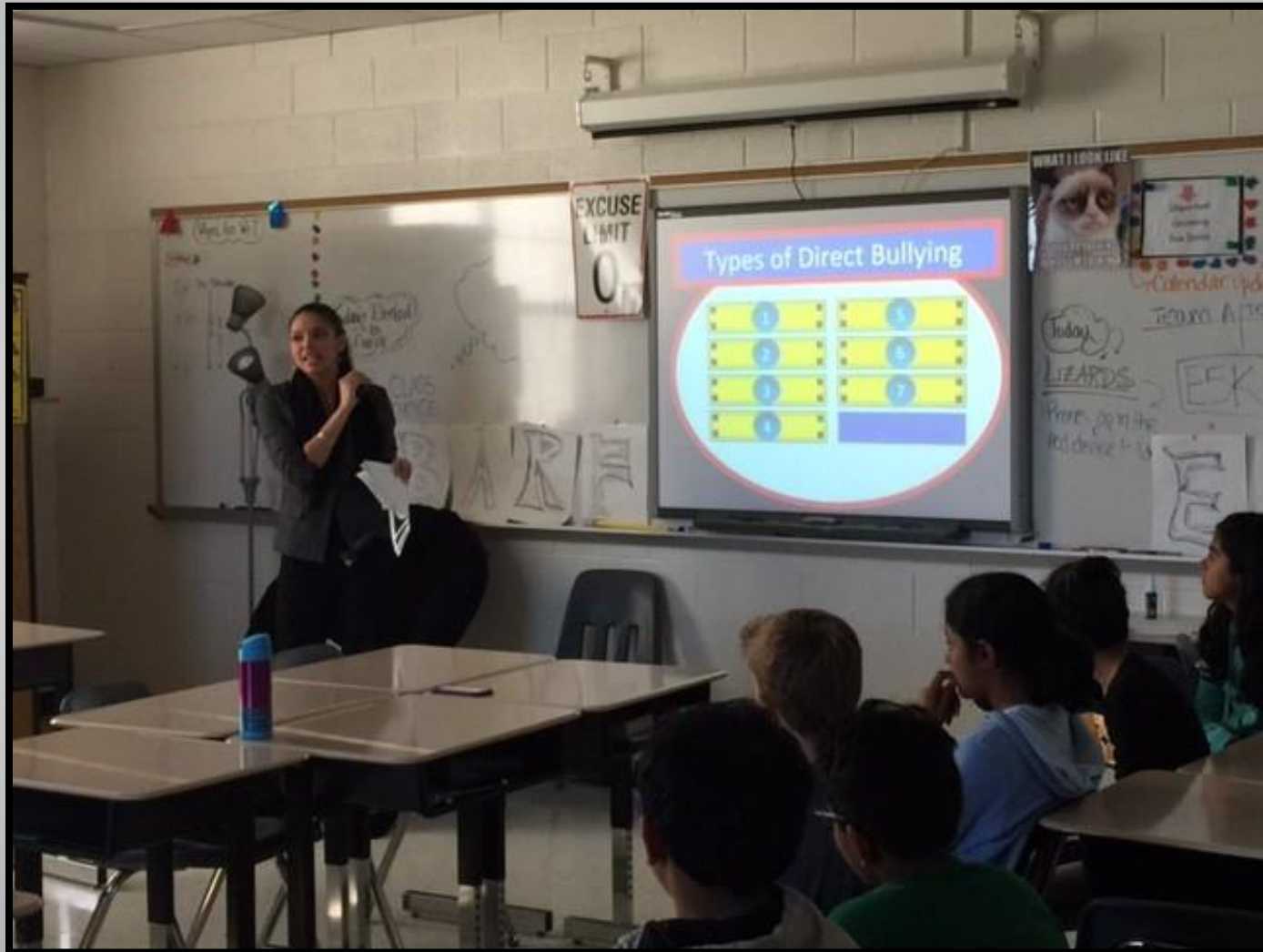
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# Middle School Classroom

## Lesson Example: Stone Hill MS

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# Creating a Positive School Climate

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## RAY'S' Bracelets

Pay it forward- How can you share positive feedback to your peers?



## Smiley Stickers

Sharing positive comments about staff and peers



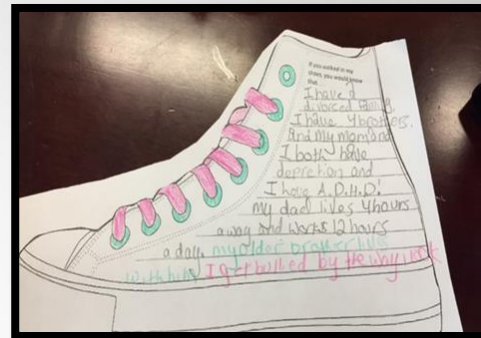
## Compliment Wall



## 55



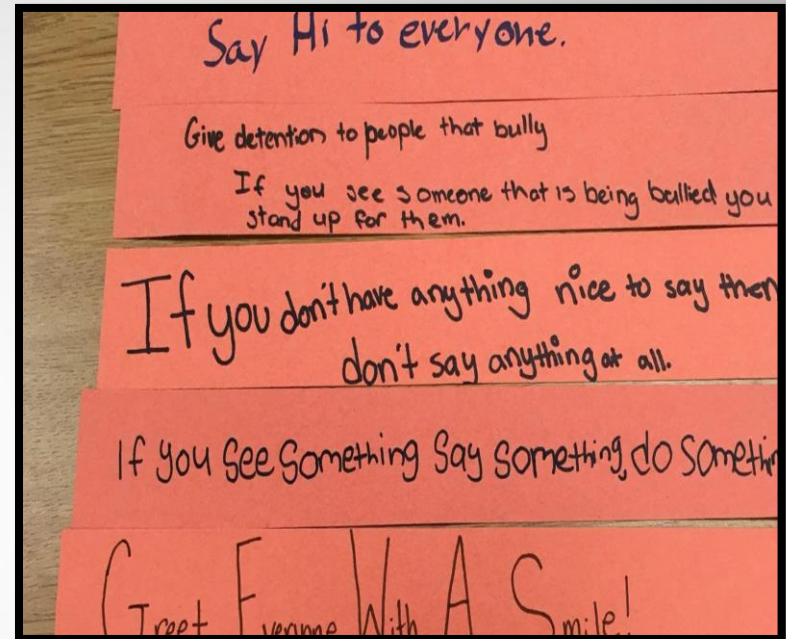
## Creating empathy for others





# Unity Day Activities

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# Parent/Guardian Programs/Education

- ▶ Parent/Guardian Coffees
  - ▶ Building Resilience In your child- SHMS
  - ▶ How to help your Child be Successful in School- SHMS
    - ▶ Addresses who to go to for help, Cyber- bullying
  - ▶ Bullying Prevention and Awareness- Guilford Elementary
  - ▶ Adolescence- What is Normal, What is Not?
    - ▶ Recognizing signs that may indicate a situation of concern



# Student Presentations

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## SAME SKY presentation

Accepting differences- Being  
understanding/inclusive/patient  
/kind

**A PLACE TO BE**  
Where Music Meets Therapy!

*The Same Sky Project*  
Presents

**A WILL To Survive**

*"There's a thread that binds us to each other.  
A thin thread that pulls me near to you."*

A Rock Opera  
about suicide prevention, mental  
health and finding hope while  
being a teenager today.

**Monday, October 16**  
**7:00pm**

**Loudoun County High School**  
415 Dry Mill Rd. SW  
Leesburg, VA 20175

**One show only!**  
**Free Admission**

For More Information,  
Visit: [www.aplacetobe.org](http://www.aplacetobe.org)  
or Call: (540) 687-6740

Claude Moore  
CHARITABLE FOUNDATION THE CHICHESTER DUPONT  
FOUNDATION INOVA LOUDOUN  
HOSPITAL LOUDOUN  
EDUCATION  
FOUNDATION

# High School Bullying Prevention & Education

KEN CHRISTOPHER, FREEDOM HIGH SCHOOL

# Bullying Prevention & Education at High School Level

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## Ninth Grade

- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

## Tenth Grade

- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

## Eleventh Grade

- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources

## Twelfth Grade

- Provide lessons on respect, exclusion vs. inclusion, and bullying & cyberbullying prevention using the Digital Citizenship Common Sense Media Resources



# Hero in the Hallway

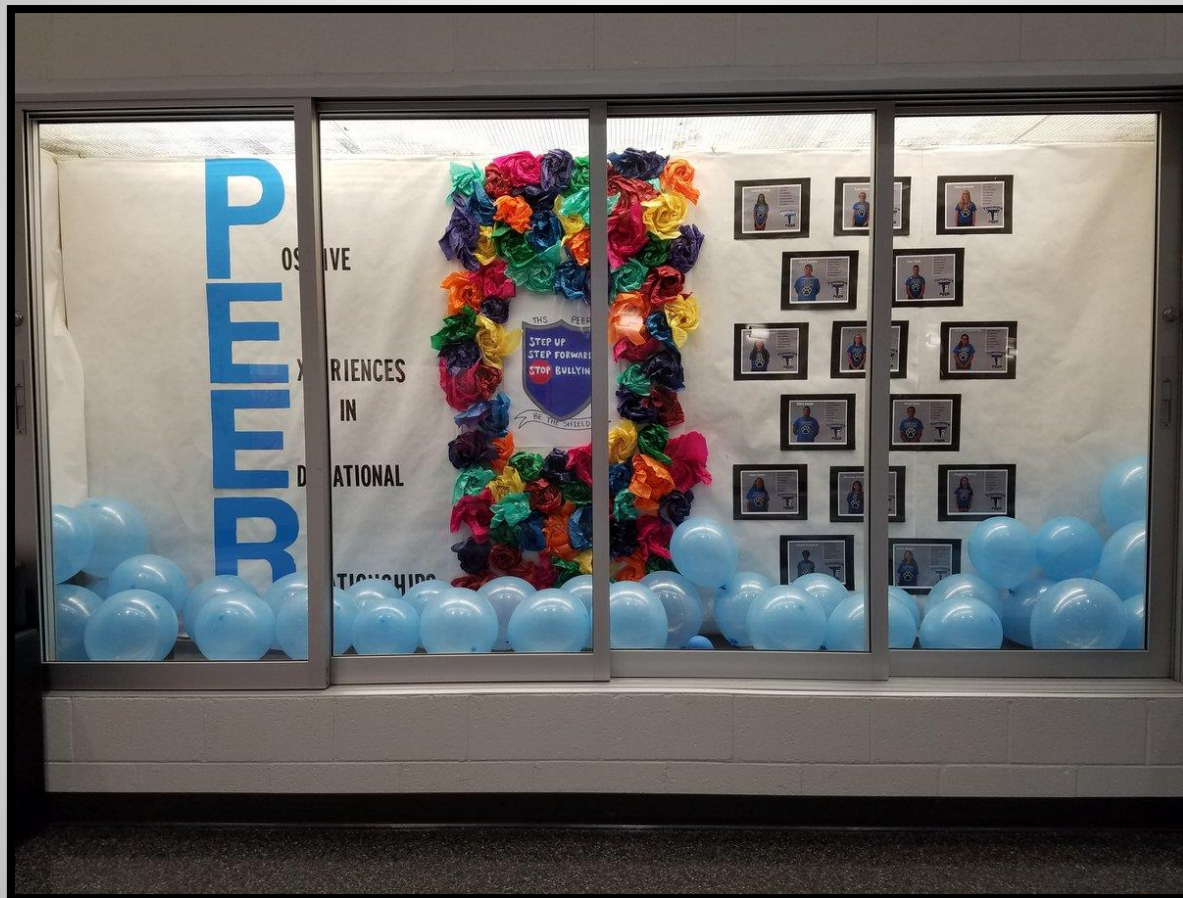
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# High School Student Leadership

## Example: Tuscarora HS

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# High School Student Leadership Example: Sources of Strength

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# What Can Parents/Guardians Do

RESOURCES AVAILABLE AT:  
[STOPBULLYING.GOV](http://STOPBULLYING.GOV)  
[NETSMARTZ](http://NETSMARTZ)

# What Parents/Guardians Can Do

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**Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.**



# What Parents/Guardians Can Do

## ► **Build Resiliency**

- ❖ Help your child develop self-confidence
- ❖ Encourage your child to interact with peers
- ❖ Teach safety strategies and how to seek help
- ❖ Make and enforce rules about phone and computer use
- ❖ Discuss what is appropriate and monitor behavior



# What Parent/Guardians Can Do (cont.)

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Listen

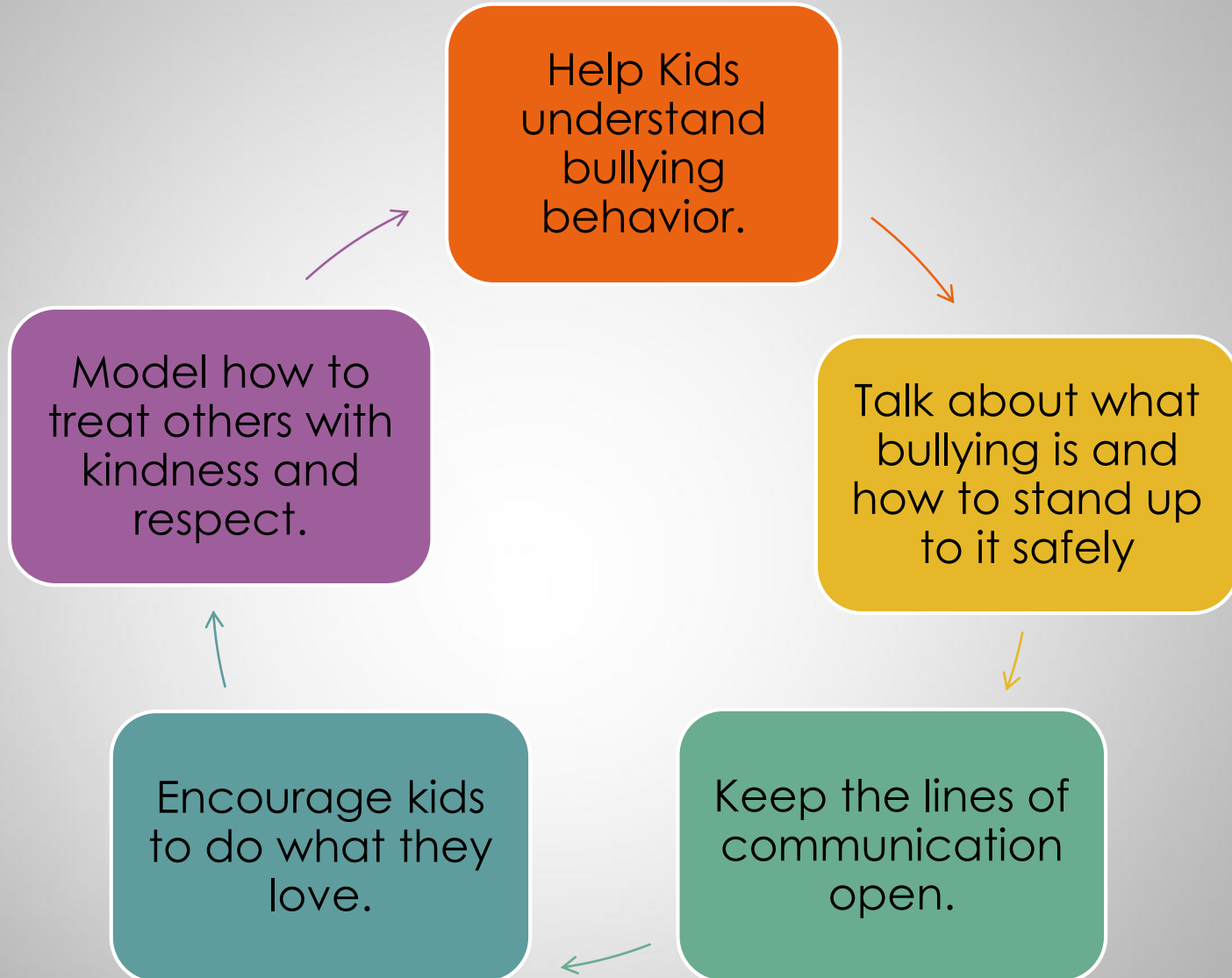


Skill Building



# Skill Building

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# What Parents/Guardians Can Do (cont.)

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Interests & Activities



Self Advocacy





# Parent/Guardian Resources (handouts)

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## How Youth Can Protect Themselves

August 2017

### RESEARCH SUMMARY

stopbullying.gov

#### How Youth Can Protect Themselves from Bullying

**Understanding**


Youth often ask: "What can I do to help stop bullying?" and "How can I protect myself from being bullied?" These are difficult questions to answer, and sometimes parents, teachers, and principals struggle to address them. Findings from some recent studies of new and innovative strategies can help youth to protect themselves from bullying. While considering the important role of parents, educators, and adults at school, this summary covers protective factors to prevent bullying as well as innovative strategies for youth that can reduce the likelihood of being bullied.

**Protective Factors**

One of the best ways that youth can protect themselves against being bullied is through healthy friendships and positive relationships with classmates. A wealth of research indicates that having a healthy peer network protects against being bullied and also helps reduce the negative effects of being bullied, such as feeling depressed and anxious. In addition, having positive peer relationships also can increase the likelihood that peer bystanders will step in to intervene and help stop bullying when it occurs.

Research also indicates that having positive relationships with teachers is associated with a reduced risk of being bullied and that hostile teacher-student relationships are associated with higher levels of bullying. So it is important for youth to seek out and maintain both healthy peer and adult relationships to reduce the likelihood that they will be bullied.

Youth can also reduce their exposure to environments in which bullying frequently occurs such as areas of schools with poor adult supervision or in social media settings where negative and hurtful communication occurs. In those instances where youth are in these environments, they should take extra caution, such as walking between classes with friends or a supportive peer, and protecting their identity online and the information they share electronically.



<sup>1</sup> Fion, J., Sulikowski, M. L., & Bauman, S. (2016). Teachers' responses to bullying incidents: Effects. *Aggression and Violent Behavior, 27*, 313-322. doi: 10.1016/j.avb.2015.09.009

<sup>2</sup> Fion, J. S., & Espelage, D. L. (2012). A review of research on bullying and peer victimization in school: An ecological system analysis. *Aggression and Violent Behavior, 17*, 313-322. doi: 10.1016/j.avb.2012.09.009

<sup>3</sup> Salimov, C. (2020). Bullying and the peer group: A review. *Aggression and Violent Behavior, 15*, 112-120. doi: 10.1016/j.avb.2009.08.007

<sup>4</sup> Karna, A., Voeten, M., Fokkema, E., & Salimov, C. (2020). Vulnerable children in varying classroom contexts: Bystanders' behaviors moderate the effects of risk factors on victimization. *Merrill-Palmer Quarterly, 56*, 265-282. doi: 10.1177/0022039820910052

<sup>5</sup> Fion, J. S., & Barton, E. (2008). The role of teachers in school violence and bullying prevention. In *School violence and primary prevention* (pp. 249-275). Springer New York.

<sup>6</sup> Lucas-Molina, B., Williamson, A. A., Pulido, R., & Pérez-Albarrán, A. (2015). Effects of teacher-student relationships on peer harassment: A multi-level study. *Psychology in the Schools, 52*, 298-315. doi: 10.1002/ppts.21822

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## The Consequences of Bullying

August 2017

### FACT SHEET

stopbullying.gov

#### The Consequences of Bullying

It is important for parents and people who work with children and adolescents to understand that bullying can have both short- and long-term effects on everyone involved. While most research on bullying has been about children and adolescents who have been bullied, those who bully others are also negatively impacted, as are those who are both bullied and bully others, and even those who are not directly involved but witness bullying.

**Children Who Have Been Bullied**

Research has found that children and adolescents who have been bullied can experience negative psychological, physical, and academic effects.

**Psychological Effects**

The psychological effects of bullying include depression, anxiety, low self-esteem, self-harming behavior (especially for girls), alcohol and drug use and dependence, aggression, and involvement in violence or crime (especially for boys). While bullying can lead to mental health problems for any child, those who already have mental health difficulties are even more likely to be bullied and to experience its negative effects.

Cyberbullying – bullying that happens with computers or mobile devices – has also been linked to mental health problems. Compared with peers who were not cyberbullied, children who were cyberbullied report higher levels of depression and thoughts of suicide, as well as greater emotional distress, hostility, and delinquency.

**Physical Effects**

The physical effects of bullying can be obvious and immediate, such as being injured from a physical attack. However, the ongoing stress and trauma of being bullied can also lead to physical problems over time. A child who is bullied could develop sleep disorders – such as difficulty falling asleep or staying asleep – stomachaches, headaches, heart palpitations, dizziness, bedwetting, and chronic pain and somatization (i.e., a syndrome of distressful, physical symptoms that cannot be explained by a medical cause).

Being bullied also increases cortisol levels – a stress hormone – in the body, which typically happens after a stressful event. Stress from bullying can impact the immune system and hormones. Imaging studies show that brain activity and functioning can be affected by bullying, which may help explain the behavior of children who have been bullied.



**Bullying and Suicide**

*Bullying is a risk factor for depression and thinking about suicide. Children who bully others, are bullied, or both bully and are bullied are more likely to think about or attempt suicide than those who are not involved in bullying at all.*

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# Take-Home Message

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- ▶ It *is* possible to reduce bullying.
- ▶ It requires a *team* effort.
- ▶ It requires a long-term commitment.





# Information and Resources

- ▶ **Stopbullying.gov:** <https://www.stopbullying.gov/>
- ▶ **Restorative Practices:** <http://www.iirp.edu>
- ▶ **Netsmartz:** <https://www.netsmartz.org>
- ▶ **Sources of Strength:** <https://sourcesofstrength.org/>
- ▶ **Bully Prevention in Positive Behavior Support:**  
<https://www.pbis.org/common/cms/files/pbisresources/pbsbullyprevention.pdf>
- ▶ **Olweus Bullying Prevention Program:**  
<http://www.violencepreventionworks.org/public/index.page>

# Contact Information

**Anaid Shaver**

School Counseling Specialist

Phone: 571.252.1017

Email: [ashaver@lcps.org](mailto:ashaver@lcps.org)

**Karen Thompson-** Guilford Elementary School

**Regina Hagan-** Smart's Mill Middle School

**Jennifer Alberth** – Stone Hill Middle School

**Ken Christopher-** Freedom High School

Thank you for  
your  
attendance and  
participation.