Preventing and Reducing School Violence and Bullying

Tools for Students

David-Roger Gagnon
Ometz

Tools for Students

1st edition
Legal deposit: 2nd trimester 2013 – Bibliothèque et Archives nationales du Québec
Legal deposit: 2nd trimester 2013 – Library and Archives Canada
ISBN: 978-2-923232-17-1

Author: David-Roger Gagnon
Editorial Team: Barbara Victor, Carol Liverman, Joanne Baskin, David-Roger Gagnon, Guylaine Wafer (OMETZ); Jean-Paul Fossey (QPAT)
Proofreading, corrections and final editing:Lisa Climan-Putnam, Marlène Ben Hayoun

Notes
All Web sites listed in this publication are related to school violence and bullying. Some links and contents may have been modified by their owner after our publishing date. The author and the publisher wish to apologize in these cases.

The author and the publisher have made all possible efforts to trace back all copyrights. Readers are invited to send all corrections and oversights to the publisher at info@fondationjasminroy.com

For information about professional development, training for staff, workshops for students and/or parents, please contact Ometz at Info@ometz.ca

Icon legend:

indicates a tool

TABLE OF CONTENTS

“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.”

Albert Einstein

INTRODUCTION

This *Tools for Students* booklet was written and developed with you in mind. In it, you will find a variety of resources and ideas that can help you do your part in putting an end to bullying!

Did You Know That…

- Over **two thirds** of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective?
- Physical bullying increases in elementary school, peaks in middle school, and declines in high school? Verbal bullying, on the other hand, remains constant.
- Around **50%** of teens have been the victims of cyberbullying?
- Only **1 in 10** teens tells a parent if they have been a cyberbully target?
- Nearly **20%** of teens had a cyberbully pretend to be someone else online, in order to trick them into revealing personal information? [1]
- **1 in 10** teens has had embarrassing or damaging pictures taken without their permission, often using cell phone cameras?
- **17%** of teens are victimized by someone lying about them online? [2]
- **13%** of teens learned that a cyberbully was pretending to be them while communicating with someone else? [3]
- About **1 in 5** teens has posted or sent sexually suggestive or nude pictures to others?
- **Girls** are more likely than **boys** to be involved in cyberbullying? [4]

---

1 National Crime Prevention Council). (n.d.)
Stop Cyberbullying Before it Starts
Retrieved from: http://www.ncpc.org/resources/files/pdf/bullying/cyberbullying.pdf

2 *Ibid.*

3 *Ibid.*

4 Webster, R. (2010). *From cyber bullying to sexting: What's on your kids' cell?*
Retrieved from: http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html

Student Checklist

You and your classmates

- ❍ Do you know about the different roles students play in bullying, such as 1) bully 2) victim 3) bully-victim or 4) bystander?
- ❍ Do you know how bullying, sexual harassment, and racial discrimination hurt others?
- ❍ Do you feel comfortable solving problems with other students at your school?
- ❍ Are you part of school teams, clubs or other activities?

At School

- ❍ Has your school given you information about these issues?
- ❍ Do you know if your school has an anti-bullying/harassment committee? Do you know what the committee does?
- ❍ Do adults supervise the areas of your school where bullying happens most?
- ❍ Is there a Safe School or Anti-bullying assembly planned for this year? Will you go to the assembly?
- ❍ Are student problems talked about at school assemblies? Do you have a role or job you enjoy at the assembly? Do teachers and adults help to explain and supervise peer helper or peer mentoring programs?
- ❍ If you have problems with teachers or school staff, do you talk to an adult about it?
- ❍ Is there a way to privately report bullying, harassment, and racial discrimination at your school?
- ❍ Do you know if your school provides students with help and counseling? Are parents invited to these sessions?

❍ Do you know what rules your school has about bullying, sexual harassment, and racial discrimination?

In Class

- ❍ Does your school help students who are suspended from school by telling them what their homework is, or offering counseling?
- ❍ Does your teacher set aside time to discuss student relationships with the whole class?
- ❍ Have you filled out (completed) a student survey?
- ❍ Have you talked about the topics on the survey with your parent/guardian, teacher or other adult?

❍ Do you know where to find teachers or adults if there is a problem while you are on school property?

[5] *Note.* From Canadian Public Health Association. (n.d.). *Checklist for parents or guardians*
Retrieved from: http://www.cpha.ca/uploads/progs/_/safeschools/checklist_students_f.pdf

CHECKLIST FOR BULLIES

What should you do if you bully and are ready to stop?

Talk to someone who can help: an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust. **They can help you find ways to get along with other children.**

- ✓ Put yourself in other kids' shoes. Would you want to be picked on, beat up, or excluded?
- ✓ Appreciate kids' differences. Different doesn't mean worse or better than you.
- ✓ Know that if other kids watch and laugh, it doesn't mean they like it when you bully.
- ✓ Resist peer pressure to bully. Keep your cool.
- ✓ Be a real leader…Real leaders treat others with respect.
- ✓ Ask a friend to help you stop if you start to bully others.
- ✓ Understand that you may not like everyone around you, but you do have to treat them with respect.
- ✓ Apologize to the kids you have bullied.
- ✓ Set goals each day to make it easier not to bully (e.g., "Today I'll help others rather than hurt them").
- ✓ YOU help to make your school a better place by being a positive leader and not someone who bullies.
- ✓ If these tips work for you, pass them on to others!

Bullying is something a lot of kids have to cope with. The more we talk about it, the faster we will stop it.[6]

---

[6] *Note.* From Bell, K. (2005). *Teacher's guide for grades 4 to 6: Addressing bullying from the bystander's point of view.* Retrieved from http://www.bullyingawarenessweek.org/pdf/Teachers_Guide_Family_Channel_Bullying.org.PDF

CHECKLIST FOR TARGETS

What should you do if you are being bullied and can't stop it yourself?

Talk to someone who can help: an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust. **It really does work when you talk to someone and get help. You may have to tell more than one person...Don't give up!**

- ✓ If you're scared to talk to an adult on your own, ask a friend to go with you.
- ✓ Try not to show that you are upset when being bullied.
- ✓ Don't get mad… get funny! Humour shows you're not bothered.
- ✓ Stay calm. Fighting back often makes the bullying worse.
- ✓ Look confident and tell the child who bullies to back off...Bullying is NOT cool!
- ✓ If it's hard to stand up for yourself, ignore the bullying and walk away; then tell someone who can help.
- ✓ Stay close to students you can count on to stick up for you.
- ✓ Stay away from areas where you know bullying happens.
- ✓ Don't blame yourself; no one deserves to be bullied.
- ✓ YOU help to make your school a better place by seeking help to stop bullying.
- ✓ If these tips work for you, pass them on to others!

Bullying is something a lot of kids have to cope with. The more we talk about it, the faster we will stop it.[7]

---

[7] *Note.* From Bell, K. (2005).
Teacher's guide for grades 4 to 6: Addressing bullying from the bystander's point of view.

Retrieved from http://www.bullyingawarenessweek.org/pdf/Teachers_Guide_Family_Channel_Bullying.org.PDF

CHECKLIST FOR BYSTANDERS

What should you do if you see someone being bullied?

Talk to someone who can help: an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust.

Remember...telling is not the same as tattling:
Telling is what you do to get someone out of trouble
Tattling is what you do to get someone into trouble

- ✓ Tell kids who bully to back off... Bullying is NOT cool!
- ✓ If it's hard for you to speak out against bullying on your own, ask a friend to do it with you.
- ✓ Help kids who bully, don't hurt them... Speaking out helps; hitting and name-calling doesn't.
- ✓ If you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem.
- ✓ Stand up for kids who are bullied. They can't do it themselves.
- ✓ Invite kids who are bullied to play with you somewhere else.
- ✓ Comfort the person who was hurt and make it known that what happened was not fair or deserved.
- ✓ The best thing you can do for kids who are bullied is to be their friend.
- ✓ YOU help to make your school a better place by doing your part to stop bullying.
- ✓ If these tips work for you, pass them on to others!

Bullying is something a lot of kids have to cope with. The more we talk about it, the faster we will stop it.[8]

---

[8] *Note.* From Bell, K. (2005).
Teacher's guide for grades 4 to 6: Addressing bullying from the bystander's point of view.

Retrieved from http://www.bullyingawarenessweek.org/pdf/Teachers_Guide_Family_Channel_Bullying.org.PDF

WHAT IS CYBERBULLYING?

Electronic communication enables youth to connect with each other in all kinds of convenient, entertaining, and meaningful ways. Youth use social technology to create and deepen relationships with one another. Healthy relationships involve respectful interactions, whether face-to-face or online. Disrespectful interactions cross the line into bullying.

Cyberbullying is the use of electronic communication to upset, threaten, or embarrass another person. Cyberbullying can occur through the use of cell phones, text messages, email, social networking sites, Websites, or any other interactive electronic technology. It can include put-downs; insults; spreading rumours; sharing private information, photos, or videos; or threatening to do harm. It is always aggressive and hurtful, and is sometimes repeated.

Technology creates a power imbalance between the person who is doing the cyber-bullying and the person on the receiving end, because:

- Cyberbullying can be done anonymously.
- The message/post/photo can go viral with an unlimited audience.
- The message/post/photo exists forever in cyberspace.
- The message/post/photo can be received anywhere, at any time.
- With face-to-face communication, you can directly see the hurtful impact of aggressive behaviour, and your natural empathy stops you from going too far. Electronic communication makes it easier to be aggressive, because you don't have to see or experience the hurtful impact of your behaviour.

WHAT IS THE IMPACT OF CYBERBULLYING?

Because of the power of electronic technology, youth who are cyberbullied feel:

- Unsure who to trust, because the identity of the person sending the messages is not clear.
- Concerned what other people (who have seen the messages) will think of them.
- Worried that this will affect relationships in the future, since others may see negative messages at any time.
- Unsafe everywhere since there is no escaping technology.
- Alone and that no one cares.

WHAT CAN YOU DO TO DEAL WITH CYBERBULLYING?

Make a personal commitment to respect others and to make sure your relationships with others are healthy, whether online or face-to-face.

Before you press or click, **pause and think**. Ask yourself, is this message respectful? If it is meant to be funny, will the person on the receiving end also think it is funny? If you are with a group of friends, check in with yourself and make sure you are feeling comfortable with what's happening; and if you aren't, say so and stop!

Learn about and use privacy settings on all the social networking sites you use.

If you see or receive online messages that strike you as aggressive and over the line, don't ignore your instincts:

- If you know who the sender is, let him or her know that cyberbullying is not OK with you.
- Reach out to the person on the receiving end. Let him or her know that you are there and you care. Stand up, don't stand by.
- Delete the message and do not pass it along.

Talk to a trusted adult about your online relationships and what you see online. If you are being cyberbullied or are concerned that someone else is, you don't have to deal with it alone.

If your "gut" tells you the cyberbullying is serious, make a copy of the message before you delete it. With the support of an adult you can :

- Contact the Internet service provider, cell phone service provider, or content provider to investigate the issue or to remove the offending material.
- Approach the police when physical threats are involved or a crime has possibly been committed. [9]

---

[9] *Note.* PREVNet. (n.d.)
What is cyberbullying?
Retrieved from: http://www.prevnet.ca/LinkClick.aspx?fileticket=eXhmKg9Q4d8%3d&tabid=389

"THAT'S SO GAY" IS NOT OKAY!

It's time to change our language! *"That's so gay!"* is a common saying among youth. It is often used to denote something that is not in vogue, off-beat, tacky, or not "cool." Yet to the ears of a young person or staff member who identifies as being gay, lesbian, bisexual, transgender/transexual or queer/questionning (**GLBTQ**), this commonly used idiom can be perceived as a form of harassment, ridicule, or even bullying. As we become more attuned to the impact of our choice of words, we are challenged to change the way we express ourselves. Our society has made some major changes in recent years as we have become sensitized to certain expressions, eventually removing them from daily use. However, many choose to ignore the need to rethink our vocabulary when it comes to negative language related to sexual orientation or sexual identity. Administrators, educators, students, and school staff set the tone and lead by example when they say, "It's NOT okay!

Did You Know That…

- According to a recent study, **90%** of GLBTQ students surveyed were harassed or assaulted during the previous year, compared to **62%** of non-GLBTQ teens?
- Being perceived as lesbian, gay, or bisexual is the **2nd** most commonly cited reason for frequent harassment?
- **22%** of GLBTQ students do not feel safe at school, compared to **7%** of non-GLBTQ students?
- Gay youth are **two** to **three times** more likely to attempt suicide than other young people, accounting for up to **30%** of the estimated 5,000 youth suicides annually? [9-10]

So What Can Be Done?

- Start a "Gay-Straight Alliance" group in your school to send a clear message of inclusiveness.
- Consider the British Columbia button campaign called "That's So Gay Is Not Okay!"
- Put up posters to raise awareness about homophobia; May 17th is International Day Against Homophobia Day.
- Include in your school's anti-bullying and anti-violence policy the statement that sexual orientation and/or identification may not be used as a justification for bullying and violence, and is not tolerated.
- Support and encourage all efforts to send a clear message of inclusiveness throughout your school.

---

9 *Note.* PREVNet. (n.d.) *What is cyberbullying?* Retrieved from: http://www.prevnet.ca/LinkClick.aspx?fileticket=eXhmKg9Q4d8%3d&tabid=389

10 *Note.* From Gay, Lesbian & Straight Education Network. (2005). *From teasing to torment: School climate in America - A national report on school bullying.* Retrieved from: http://www.glsen.org/cgi-bin/iowa/all/library/record/1859.html

TOOL #1 : Anti-Bullying Pledge for Students

*The information presented in this document is strictly confidential.

We, the students of _____ , agree to join together to stamp out bullying at our school.

We believe that everybody should enjoy our school equally, and feel safe, secure, and accepted regardless of colour, race, sexual orientation, popularity, athletic ability, intelligence, religion and nationality.

Bullying can involve pushing, shoving, hitting, and spitting, as well as name calling, picking on, making fun of, laughing at, or excluding someone. Bullying causes pain and stress to victims and is never justified or excusable as ''kids being kids,'' ''just teasing'' or any other rationalization. The victim is never responsible for being a target of bullying.

By signing this pledge, we the students agree to:

1. Value student differences and treat others with respect.
2. Not become involved in bullying incidents or be a bully.
3. Be aware of the school's policies and support system with regard to bullying.
4. Report honestly and immediately all incidents of bullying to a faculty member.
5. Be alert in places around the school where there is less adult supervision such as bathrooms, corridors, and stairwells.
6. Support students who have been, or are subjected to, bullying.
7. Talk to teachers and parents about concerns and issues regarding bullying.
8. Work with other students and faculty to help the school deal with bullying effectively.

9 Encourage teachers to discuss bullying issues in the classroom.

10 Be good role models for younger students and support them if bullying occurs.

11 Participate fully and contribute to assemblies dealing with bullying. [11]

I acknowledge that whether I am being a bully or see someone being bullied, if I don't report or stop the bullying, I am just as guilty.

Signed by : _____

Date : _____ [12]

Print name: _____

---

11 *Note.* From Committee for Children. (2012). *"That's so gay" is not okay!* Retrieved from http://www.cfchildren.org/advocacy/bullying-prevention/thats-so-gay.aspx

12 *Note.* Fom Dr Phil. *Anti-Bullying Pledge - Students* Retrieved from http://drphil.com/page/students/

THINGS TO TRY

Start a student committee to address bullying and violence in your school, and to come up with ideas for events and activities to help your school become more aware of this issue.

Hold bullying and violence awareness-raising activities throughout the school year to continue to keep the issue of bullying foremost in the minds of the school community.

Invite guest speakers (sports team players, television personalities, local actors, civic leaders, etc.) to come speak with the students in your school about how to bring an end to bullying and violence.

Hold events for Bullying Awareness Week and have an information table in the cafeteria or the main hallway.

Hold a competition for best rap, poem, poster, or short play about bullying and how we can put a stop to it.

Make an anti-bullying video for your school.

HELPFUL RESOURCES

Beyond The Hurt
(A project of the George Street Middle School in Fredrickton, N.B.)
Award-winning ideas on how to start an anti-bullying program in your school.
http://georgest.nbed.nb.ca/clubs/beyond-hurt

"That's So Gay Is Not Okay!"
(A project of the Committee for Children)
Article addressing some GLBTQ issues, and ideas on how to address them in the school context.
http://www.cfchildren.org/advocacy/bullying-prevention/thats-so-gay.aspx

Kids Help Phone
A toll-free, 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. **1-800-668-6868**
http://www.kidshelpphone.ca/teens/home/splash.aspx

Cyberbullying Hurts: Respect for Rights in the Digital Age
(Youth Guide)
A guide for youth from the Senate of Canada about what cyberbullying is, and how to deal with it.
http://fr.scribd.com/doc/116568774/Cyber-bullying-youth-guide
French language version: ***La Cyberintimidation, ça Blesse! Respect des Droits à l'Ère Numérique*** (Guide des Jeunes)
http://www.parl.gc.ca/Content/SEN/Committee/411/RIDR/DPK/01Dec12/youth-f.htm

The Bully Dance
(A project of the National Film Board of Canada)
Animated short on the dynamics of bullying.
Video: http://canadasafetycouncil.org/child-safety/school-bullies
A Teacher's Guide: http://canadasafetycouncil.org/sites/default/files/PDF_en/english_teachers_guide.pdf

Stand UP! to Bullying!
Family and school ideas and resources to address bullying and violence.
http://www.family.ca/standup/index.php

Facebook's Be Bold Stop Bullying Canada
Facebook page dedicated to raising awareness of simple yet powerful actions that parents, teens, and teachers can take to stop bullying.
https://www.facebook.com/beboldstopbullyingca

PREVNet – Promoting Relationships and Eliminating Violence Network
A Canadian network of 65 leading researchers, 90 graduate students, and 52 youth-oriented and youth-service organizations focused on the prevention of bullying and the promotion of healthy relationships.
http://prevnet.ca

TASSI — An online community for teens to ask any question they want - completely anonymously.
http://www.tassi.ca/

TEL-JEUNES
1-800-263-2266
http://teljeunes.com/accueil

Define the Line
(A project of Dr. Shaheen Shariff, Ph.D., of McGill University)
Website that provides clarifying information on the difference between cyberbullying and digital citizenship.
http://definetheline.ca/dtl/

SpiritClips Originals and **Red**
Excellent 3-minute videos on bullying and people standing in solidarity with those targeted.
SpiritClips Originals on YouTube (free): http://www.youtube.com/user/spiritclips/videos?view=0
SpiritClips Originals on Hallmark (paid): http://www.hallmarkspiritclips.com
The Red video: http://www.youtube.com/watch?v=jL9CSuKfeoM

YouTube videos connected to the #No More Bullies movement
http://www.youtube.com/watch?v=6JexB-QZL-4
http://www.youtube.com/watch?v=9yjE5Kt-mEE
http://www.youtube.com/watch?v=nu3kY9WDVfE