

Understanding and Preventing Bullying



NJ YMCA Risk Management Network Meeting – June 2011

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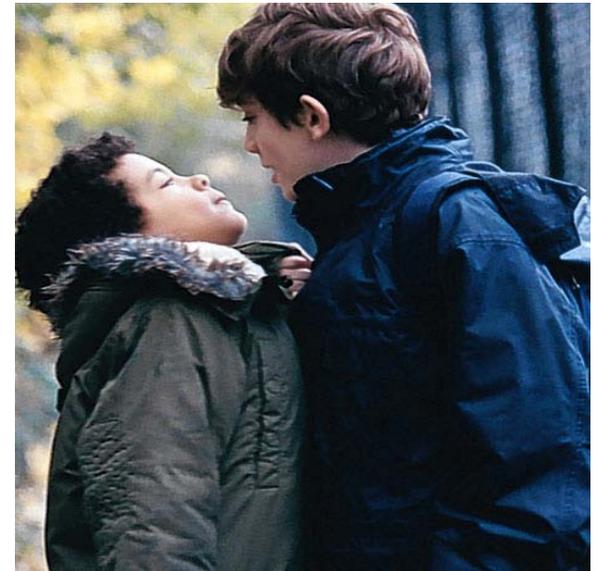
Agenda:

1. Why we're discussing Bullying
2. The impact of Bullying
3. What is Bullying
4. Why Kids Bully
5. How to prevent bullying
6. Resources



Why Talk About Bullying?

- 56% of students have witnessed
- 15% of school absenteeism
- 71% see bullying as a problem
- Common with youth ages 10+
- Inconsistent with core values
- Reduces self-esteem



Why Talk About Bullying?

- More likely drop out of school
- More to smoke, drink alcohol and get into fights
- Associated with victims' acts of extreme violence
- **Can be stopped**



What is Bullying?

- Acts that cause physical harm
- Spreading rumors & gossip
- Isolation from peer group
- Put downs or teasing
- Ganging up on others



What is Bullying?

- Meant to hurt emotionally or physically
- Is repeated over and over
- Joking and fooling around can become bullying if core values are not encouraged



What is Cyber Bullying?

- Negative text, email, Internet or instant messages
- Posting on blogs or Websites
- Using another's username



Why is Cyber Bullying a Concern?

- 500 million Facebook users
- 92% of youth online by age 2
- 50% of all mobile traffic is SN
- SN more than email & phone
- Can be anonymous



Why do kids Bully?

- As a learned behavior
- Peer pressure
- Other youth are bullying
- To protect themselves
- Because it is allowed by adults



How do we Help?

- Create a positive atmosphere
- Catch them being Good
- Educate youth on strategies
- Work with Schools
- Involve adults
- **Set the example**



Setting the Example

Youth Remember:

- 10% of what they hear
- 30% of what they read
- 50% of what they see
- 90% of what they do



How do we Respond?

- Take victims seriously
- Support and help youth
- Listen
- Youth cannot “Work it Out”
- Ask for help
- **We must Intervene**



How do we Intervene?

- Stop Bullying behavior immediately
- Prevent escalation
- Behavior vs. Child not okay
- Reinforce appropriate behavior
- Manage poor behavior appropriately
- Follow-up



Helping Youth

Coping Strategies:

- Walk away
- Diffuse – ignore, stop, humor
- OK to walk away or ask for help
- Talk to an adult
- Do not fight back



Helping Youth

- Be kind online & mobile
- Don't be a Cyberbully
- Ask others to stop too
- Visit positive sites
- Don't share your personal info
- Report abuse



Resources

- Your RM source
- Stop Bulling Now Website
- Bullying Prevention Website
- School Leaders



Keys to Success

- YMCA Values
- Adults understand & intervene
- Positive climate and culture
- Buy-in
- Everyone in the YMCA

