



Bullying and Cyberbullying: A Community Concern

American Association of University Women Napa County Presentation

Bullying 101

-Bullying is defined as making fun of, putting down, or threatening

(physically, verbally or both) another person.

-Bullying is done on purpose and is often repeated.

Four types of bullying

Sometimes Girls Behave in Mean Ways

With the growth of the digital age...

Examples of Cyberbullying Results

So why is this happening?

Warning Signs of Bully or Victim:

- Quickly switches screens or closes programs when someone walks by
- Uses the computer or phone till all hours of the night
- Gets unusually upset if she/he cannot use the computer or phone or after using the computer
- Laughs excessively while using the computer
- Appears nervous or jumpy when an IM message appears.
- Avoids discussions about what they are doing on the computer
- Becomes withdrawn from friends and family

Terms to know...

Laws

Effects of Bullying

- The Victim
- The Bully
- The Bystander

What Teachers or Counselors can do if student reports being bullied or cyberbullied:

- Ensure the safety of the student (victim).
- Investigate and gather information.
- Contact the child's parents.
- Contact the Internet Service Provider.
- Contact the police if physical threats are involved.
- Enforce disciplinary policy.

What NVUSD is Doing:

- BEST is mandatory at all school sites
- BE SAFE, BE RESPECTFUL, BE RESPONSIBLE**
- Positively stated behavioral expectations taught and reinforced 15 – 20 times per year
- Positive Reinforcement System (e.g. “Blue Eagle” Tickets) when students demonstrate desired behaviors
- Consistent correction when problem behaviors occur (reteaching, parent contact, restorative practices)

What NVUSD is Doing:

Research based Social Emotional Curriculum mandatory grades K-8:

- Second Step
- Steps to Respect
- Life Skills Training
- Empathy
- Problem Solving Skills
- Anger Management
- Bullying

NVUSD New Board Policy

- Positive School Climate Board Policy
- Innovative, one of only two in the state (LAUSD)
- Describe responsibilities of students, teachers, parents, administrators
- Consequences for misconduct explicitly described
- Use of more supportive interventions aimed at teaching new behaviors, not just sanctioning students
- BEST and Social-Emotional Learning Implementation, 2008-2011
- BEST Implementation
- Impact on NVUSD Suspensions & Expulsions

Tips for Parents/Concerned Friends

- Keep computers in easily viewable places. (E.g. family room, kitchen... never the bedroom.)
- Keep the lines of communication open, recognizing that the internet and cell phones are here to stay.
- Learn about and use the new technologies.
- Talk about guarding passwords!
- Talk to kids about social networking sites and how to stay safe, (example: go over Facebook rules together)
- Check out these sites: www.netismartz.org;

www.isafe.org;
www.norton.com/familyresource;
www.stopbullying.gov

Last, but not least

“Kids ...say parents should be a little more involved, but as one kid said, they want supervision, not ‘snooper vision.’”

It is all about

Becoming Aware

Increasing Communication

Providing an Environment Where Student Learning Can Thrive

And being safe!