

THE SPORTS MUSEUM PRESENTS



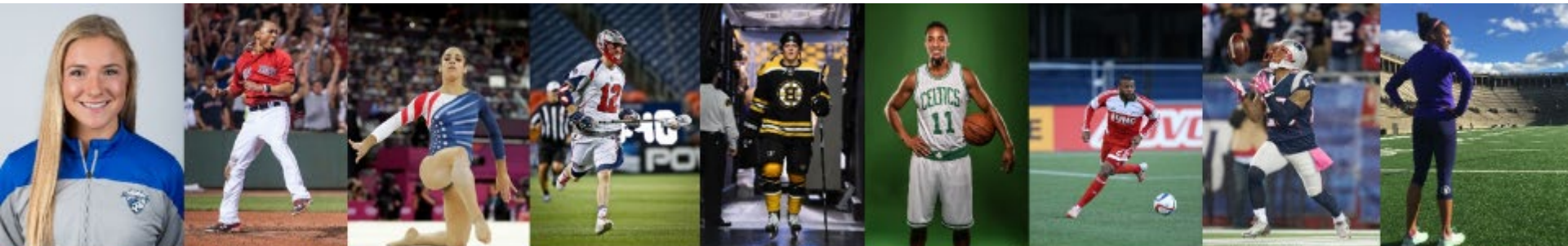
Helping Parents Deal with Bullying in Children's Lives

BOSTON
★★★★ VS ★★★★★
BULLIES

THE INITIATIVE

BOSTON vs BULLIES is an anti-bullying initiative presented by The Sports Museum and the Boston sports community. It features athletes from Boston's professional sports teams sharing their stories and providing kids in our community with ways to stand strong against bullying.

Learn more about our athletes at
bostonvsbullies.org





PROGRAM FUNDING

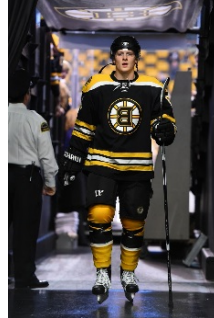


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OUR TEAM



Kristie Mewis
Boston Breakers



Torey Krug
Boston Bruins



Andrew Farrell
*New England
Revolution*



Aly Raisman
*Team USA
Gymnastics*



Mookie Betts
Boston Red Sox



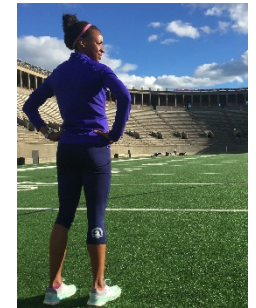
Martin Bowes
Boston Cannons



Terry Rozier
Boston Celtics



Patrick Chung
*New England
Patriots*



Cydney Ross
BAA

- **Educational Video & Facilitator's Guide**
 - Research-based strategies
 - Interactive & role-playing activities
- **Supplemental Guide**
 - Including kids with disabilities
 - *Choose Your Play* modeling videos

BOSTON vs BULLIES website includes additional resources such as worksheets, lesson plans, and posters – these can be downloaded:

www.bostonvsbullies.org

GAME PLAN

- Help kids think ahead so they will be prepared in a bullying situation

PRACTICE

- Use role playing and other activities to help kids practice how to speak and act assertively (calmly and confidently)

TEAM WORK

- Help kids realize that great teams are made up of people with a variety of skills; good teammates help each other and it's easier to stand strong against bullying as a team

THE OBJECTIVES

- Understand the definition of bullying
- Learn how to help your kids
 - If they are doing the bullying
 - If they are being bullied
 - If they are watching the bullying take place
- Learn what you and your kids can do about cyberbullying
- Engage kids with disabilities in preventing and stopping bullying

On May 3, 2010, Governor Deval Patrick signed the **Bully Prevention and Intervention Law**, joining 42 other states with similar legislation.

Spirit of the Law

- All children – no matter their race, creed, ethnicity, nationality, sexual orientation, or physical abilities – have an inherent right to an education free of any form of bullying



IS BULLYING A PROBLEM?

- 20% of students ages 12-18 have experienced bullying (National Center for Education Statistics and Bureau of Justice)
- Approximately 30% of young people admit to bullying others (Bradshaw et al., 2007)
- Around 70% of young people & school staff say they have witnessed bullying in their schools

BULLYING & YOUTH WITH DISABILITIES

- Kids with disabilities are 2-3x more likely to be bullied than their peers without **disabilities** (Modell, 2005; Modell, Mak, & Jackson, 2004; Rose, Espelage, Stein, & Elliot, 2009; Sullivan & Knutson, 2000)
- Students with disabilities report being more worried about school safety & being injured or harassed by peers (Saylor & Leach, 2009)

- 65% reported that their child had been victimized by peers in some way within the past year
- 47% reported that their child had been hit by peers or siblings
- 50% reported that their child was scared of their peers
- 12% said that their child had never been invited to a birthday party

From 2009 survey of parents of children with Asperger's



IS BULLYING A PROBLEM?

- Only 20-30% of students who are bullied notify adults (Ttofi & Farrington, 2011)
 - Many students who are the targets of bullies believe that telling an adult, including parents, will not help, or might possibly make matters worse (Heinrichs, 2003; Newman & Murray, 2005)
- Yet, when bystanders intervene, bullying stops within 10 seconds 57% of the time (Hawkins, Pepler, & Craig, 2001)

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BULLIES

WHAT IS BULLYING?



KEY CHARACTERISTICS

What Is
Bullying?

It's on
purpose

It happens
over and
over again

It's an
abuse of
power

TYPES OF BULLYING

Physical: Pushing, punching, beating up, etc.

Verbal: Teasing, name calling, threatening and inappropriate gestures

Relational: Excluding, ignoring, spreading rumors, getting others to turn against someone

Cyberbullying: Sending or posting hurtful, embarrassing text or images using the internet, cell phones, smartphones, or other devices

BULLYING & KIDS WITH DISABILITIES

Three forms of bullying have been identified that especially involve children with disabilities:

- **Manipulative Bullying:** A child is coerced and controlled by another child
- **Conditional friendship:** A child thinks that someone is their friend, but that friendship is alternated with bullying behavior
- **Exploitative Bullying:** The features of a child's disability are used to bully that child

WHAT'S THE DIFFERENCE BETWEEN TEASING AND TAUNTING?

TEASING





Not intended to hurt
Among friends
Good natured (can
swap places)

TAUNTING

Hurtful
Laughing at, not with
One sided

ACTIVITY

LOOK OUT FOR BULLYING

	VERBAL BULLYING	
	PHYSICAL BULLYING	
	RELATIONAL BULLYING	
	CYBERBULLYING	

Ask kids to give examples of the different types of bullying: verbal, physical, relational, and cyberbullying.

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KIDS WHO DO THE BULLYING



WHY KIDS BULLY

- Enjoy using/abusing their power
- Crave attention
- May lack self-confidence
- May be having problems at home or in school
- May have been a victim of bullying

IF YOUR CHILD IS BULLYING OTHERS

- Set firm and consistent limits on bullying behavior – bullying is never acceptable
- Be a positive role model
- Use effective non-physical discipline
- Teach children the effects of their actions on the victims (apologizing can go a long way)
- Develop positive communications with the school
- Help your child develop empathy through volunteering or helping others

ACTIVITY

PREDICT WHAT COULD HAPPEN

Provide examples of a positive and a negative statement. Then, for each pair of statements, ask kids to answer the following questions:

- How will the person you say this to feel?
- How will you feel?
- What will happen next?

Negative Statements

“You’re ugly.”
“You’re mean.”
“Give me that.”

Positive Statements

“You’re pretty.”
“You’re nice.”
“Let’s share.”

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BULLIES

KIDS WHO GET BULLIED



WHY KIDS GET BULLIED

Kids can get bullied for any reason including:

- Race
- Religion
- Sexual or gender identity
- Physical attributes
- Mental abilities
- National origin
- New to school
- Wealth

POSSIBLE INDICATORS OF BULLYING

- Unexplained reluctance to go to school
- Fearfulness or unusual anxiety
- Tense or nervous / trouble sleeping
- Vague physical complaints, such as headaches or stomachaches, especially on school days
- Loss of friends/ changes in friends
- Belongings that are lost or damaged

IF YOU SUSPECT YOUR CHILD IS A TARGET

- Do not ask him/her directly
- Ask questions, such as: What goes on during lunch? What is it like walking to school or riding a bus? Are there any children who are bullying? Do they sometimes bully you?
- Be a good listener – allow your child time to explain how he or she feels
- Practice ways to stand up to bullying

POSITIVE THINGS PARENTS CAN DO

- Tell your child that your child that he/she is a wonderful and caring person who does not deserve to be bullied
- Explain that children who bully have problems and need help
- Develop a buddy system with an older student
- Help your child develop new friendships and interests
- Follow up to make sure the bullying does not continue

LET YOUR CHILD KNOW

- You are pleased that they have told you
- You believe them
- Let them know it's not their fault
- You're sorry that it has happened
- There are things we can do to make the bullying stop

WHAT KIDS CAN DO

- Look the bully in the eye
- Respond in a calm, confident voice
- Talk to a trusted adult or friend
- Walk away
- Find a safe place to go

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FRIEND DETECTIVE

FRIENDS

Friendship is two-way:

- You are willing to share with a friend and your friend shares with you
- You help your friend and your friend helps you

Friendship is unconditional:

- A friend will still be a friend if you are having a bad day
- A friend will still be a friend if you say, "I won't do that because it makes me feel uncomfortable."

Friends want the best for you:

- Friends want you to feel safe, included, and comfortable
- Friends help each other

NOT FRIENDS

One-sided friendship:

- If someone asks you to share all the time and doesn't share back

Conditional friendship:

- "I'll be your friend if you. . ."
- "If you don't give me your cookies, I won't be your friend."

Not-Friends:

- Not-friends don't want the best for you
- Not-friends don't care if you feel unsafe, uncomfortable, scared, hungry, or sad

If someone asks you to do something that makes you feel bad, it is OK to say, "No."

This activity is designed to help kids detect when friendship is used in hurtful ways to bully others.

- Discuss with kids, "What makes a good friend?"
- Discuss with kids the difference between unconditional and conditional friendship
- Review the criteria in the chart to help kids detect who is a true friend and who is not



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THE BYSTANDER

WHY BYSTANDERS STAY SILENT

- Afraid of standing up to the bully because they may, in turn, become the target
- Fear being called “snitch,” “tattletale,” “rat,” etc.
- Are drawn into bullying by group pressure
- Feel unsafe
- Fear retaliation
- Believe someone else will help stand up to bullying
- Feel powerless or that nothing can be done to stop bullying

WHAT KIDS CAN DO AS A BYSTANDER

Direct Intervention:

- Help the kid being bullied walk away
- Urge the kid doing the bullying to walk away
- Tell the bully to stop
- Play peacemaker
- Discourage the bully by expressing disapproval
- Defend the kid being bullied

WHAT KIDS CAN DO AS A BYSTANDER

Indirect Intervention:

- Rally support from other kids to stand up against the bullying
- Show friendship and support for the kid being bullied
- Get help from a trusted adult
- Walk away from the situation
- Redirect the situations away from the bullying (change the subject or start a new activity)



ACTIVITY *GAME PLAN*

All kids have the power to help other kids stand up to bullying – but it takes practice and a team effort.



1. Have kids make a 3-step game plan for how to respond when they see or hear about bullying
2. Create an All Star Team
3. Ask kids to role-play different ways they could be a helpful bystander – practice a variety of responses



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CYBERBULLYING

WHAT KIDS SHOULD KNOW ABOUT CYBERBULLYING

- If you put something online, you can't take it back
- You can't control who will see what you put online
- Don't share personal information online -- that information can be used for cyberbullying
- Cyberbullying can cause a lot of damage by reaching many kids very quickly
- Posting false or private information can isolate kids and ruin reputations
- Don't share your passwords with your friends

WHAT KIDS CAN DO IF THEY SEE CYBERBULLYING

- Don't join in the cyberbullying
- Don't encourage it by forwarding the message or reposting it
- Intervene by showing support for the victim or telling the bully to stop
- Get help from an adult

IF YOUR CHILD IS GETTING CYBERBULLIED

- Check your child's digital devices
- It's best not to respond – kids who cyberbully like to get reactions from their targets
- Report the material to the school, the police, and/or to the website
- Block the person doing the cyberbullying by deleting them as online friends or followers

OPTIONS

- **Kids who are doing the bullying**
 - Options for other ways to resolve problems and interact with peers
 - Options to use their power to help rather than hurt
- **Kids who are getting bullying**
 - Options for how they can respond calmly & confidently in the face of bullying
- **Kids who are watching the bullying**
 - Options for how they can help stop the bullying

BE PROACTIVE

- Talk to your child about bullying before it becomes a problem.
- Pay careful attention to the warning signs of bullying.
- Assure your child that if a problem occurs, you are there to help.
- Be informed about your school policies about bullying.
- Explain that everyone can help prevent bullying.

WHAT SCHOOLS CAN DO

- Inform teachers, parents, and kids about bullying prevention policies and procedures.
- Post rules and posters throughout the school.
- Monitor hallways, school yard, cafeteria, gym, bathrooms, etc.
- Establish confidential reporting procedures and follow up.
- Communicate regularly with families about bullying prevention.

WHAT PARENTS CAN DO

- If you suspect your child is being bullied, talk with your child.
- Explain that this is not his/her fault.
- Ask for details, listen carefully, watch your child's reactions.
- Explain that you can help and work together to solve the problem.
- If necessary, speak with your child's teachers or principal.
- Tell your child that reporting is important and telling is not tattling.

Finally, you set the tone

Taking care of yourself is part of taking care of your
kids

The greatest gift you can give to somebody
is your own personal development.

I used to say, "If you will take care of me,
I will take care of you."

Now I say, "I will take care of me for you
if you will take care of you for me".

- Jim Rohn



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**Let's Win This One
Together!**