Bullying Prevention Awareness
Lori Davie, Program Manager | The Autism Program at Easterseals Serving Chicagoland and Greater Rockford and special guest Mike Peck from the Rockford IceHogs
Funding for this training was provided in whole or in part by The Autism Program of Illinois and the Department of Human Services.
Learning Objectives

Attendees will increase their knowledge and understanding of

- What bullying is
- The effects on
  - those who are bullied.
  - those who bully others.
  - those who witness bullying.
- Resources
Definition

• Bullying  **noun**
  - bullying | ˈbə-lē-əŋ , ˈbə-
  - Definition of *bullying* (Entry 1 of 2)
    - abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc.
    - the actions and behavior of a bully

• Bullying  **adjective**
  - Definition of *bullying* (Entry 2 of 2)
    - prone to or characterized by overbearing mistreatment and domination of others
  - Reference: https://www.merriam-webster.com/dictionary/bullying
What is Bullying?

According to the Center for Disease Control and Prevention, “bullying is unwanted, aggressive behavior that involves a real or perceived imbalance of power. The aggressive behavior is repeated, or has the potential to be repeated, over time.”

Reference: CDC.gov
Where does bullying take place?
Is it Bullying? Scenarios

1. You are in the hallway at school, someone bumps into you, and knocks your books out of your hand. The person keeps walking unaware of what just happened.

2. You are in the hallway at school, and someone purposely bumps into you everyday, knocks the books out of your hand and walks to the end of the hallway to laugh with a group of friends.
Bully Questions

1. Is there intent to do harm?  Rude or mean?

2. How often is it happening?

3. Is there a power imbalance real or perceived?
Types of Bullying

- Physical
- Social
- Verbal
- Cyber
What are the Effects of Bullying?

VICTIM

- depression
- anxiety
- increased feelings of sadness and loneliness
- changes in sleep and eating patterns
- loss of interest in activities they used to enjoy
- health complaints
What are the Effects of Bullying?

VICTIM Continued

• decreased academic achievements
• miss, skip, or drop out of school
• issues may persist into adulthood
What are the Effects of Bullying?

BULLY increased chances of

- abuse alcohol and other drugs in adolescence and as adults
- get into fights
- vandalize property
- drop out of school
- engage in early sexual activity
What are the Effects of Bullying?

BULLY Continued...

• have criminal convictions and traffic citations as adults
• be abusive toward their romantic partners, spouses, or children as adults
• risky behaviors into adulthood
What are the Effects of Bullying?

Bystanders = Witness

- have increased risk of use of tobacco, alcohol, or other drugs
- have increased mental health problems, including depression and anxiety
- miss or skip school
What can we do????

Community Engagement
Kindness
Provide Resources and support
Community Engagement

OCTOBER

Anti-Bullying Month

with The Autism Program (TAP)
Anti-Bullying Community Awareness Kick-off with the Rockford IceHogs

Monday, January 9, 2017 | 6:00pm

- Learn about the type of bullying that occurs in all environments and to all people.
- Meet and interact with a few players from the Rockford IceHogs and learn why they have chosen to be buddies, not bullies.

To register or for details on the seminar please call 815.395.5646, email presrocks@uic.edu or visit rockford.medix.uc.edu.

https://sw-ke.facebook.com/Lincoln205/videos/599265397291100/?t=12
Kindness

• Social media post

• Recognize Champions of Kindness

• Think outside of the box, what are things you can do to promote kindness
Kindness
With Kindness
From Me to You

October = Anti-bullying month
When bullying occurs...

<table>
<thead>
<tr>
<th>Parents</th>
<th>Individuals</th>
<th>Community</th>
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</thead>
<tbody>
<tr>
<td>Recognize Warning Signs – of all victim, bully, and witness</td>
<td>Speak up – if you are able</td>
<td>Education on what bullying is and is not</td>
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<td>Tell someone</td>
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<tr>
<td>Educate your self on bullying</td>
<td>Educate yourself on bullying</td>
<td>Develop and implement community plan</td>
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<tr>
<td>Cyberbullying - may need other strategies</td>
<td>Educate yourself on cyberbullying and learn about</td>
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<td></td>
<td>strategies</td>
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<td>Talk with your child</td>
<td>Talk to a trusted adult or friend</td>
<td>Community Assessment</td>
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<td>When happens work with school, community, law</td>
<td>Who would you talk to if you are bullied at school,</td>
<td></td>
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<tr>
<td>enforcement to support your child</td>
<td>work, online? Even if you witness bullying</td>
<td>Develop a plan for your community</td>
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<tr>
<td>Visit Get Help Now StopBullying.gov</td>
<td>Get help now! is a great website with resources.</td>
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<td><a href="https://www.stopbullying.gov/resources/get-help-">https://www.stopbullying.gov/resources/get-help-</a></td>
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<td>now</td>
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<td>Implement the plan</td>
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<td>Reference: StopBullying.Gov</td>
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The solution to bullying is kindness.

Enjoy this video of how a Montessori class participated in bringing kindness to those of us who need friendship.

• https://drive.google.com/file/d/1AHLB8UIk5tibnRp4fkKonhmhDao4UMQ1/view
Resource

TAP Referral Portal - https://tap-illinois.org/registration/

Start your referral here!
Thank you for inquiring about TAP provided autism services. Please fill out the form below to initiate a referral to the nearest TAP partnering agency that can meet your needs. Once you have submitted the form, a TAP agency representative will be in touch with you. Responses may take up to 14 business days. **Due to the scope of our grant, autism services are only provided for individuals up to the age of 22.**
Resources for parents & individuals

National Bullying Prevention Center
  • Pacer Center National Center for Bullying Preventionexternal icon

Operation Respect
  • Operation Respectexternal icon

CDC Violence Prevention
  • https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

StopBullying.gov
  ▪ Bullying Among Children and Youth with Disabilities and Special Needsexternal icon

StopBullying.gov
  ▪ Information for Kids, Teens, Adults, Parents, and Educatorsexternal icon

StopBullying.gov
  ▪ Cyber Bullyingexternal icon
Resources for Educators & School Professionals

Easy Teacher Worksheets

Top 10 facts that parents, educators and students should know:
- https://www.pacer.org/bullying/resources/students-with-disabilities/

Illinois State Board of Education website displays legislation on bullying and offers suggestions and resources:
- https://www.isbe.net/Pages/Bullying-Prevention.aspx

Bullying and Students on the Autism Spectrum:
- https://www.iidc.indiana.edu/pages/bullying-and-students-on-the-autism-spectrum
Community Engagement

Community Action Toolkit

Pacer Center
- https://www.pacer.org/bullying/take-action/

Bully Prevention Community Coalition

Stomp Out Bullying
- https://www.stompoutbullying.org/
Legal Resources

Illinois laws on bullying:

US Department of Education
- https://www2.ed.gov/about/contacts/state/il.html

Cyberbullying
- https://www2.ed.gov/about/contacts/state/il.html

The Bullying Project
- https://www.thebullyproject.com/bullying_the_law
Reference

Center for Disease Control and Prevention
https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

Center for Disease Control and Prevention
https://www.cdc.gov/ncbddd/disabilityandsafety/bullying.html

StopBullying.Gov
https://www.stopbullying.gov/bullying/effects
TAP Survey Links and QR Codes:

English Version: https://www.surveymonkey.com/r/CWDTKR7

Spanish version: https://es.surveymonkey.com/r/69CKM3K