Research exercise: Preventing Bullying: What Can Educators Do?

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Bullying Defined

Imbalance of Power: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves.

Intent to Cause Harm: actions done by accident are not bullying; the person bullying has a goal to cause harm.

Repetition: incidents of bullying happen to the same person over and over by the same bully or group of bullies.

Types of Bullying
- Physical
- Verbal
- Social
- Cyberbullying

Factors
- Disabilities/Special Needs
- Culture/Ethnicity
- Obesity/Sexual Orientation

Recognizing a Bully
- Violent with others
- Gets in physical/verbal fights
- Unexplained money/belongings
- Competitive, needs to win
- Quick to blame others

Recognizing a Victim
- Missing belongings
- Loses interest in school
- Grades begin to slip
- Appears sad, moody, angry, anxious, or depressed.
- Sudden loss of friends
- Missing School

Bullying Circle
- Victim
- Bully
- Bystanders
- Supporters
- Defenders

Whole School Approach:
School Wide Positive Behavior Support
- Focused on preventative measures as opposed to reactive.
- Promotes a positive social and learning environment.
- Embraces diversity and strives for inclusion.

- “Stop, Walk, and Talk” Method
- Improves academic and behavior outcomes
- Increases Safety
- Strengthens administrative leadership
- Establishes straightforward, positive school expectations.

Additional Programs
- Signage/Literature
- Lunch clubs
- Tolerance Activities
- Speakers from diverse cultures
- “Warm Fuzzies”
- Friendship Circle/Art of Giving
- Video Discussions