

Suggested Internet Resources

Periodically, Internet Resources are updated on our Web site at www.LibraryVideo.com

- www.cde.ca.gov/spbranch/ssp/bullyresource.htm
The California Department of Education provides teachers with a number of anti-bullying tips and programs through its "Bullying and Hate Motivated Behavior Prevention Resources" page.
- www.colorado.edu/cspv/safeschools/bullying/overview.html
The University of Colorado's Center for the Study and Prevention of Violence defines and debunks myths about bullying, while helping teachers to develop awareness and prevention strategies.
- www.naspcenter.org/factsheets/bullying_fs.html
The National Mental Health and Education Center offers important information about bullying and what both schools and parents can do about it.



Bullying: Gaining Insight

Grades 5–12

Conflict resolution training can help teachers develop critical communication and problem-solving skills. On any given day teachers are faced with many challenging situations that require a keen awareness and quick reaction to help mediate and hopefully prevent school conflict. As such, it is important for teachers to understand the subtle signs and underlying causes of conflict, and to develop intervention strategies to deal with conflict situations.

Each program in *Conflict Resolution for Educators* contains two scenarios that depict students experiencing conflict in real world situations. Both scenarios are followed by reflections from staff members and advice given by experts on how the situation could have been handled differently. Programs may be shown in their entirety or stopped for discussion points. Teacher's Guides contain support material in the form of discussion questions, activities and Internet resources.

TEACHER'S GUIDE

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Titles in this series include:

- BULLYING: GAINING INSIGHT
- STUDENTS & SELF-DESTRUCTIVE BEHAVIOR

Also available:

Conflict Resolution for Students

- BULLYING
- CONFLICT WITH AUTHORITY
- CRISIS INTERVENTION
- HARASSMENT
- PEER CONFLICT
- PEER PRESSURE
- SEXUAL HARASSMENT
- STUDENT & ADULT CONFLICT

Teacher's Guides Included
and Available Online at:



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Introduction

Bullying is an extremely serious problem that negatively impacts a school's learning environment, and can have lifelong consequences for both bullies and their victims. While many might not consider bullying as dangerous as more extreme forms of school violence, it has been identified as an underlying and precipitating factor in many school shootings. Increased teacher awareness, school policies that do not tolerate aggressive anti-social behaviors such as teasing, taunting and intimidation, and early intervention strategies to promote more positive social skills among students can create a safer atmosphere for children and young adults.

Scenario 1 Toughen Up

Program Summary

An adult volunteer on a class field trip notices Sammy being bullied by Jackson and some other older students. The adult dismisses the incident, saying, "boys will be boys," and believes that Sammy will just have to "toughen up." Back at school, the bullying escalates and Sammy's schoolwork begins to suffer. Despite receiving a detention for tardiness, Sammy refuses to say anything to his concerned teacher, fearing it might make things worse. When Sammy's friend tries to recruit another teacher's help, he is advised to ignore the problem because it will eventually go away.

Pre-viewing Discussion

- What is bullying? Is there a difference between bullying and teasing or name-calling? How does bullying affect the students in your classroom and your ability to teach?
- Describe a situation when you bullied someone or were bullied. How did this make you feel? Why are some people bullied while others are not? What effect do you think long-term bullying has on a person?
- Offer your interpretations of the following statements: "Boys will be boys," "It's just harmless teasing," and "I'm a teacher, not a social worker."

Follow-up Discussion

- What signs might indicate to you that a young person is being bullied? What steps could you take to confirm that the student is being bullied? How would you intervene to solve the problem?
- How could you help empower or instill confidence in a young person who is a frequent target of bullies?
- How could you demonstrate to the students in your class and in your school that you are receptive and will react to their problems?

Follow-up Activities

- Break into small groups and brainstorm ideas of how you might develop a school-wide communication strategy to help increase teacher awareness and reduce bullying.

(Continued)

- In a journal entry, debunk some commonly held beliefs about bullying and about anti-bullying strategies.
- Role-play a variety of ways you might address the problem between Sammy and Jackson and his friends.

Scenario 2 Just a Little Rumor

Program Summary

A classroom teacher hears a group of girls mention that Ashley, a new student, has head lice. Not realizing the girls started this rumor to "put Ashley in her place," the teacher reacts by sending Ashley to the nurse for an examination. While the nurse doesn't discover any lice, she does notice that Ashley is very upset. However, she is too busy to address Ashley's emotional state. Later, a school custodian sees a series of derogatory messages about Ashley on the bathroom walls, but considers them "harmless" and does not intervene.

Pre-viewing Discussion

- How do you introduce a new student who comes into your classroom? How do you help individual students who are having trouble "fitting in"?
- What are some personal traits of bullies? Why do you think they bully?
- Why do you think it is important to be aware of bullying in your school? What rules does your school have to prevent bullying?

Follow-up Discussion

- Compare and contrast the way boys and girls bully. Are there any differences? What are some of less obvious forms of bullying? What are some subtle signs you could look for to determine if a student is being bullied?
- Discuss the importance of educating parents about your school's anti-bullying strategy. How would you involve parents in a bullying prevention program in your school?
- Discuss the difficult balance between empowering victims to be more assertive, and informing them that being bullied is not their fault. Also, what alternative means of social interaction would you try to teach a student who constantly bullies others?

Follow-up Activities

- In small groups, develop comprehensive individual profiles of a bully and of a bullying victim. Share your observations with your colleagues.
- Role-play various ways Ashley's situation could have been better handled by the teacher, nurse and custodian. Discuss which options you would try to incorporate into your personal anti-bullying plan.
- Debate the pros and cons of various intervention strategies such as peer mediation, empowerment of victims, increased teacher awareness of student problems and improved communication between teacher and students.