Bullying, Bullied, Bully

Debra A. Miller

The concept of bullying is not a new phenomenon. Researchers traditionally have defined bullying as a repeated pattern of aggressive behavior that involves an imbalance of power and purposefully inflicts hardship or harm on those who are bullied. Further, leading bullying research indicates that there are serious and long-term consequences to bullying, such as increased depression, substance abuse, aggressive impulses and school truancy.

One in six children are bullied, according to Peggy Howell, public relations director for the National Association to Advance Fat Acceptance (NAAFA), and of those, 85 percent are bullied for their size or physical appearance. In a survey of American middle and high school students, “66 percent of victims of bullying believed school professionals responded poorly to the bullying problems that they observed.” (Bullying in Schools, U.S. Department of Justice). GLSEN’s National School Climate Survey (2007) reports that 9 in 10 (86.2%) lesbian, gay, bisexual or transgender students reported being bullied. More than half (60.8%) reported they felt unsafe in school because of their sexual orientation. According to the Trevor Project, LGBTQ youth are up to four times more likely to attempt suicide than their heterosexual peers (Massachusetts 2006 Youth Risk Behavior Survey).

Schools must protect students who are bullied (Continued on Page 3)
Events Affecting You and Your Students: Spring 2013

- Last day to add or drop a course with approval of student’s major college advising office
  Friday, January 25th
- Last day to withdraw from a full-semester course or the university
  Friday, March 8th
- Spring Break
  Sunday, March 10th - Sunday, March 17th
- Last day to withdraw from the university (academic jeopardy)
  Friday, April 12th
- Last day to make up incomplete from fall 2012 semester
  Monday, April 15th
- Last day to apply for summer 2012 graduation in MyNIU
  Wednesday, May 1st
- Last day of classes
  Thursday, May 2nd
- Final Exams
  Saturday, May 4th - Friday, May 10th
- Undergraduate commencement
  Saturday, May 11th

SUCCESS EVENTS: Student Academic Success Spring 2013

- Soup & Success: It’s About Time! (Management)
  Thursday, January 31st, 12-1 pm
  HSC Illinois Room
- MAP-Works Spring Transition Survey
  Saturday, February 2nd—Monday, February 25th
- Soup & Success: Reading Strategies
  Wednesday, February 6th, 12-1 pm
  HSC Capitol Room
- Soup & Success: Public Speaking 101
  Tuesday, February 12th, 12-1 pm
  HSC Illinois Room
- Soup & Success: Financial Aid & Scholarships
  Tuesday, February 19th, 12-1:30 pm
  HSC Illinois Room
- Soup & Success: Test Prep/Anxiety Relief
  Thursday, February 21st, 12-1 pm
  HSC Illinois Room
- Destination Graduation
  Tuesday, February 26th, 6:30-8:30 pm & Wednesday, February 27th, 5:30-7:30 pm
  Altgeld Hall Ballroom (2nd Floor)
As students are settling in to their academic routine, trying to figure out how to be successful this term, many are thinking to the future—to graduation, in particular. These thoughts leave many students overwhelmed by the prospect of change: finding a new job, navigating 401ks and benefit options, budgeting, paying off student loans, and applying to graduate school. Not only are students excited about these prospects, but often completely clueless as to how to proceed when given options. The Office of Student Academic Success has partnered with offices across campus to help address these student needs.

Helping students navigate the unknown of graduation is exactly what Destination Graduation programming is all about. On Tuesday, February 26th 2013 from 6:30 - 8:30PM and Wednesday, February 27th 2013 from 5:30 - 7:30PM in the Altgeld Hall Ballroom (2nd floor), faculty, staff, and alumni leaders present a conference-style sampling of workshops designed to help students answer burning questions.

In addition to the valuable information available in each of the 9-10 break-out sessions, students are given advice on how to successfully navigate their first “professional” conference.

If you have questions or suggestions on how we can best prepare our graduates through this program, please contact Missy Lugo at (815) 752-2007 or MissyLugo@niu.edu. You can also find more information on the web at http://www.niu.edu/osas/programs/DestinationGraduation.shtml

Bullying, Bullied, Bully (continued from page one)

because of their sexual orientation or gender identity/expression, just as they must protect students who are bullied because of race, religion, or other protected categories. Schools must address disciplinary infractions equally regardless of a student’s sexual orientation or gender identity/expression.

Many school districts across the nation have implemented Safe Schools initiatives and polices. To assist in changing the culture, there are two relatively new movies available to schools and organizations that address these issues: Bullied is a documentary narrated by Jane Lynch. It tells the story of Wisconsin’s Jamie Nabozny, whose middle and high school years were spent getting peed on, kicked, and verbally abused by classmates because he’s gay. Multiple suicide attempts and running away from home preceded a 1990s lawsuit that resulted in the first court ruling holding a school accountable for not preventing a student’s victimization.

Bullied is designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian. It is also intended to help all students understand the terrible toll bullying can take on its victims, and to encourage students to stand up for their classmates who are being harassed. (Information from the Southern Poverty Law Center).

Bully directed by Sundance and Emmy-award winning filmmaker, Lee Hirsch, brings human scale to this startling statistic, offering an intimate, unflinching look at how bullying has touched five kids and their families. At its heart are those with huge stakes in this issue whose stories each represent a different facet of America’s bullying crisis. Filmed over the course of the 2009/2010 school year, Bully opens a window onto the pained and often endangered lives of bullied kids, revealing a problem that transcends geographic, racial, ethnic and economic borders. It documents the responses of teachers and administrators to aggressive behaviors that defy “kids will be kids” clichés, and it captures a growing movement among parents and youths to change how bullying is handled in schools, in communities, and in society as a whole.
Outside the Classroom Learning Opportunities
Part 2: Campus Recreation

Karla Neal

As NIU faculty and staff members, we now have the opportunity, in addition to our job responsibilities, to become that someone who helps a student get connected to a valuable involvement opportunity that will help in their development. As one way to support the holistic development of students, here are just a few out of the outside the classroom involvement opportunities that your new students may appreciate becoming aware of:

**Campus Recreation - Greer Blaustein**

**Sport Clubs**

Sport Clubs are an opportunity for students to get involved in a competitive and instructional sports environment. Students have the opportunity to travel and compete across the nation against various universities. Sport Clubs give their members the chance to get involved in clubs that will teach them about new sports, develop their skills, and further chances to learn outside the classroom. Visit [http://www.niu.edu/campusrec/sportsclubs/index.shtml](http://www.niu.edu/campusrec/sportsclubs/index.shtml) for more information.

**Intramurals**

Intramural Sports allows NIU students the opportunity to enjoy recreational and competitive sports no matter your skill level. Intramural Sports host leagues, tournaments, special events for all students on campus. These sports include but not limited to: Flag Football, Basketball, Volleyball, Soccer, Softball, Floor Hockey, Texas Hold’em Poker, Tennis, Racquetball, Badminton. Students can get involved by checking out [http://www.niu.edu/campusrec/intramural/](http://www.niu.edu/campusrec/intramural/).

**Fitness and Wellness**

Fitness and Wellness at campus recreation includes: Group fitness, Personal training, Nutrition, and wellness education. These four areas offer students a holistic approach to creating healthy lifestyle habits for themselves. Campus Recreation offers over thirty group fitness classes each week. They have a wide variety of classes for students and members to choose from including: Zumba™, Body Combat™, yoga, pilates, cycling, boot camps, core classes, and strengthening classes. Additionally, personal training offers a more individualized program. The personal trainers have nationally recognized certifications or degrees in the field. Consultations can be scheduled on the website at [http://www.niu.edu/campusrec/fitness_wellness_nutrition/personal/](http://www.niu.edu/campusrec/fitness_wellness_nutrition/personal/).

**Outdoor Adventures**

Outdoor Adventures takes students out of their comfort zone by exploring avenues of recreation. The staff strives to help participants to grow in their relationships, overcome their fears, and accomplish their goals while learning new functional skills. Outdoor Adventures provides outdoor recreation and team building for individual students and student organizations. They offer a large inventory that can be rented year round including camping, water, winter, and team sport equipment. Student staff trip leaders facilitate dozens of adventure trips each year including: workshops, day trips, weekends, and week-long trips during breaks. Participants can volunteer, backpack, rock climb, hike, kayak, and so much more. Students can visit their website: [http://www.niu.edu/campusrec/outdoor_adventures/](http://www.niu.edu/campusrec/outdoor_adventures/) or stop by Adventure Center in the Student Recreation Center to find out more about the programs.