

# What Educators Need to Know about **Bullying**

*Created by Project Prevent and Address Bullying  
(PPAB) Scholars  
NIU School Psychology Program*

## **Additional Resource Packet**

1. What is Bullying? Handout for Educators
2. What is Bullying? Handout for Parents
3. What is Bullying? Handout for Students
4. How to Teach Internet Safety to Students Handout
5. HAHA SORT Worksheet
6. Resources

# What is bullying?

## Project Prevent and Address Bullying (PPAB)

for Students with Disabilities

Bullying is **unwanted, aggressive** behavior that involves a real or perceived **power** imbalance. A power imbalance exists when one person is (or is perceived to be) more popular, physically stronger, smarter, or has a higher social status than another person. Bullying is **repeated, or has the potential to be repeated**, over time. Bullying can be physical (e.g., pushing), verbal (e.g., calling someone names), relational (e.g., leaving someone out of something), and it can happen in person or online. Cyberbullying is bullying that takes place with the use of digital devices and typically occurs on social media or with cell phones.

Bullying can happen to **anyone!** Between 20-30% of students report experiencing traditional bullying and about 15-25% report cyberbullying. No one **ever** deserves to be bullied and it is **never** their fault if they are bullied. All students have a right to feel safe at school and at home.

When we think about bullying we often think about the bully and the victim; however, youth may be involved in bullying in other roles. For example, there are also bystanders who see the bullying happen to others. Some students who see bullying help the victim, which is called being a defender. In contrast, there are also assistants who may act to help the bully and reinforcers who encourage the bully. Finally, there are students who see bullying but do nothing (outsiders).

### Some examples of bullying are:

- Hitting, punching, or kicking someone
- Leaving someone out on purpose
- Talking about hurting someone
- Teasing someone
- Posting rumors about someone online

### Signs your child is being bullied:

- Sudden loss of friends or avoidance of social situations
- Change in eating patterns or missing meals
- Unexplainable injuries
- Declining grades, loss of interest in school, and lack of effort in schoolwork
- Missing personal items (money, electronics, etc.)

### Youth at risk:

Some students are more at risk for being bullied. This includes those who identify as lesbian, gay, bisexual, transgender, or queer; racial or ethnic minorities in a school; and students with disabilities.

**Find additional handouts on our website at [go.niu.edu/PPAB](http://go.niu.edu/PPAB)**

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NORTHERN ILLINOIS UNIVERSITY

Department of Psychology

College of Liberal Arts and Sciences



# What is bullying?

## Project Prevent and Address Bullying (PPAB)

for Students with Disabilities

For Parents

Bullying is **unwanted, aggressive** behavior that involves a real or perceived **power imbalance**. A power imbalance exists when one person is (or is perceived to be) more popular, physically stronger, smarter, or has a higher social status than another person. Bullying is **repeated, or has the potential to be repeated**, over time. Bullying can be physical (e.g., pushing), verbal (e.g., calling someone names), relational (e.g., leaving someone out of something), and it can happen in person or online. Cyberbullying is bullying that takes place with the use of digital devices and typically occurs on social media or with cell phones.

Bullying can happen **to anyone!** Between 20-30% of students report experiencing traditional bullying and about 15-25% report cyberbullying. No one **ever** deserves to be bullied and it is **never** their fault if they are bullied. All youth have a right to feel safe at school and at home.

When we think about bullying we often think about the bully and the victim; however, youth may be involved in bullying in other roles. For example, there are also bystanders who see the bullying happen to others. Some students who see bullying help the victim, which is called being a defender. In contrast, there are also assistants who may act to help the bully and reinforcers who encourage the bully. Finally, there are students who see bullying but do nothing (outsiders).

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# What is bullying?

## Project Prevent and Address Bullying (PPAB)

for Students with Disabilities

Bullying is **unwanted, aggressive or mean** behavior that involves a real or perceived **power imbalance** between the involved students. A power imbalance could be when one person is (or is thought to be) more popular, stronger, smarter, or has a higher social status than another person. Bullying is repetitive so it **happens over and over**, or is likely to happen over and over. Bullying can be physical (e.g., pushing), verbal (e.g., calling someone names), relational (e.g., leaving someone out of something), and it can happen in person or online. Cyberbullying is bullying that takes place with the use of digital devices and typically occurs on social media or with cell phones.

Bullying can happen **to anyone!** Between 20-30% of students report experiencing traditional bullying and about 15-25% report cyberbullying. No one **ever** deserves to be bullied and it is **never** their fault if they are bullied. All students have a right to feel safe.

When we think about bullying we often think about the bully and the victim; however, youth may be involved in bullying in other roles. For example, there are also bystanders who see the bullying happen to others. Some students who see bullying help the victim, which is called being a defender. In contrast, there are also assistants who may act to help the bully and reinforcers who encourage the bully. Finally, there are students who see bullying but do nothing (outsiders).

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## How do I teach internet safety to students?

Today's world is increasingly digital, and young people are often at the forefront of new technology. The internet offers a wealth of learning opportunities, but it can be difficult to know **which content is appropriate for children**. As an educator, you are in a unique position to help your students practice healthy online behaviors. The following guidelines can help you ensure the safety of your students in the digital world.

### Being a good digital citizen

- The lessons learned about citizenship offline should carry over to the internet. For example, we treat others with respect in person and in online spaces.
- At the beginning of the year, provide training in technological etiquette and safety for students prior to allowing access to school-owned technology.
- Remind students that anything they post online is permanent. If they say anything mean or damaging to themselves or others, their post can be shared or screenshotted even if they try to delete it.
- Encourage digital literacy. Create activities that help students discriminate between real and fake information.
- Model and reinforce appropriate digital behavior. Praise positive behavior as you see it occurring and be aware of how your own online presence can influence your students.

### Privacy in the digital world

- Encourage students not to put private information online, such as their address, phone number, and school name.
- Explain that while online students may come into contact with strangers, and it is important to only talk to people they know.
- Tell students about privacy controls. Show them how make themselves harder to find online and how to hide aspects of their profiles.
- Discuss the importance of using good passwords and only sharing passwords with their parents.

### Resources

- Here are some websites that provide internet safety resources:
  - PBS Kids Internet Webonauts Academy (<http://pbskids.org/webonauts>) has games for 8-10 year olds along with tips for educators on how to integrate the games into the classroom.
  - FBI Safe Online Surfing (<https://sos.fbi.gov>) has games for 3rd through 8th graders that teach internet safety.

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- o Netsmartz.org provides lesson plans, videos, presentations, and a section for special needs resources.
- o Commonsensemedia.org provides lesson plans, games, and videos. It also reviews apps and provides information on a variety of factors including educational value, ease of play, violence, language, and more.

| Website                                                                                                        | Content and uses                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PBS Kids Internet Webonauts Academy<br><a href="http://pbskids.org/webonauts">http://pbskids.org/webonauts</a> | Has games for 8-10 year olds along with tips for educators on how to integrate the games into the classroom                                                                             |
| FBI Safe Online Surfing<br><a href="https://sos.fbi.gov">https://sos.fbi.gov</a>                               | Has games for 3rd through 8th graders                                                                                                                                                   |
| Net Smartz<br>Netsmartz.org                                                                                    | Provides lesson plans, videos, presentations, and a section for special needs resources                                                                                                 |
| Common Sense Media<br>Commonsensemedia.org                                                                     | Provides lesson plans, games, and videos. It also reviews apps and provides information on a variety of factors including educational value, ease of play, violence, language, and more |

It is important for educators to **remain informed** on the possible benefits and misuses of current digital trends, but It is important to note that there are many benefits to the internet. Encouraging your students to be **technology-savvy** and to **use digital tools for learning** will help your students to become life-long learners. Additionally, teaching your students to behave in the same respectful and responsible way both on and offline will help your students to become **well-rounded digital and non-digital citizens**.

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### HABA SORT Worksheet

From McDonald, J., & Stoker, S. (2008). *Bully-proofing for high schools: Student curriculum*. Longmont, CO: Sopris.

|          | Definition                                        | Example |
|----------|---------------------------------------------------|---------|
| <b>H</b> | Ask for <b>Help</b>                               |         |
| <b>A</b> | <b>Assert</b><br>Themselves                       |         |
| <b>H</b> | Use a sense<br>of <b>humor</b>                    |         |
| <b>A</b> | <b>Avoid</b> the<br>bully                         |         |
| <b>S</b> | Engage in<br>positive <b>self-</b><br><b>talk</b> |         |
| <b>O</b> | <b>“Own”</b> the<br>mean<br>comment               |         |
| <b>R</b> | <b>Rehearse</b> a<br>response                     |         |
| <b>T</b> | <b>Talk it over</b><br>with a friend<br>or adult  |         |

## Additional Website Resources

Teaching Students to Prevent Bullying:

<http://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html#lp>

Various resources for teaching and assessing bullying in your classroom:

<http://www.elementaryschoolcounseling.org/bullying.html>

Information on common apps, websites, etc.:

<https://www.commonensemedia.org/>

International Society for Technology in Education:

<https://www.iste.org/>

Prevention, intervention and tips for parents and educators on bullying and cyberbullying:

<https://www.stopbullying.gov/>

Illinois bullying laws, policy, and guidelines:

<https://www.isbe.net/>

Examples of evidence based bullying programs, curricula, parent information, etc.:

<http://www.doe.mass.edu/bullying/#1>

Key components of school bullying policies and examples of each:

<https://www.stopbullying.gov/laws/key-components/index.html>

CASEL Social and emotional learning and bullying prevention:

[https://casel.org/wp-content/uploads/2016/01/3\\_SEL\\_and\\_Bullying\\_Prevention\\_2009.pdf](https://casel.org/wp-content/uploads/2016/01/3_SEL_and_Bullying_Prevention_2009.pdf)

Model bullying prevention and intervention policy:

[https://www.dupageroe.org/wp-content/uploads/Best\\_Practices\\_Manual.pdf](https://www.dupageroe.org/wp-content/uploads/Best_Practices_Manual.pdf)

“How to Stop a Bully” Video -- Youtube Role-Play

[https://www.youtube.com/watch?time\\_continue=7&v=qDjNcqb74zE](https://www.youtube.com/watch?time_continue=7&v=qDjNcqb74zE)