

WE CAN POSITIVELY IMPACT OUR SCHOOL

**Preventing Bullying & Suicide Parent Workshop
Goshen Elementary School 2018**

UNDERSTAND
BULLYING

BULLYING

is repeated, unwanted,
aggressive or insulting
behavior to intimidate
another person.

28%

Of U.S. grade school students
reported being bullied in 2017
school year.

57%

Of bullying situations stopped
when a peer intervened.

PEOPLE WHO BULLY

- May have been bullied themselves
 - Are trying to get attention
- May be using it as a defense mechanism
 - Feel like they need to control others
- “Feed” off the reaction of their victim

BULLYING

can cause depression, anxiety,
headaches and stomach aches,
sleep problems and school
avoidance.

BULLYING

elicits a stress response.

It is called

“fight or flight”

BULLYING

makes kids feel unsafe.

It prevents them from learning
and reaching their potential.

BULLYING

is the easy way out.

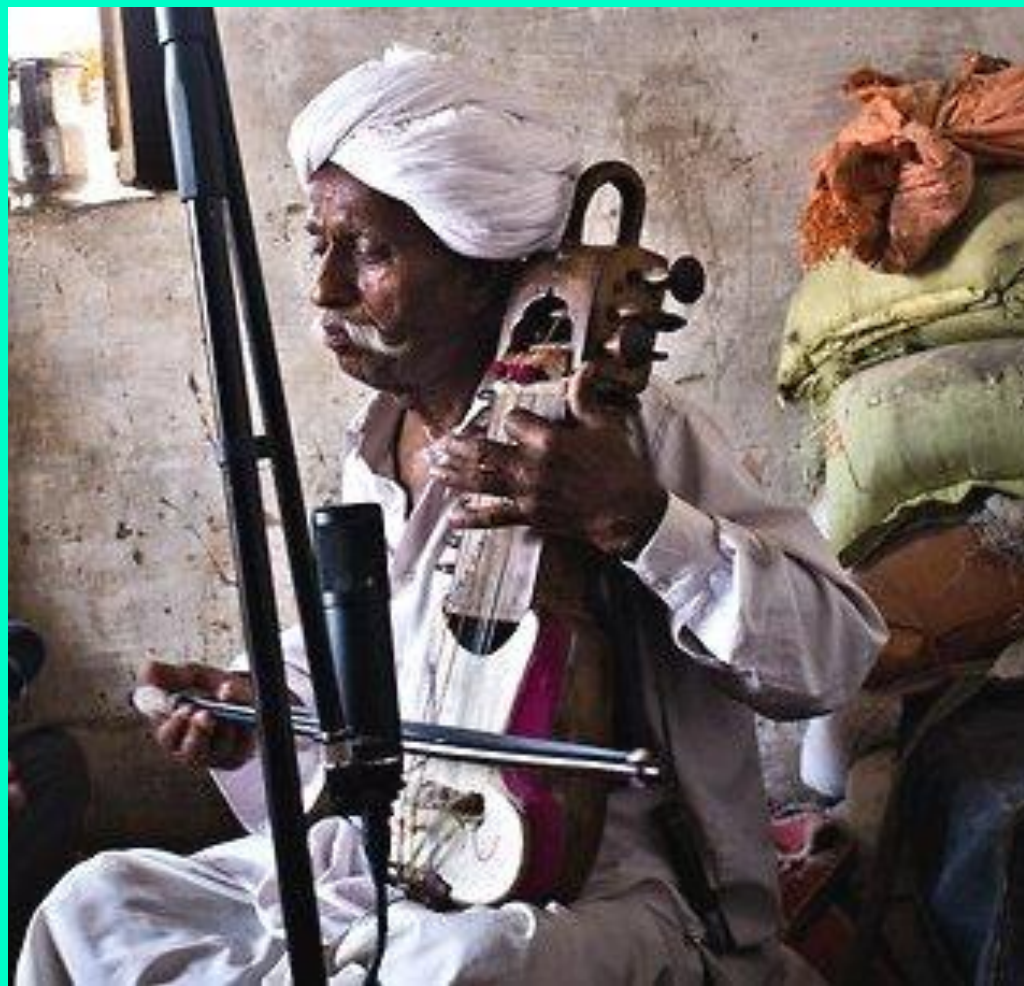
It takes work to solve problems,
manage your emotions,
and to improve yourself.

ANALYZING STEREOTYPES

INTRODUCTION ACTIVITY: ANALYZE YOUR STEREOTYPES

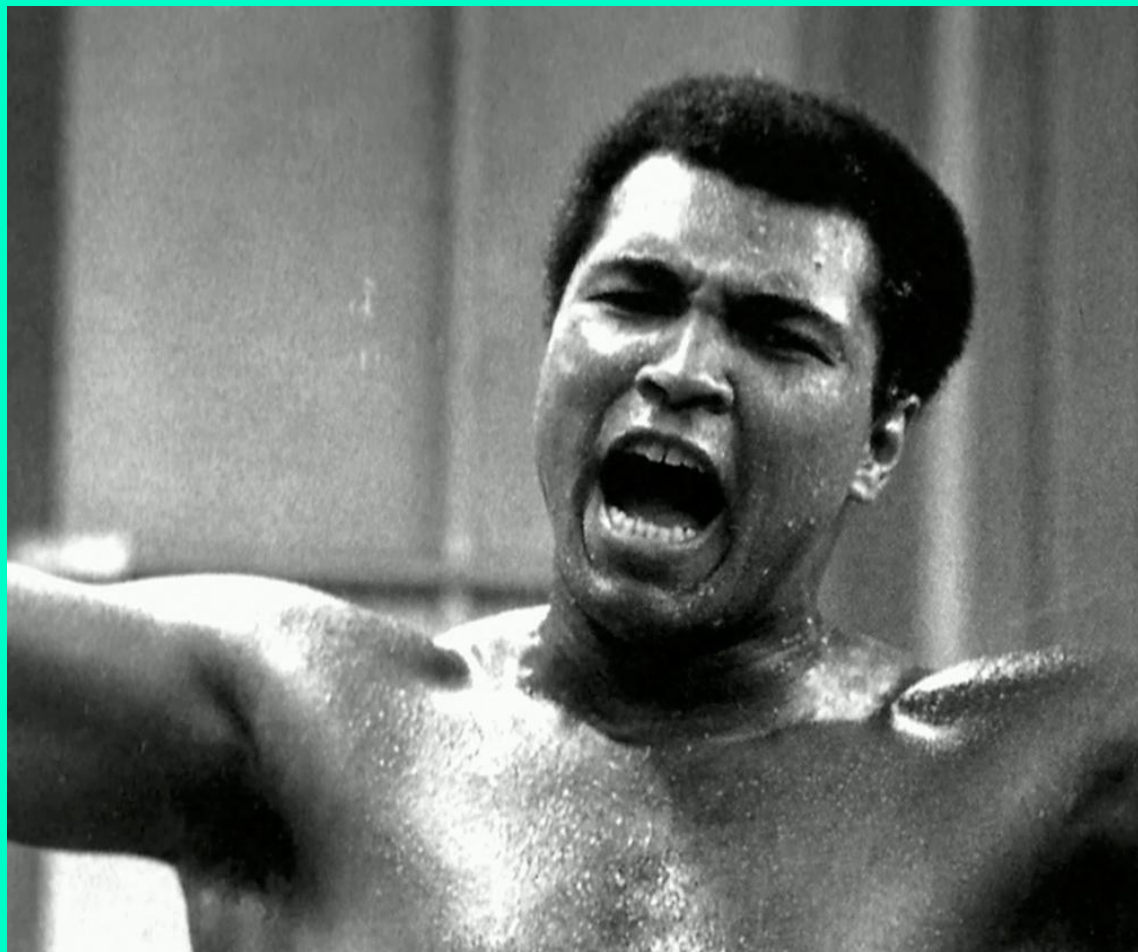
Directions: Look at the following pictures. Write down the first impression you have when you see them. It might be a feeling, a word, or a question. Try not to verbally react. We will not share answers so be honest with yourself.









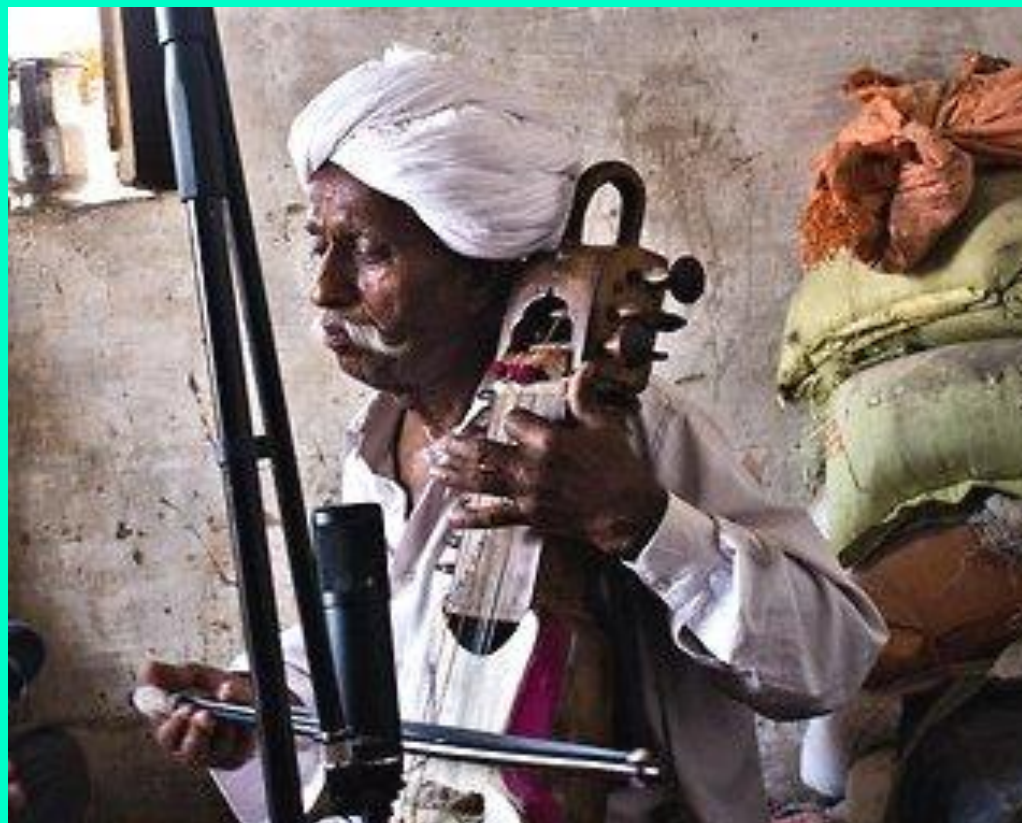








IZ KAMAKAWIWO'OLE ~ HAWAIIAN SINGER



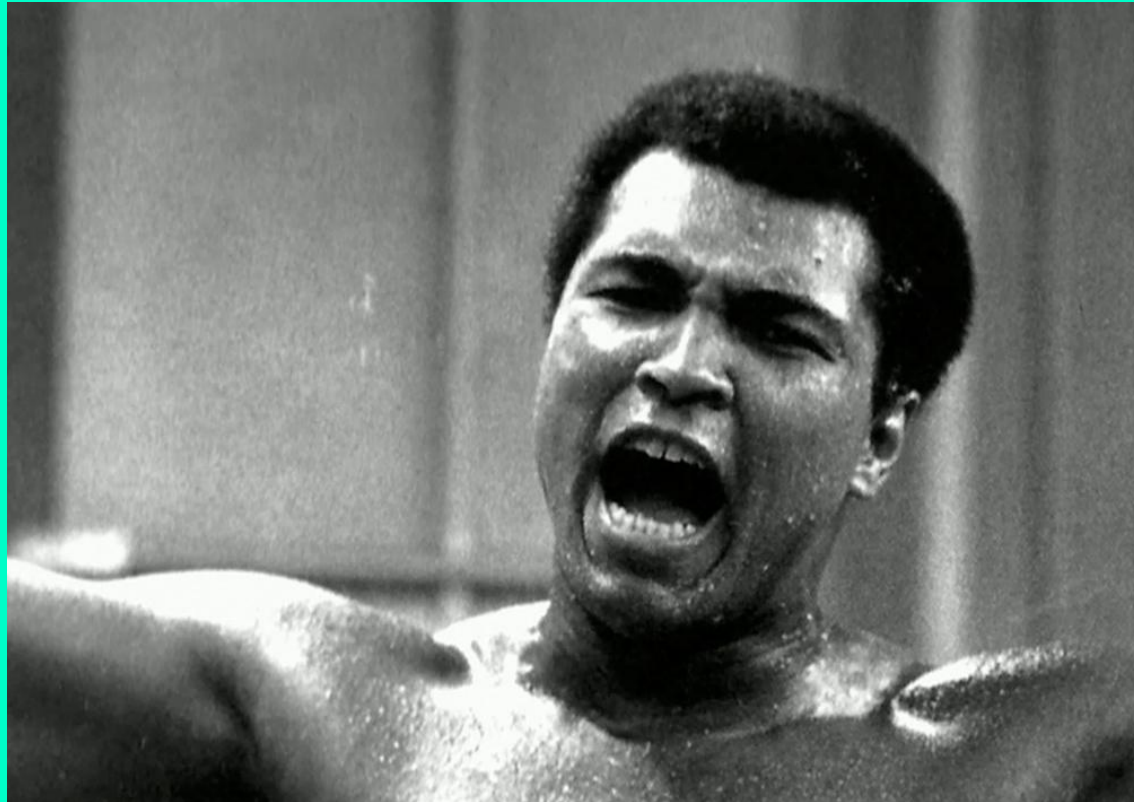
MUSLIM MUSICIAN ~ FIGHTING TERRORISM WITH MUSIC



STEPHEN HAWKING ~ THEORETICAL PHYSICIST



TREACHER COLLINS SYNDROME ~ WONDER MOVIE



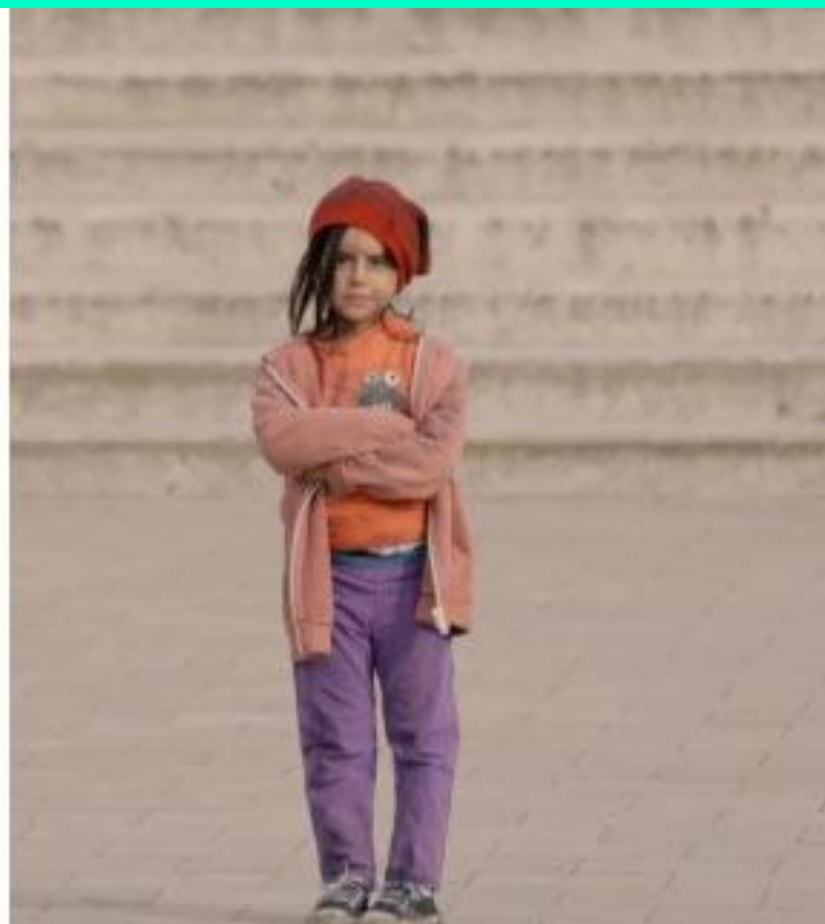
MUHAMMAD ALI AFTER WINNING A MATCH



JOHN CRONIN ~ JOHN'S CRAZY SOCKS



How old are you?



WHEN WE FOCUS ON
DIFFERENCES,
WE SEPARATE
"US" AND "THEM"

STEREOTYPES
JUDGEMENTS

BIAS

— RACISM

"US" AND "THEM"

POINTING OUT DIFFERENCES SEPARATES US FROM EACH OTHER
IT FOCUSES ON THE LABEL RATHER THAN THE PERSON

DEEP DOWN WE ARE ALL THE SAME
SAME HEARTS, SAME LUNGS, SAME FEELINGS
SAME DESIRES, SAME HOPES AND DREAMS

IMPROVING EMPATHY



EMPATHY:

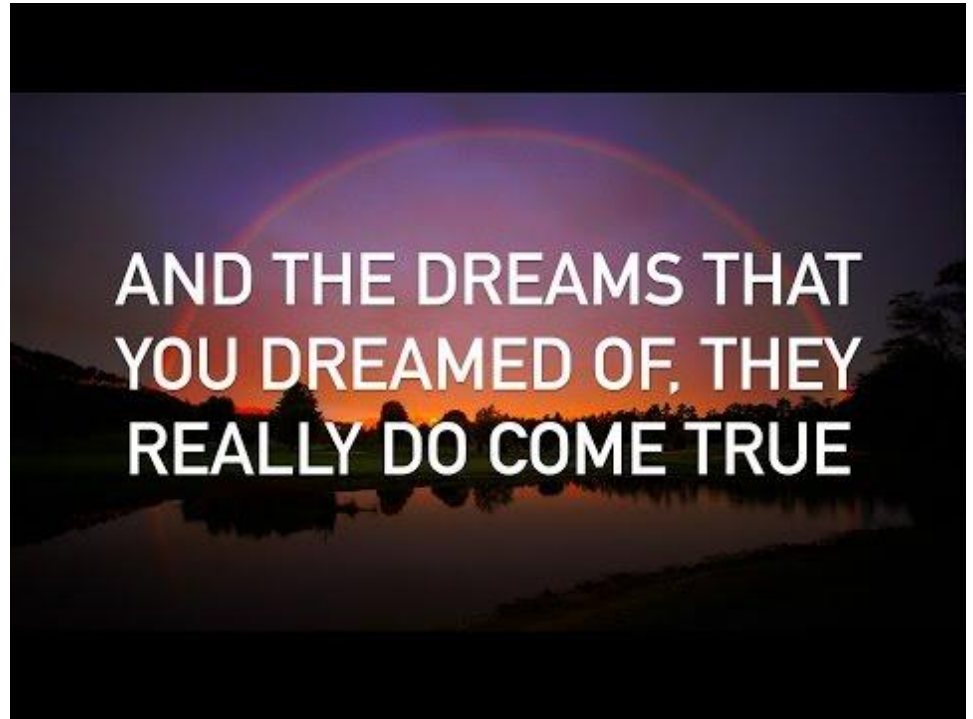
WALKING IN SOMEONE ELSE'S SHOES

DEVELOPING ACTIVITY: PRACTICE USING EMPATHY

Directions: Imagine you were born as a different person. You live in a different place, you look different, you like doing different things, you have a different family. Close your eyes and imagine what a day in this new life would be like.

PRACTICE USING EMPATHY

Directions: Imagine you were born as a different person. You live in a different place, you look different, you like doing different things, you have a different family. Close your eyes and imagine what a day in this new life would be like.



Voice Level: 0 (no talking please)

POSITIVELY IMPACT
YOUR SCHOOL

CULMINATING ACTIVITY: DEVELOP A PLAN

Directions: Work as a team to come up with

1 to 5 ideas

for how we can reduce bullying at our school.

Try to think of *positive actions* we all can take to make change happen.

Display your ideas on the poster using text, drawings, and/or diagrams.

POSITIVELY IMPACT YOUR SCHOOL

Directions: Work as a team to come up with 1 to 5 ideas for how we can reduce bullying at our school. Try to think of positive actions we all can take to make change happen. Display your ideas on the poster using text, drawings, and/or diagrams. Be prepared to share!



Voice Level: 3 (for your group)

SHARE YOUR IDEAS!

Voice level: 5

(when presenting - project your voice)

Audience Voice Level: 0

HOW TO REPORT

Step #1

Be Assertive

Tell the person to stop.

HOW TO REPORT

Step #2

Problem Solve

Can the situation be avoided?

HOW TO REPORT

Step #3

Tell an Adult

Report to a trusted adult

HOW TO REPORT

Step #4

Keep Reporting

If the situation does not change,

keep reporting

HOW TO REPORT

Step #5

Complete a Bullying Form

If the problem does not improve, formally report using the Bullying/Harassment Form

PREVENTING SUICIDE

MENTAL HEALTH

1 in 20 students are diagnosed with anxiety or depression, and this number is growing every year

SUICIDE STATISTICS

Suicide is the second leading cause of death in children 10 and up.

SUICIDE STATISTICS

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED

SUICIDE WARNING SIGNS

- Talking about suicide
- Making statements about feeling hopeless, helpless, or worthless
- A deepening depression
- Preoccupation with death
- Taking unnecessary risks or exhibiting self-destructive behavior
- Out of character behavior
- A loss of interest in the things one cares about
- Visiting or calling people one cares about
- Making arrangements; setting one's affairs in order
- Giving prized possessions away
- Self-injury, cutting, anorexia or bulimia

TAKE IT SERIOUSLY

Take every statement about suicide seriously. Try not to judge or show strong emotion. Seek medical help immediately. Do not leave the child alone.

SUICIDE PREVENTION

Whole group lessons will focus on coping skills, resiliency, building self-confidence, social skills, problem solving, and conflict resolution.

SUICIDE PREVENTION

On an individual basis, we will offer referrals to community mental health services

SUICIDE PREVENTION

Our goal is to create an open, caring environment where students feel comfortable discussing their concerns and problems.

EXIT ACTIVITY:

SIGN YOUR NAME TO ONE OF THE "PREVENTING BULLYING" IDEAS,
SHOWING YOU ARE COMMITTED TO TRYING THAT STRATEGY

"THROUGH OTHERS, WE BECOME OURSELVES"

~LEV VYGOTSKY