



Bullying Prevention Awareness

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Easterseals Serving Chicagoland and Greater Rockford and
special guest Mike Peck from the Rockford IceHogs



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Learning Objectives

Attendees will increase their knowledge and understanding of

- What bullying is
- The effects on
 - those who are bullied.
 - those who bully others.
 - those who witness bullying.
- Resources



Definition

- **Bullying** noun

- bul·ly·ing | \ 'bù-lē-in̩ , 'bə- \

- Definition of *bullying* (Entry 1 of 2)

: abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc.

: the actions and behavior of a bully

- **Bullying** adjective

- Definition of *bullying* (Entry 2 of 2)

: prone to or characterized by overbearing mistreatment and domination of others

- REFERENCE: <https://www.merriam-webster.com/dictionary/bullying>



What is Bullying?

According to the Center for Disease Control and Prevention, “bullying is unwanted, aggressive behavior that involves a real or perceived imbalance of power. The aggressive behavior is repeated, or has the potential to be repeated, over time.”

Reference: [CDC.gov](https://www.cdc.gov)





Where does bullying take place?

playground

bus

home

hallways

Bathroom / locker room

cafeteria

internet

breakroom

school
ground

text

stairwell



Is it Bullying ? Scenarios

1. You are in the hallway at school, someone bumps into you, and knocks your books out of your hand. The person keeps walking unaware of what just happened.
2. You are in the hallway at school, and someone purposely bumps into you everyday, knocks the books out of your hand and walks to the end of the hallway to laugh with a group of friends.

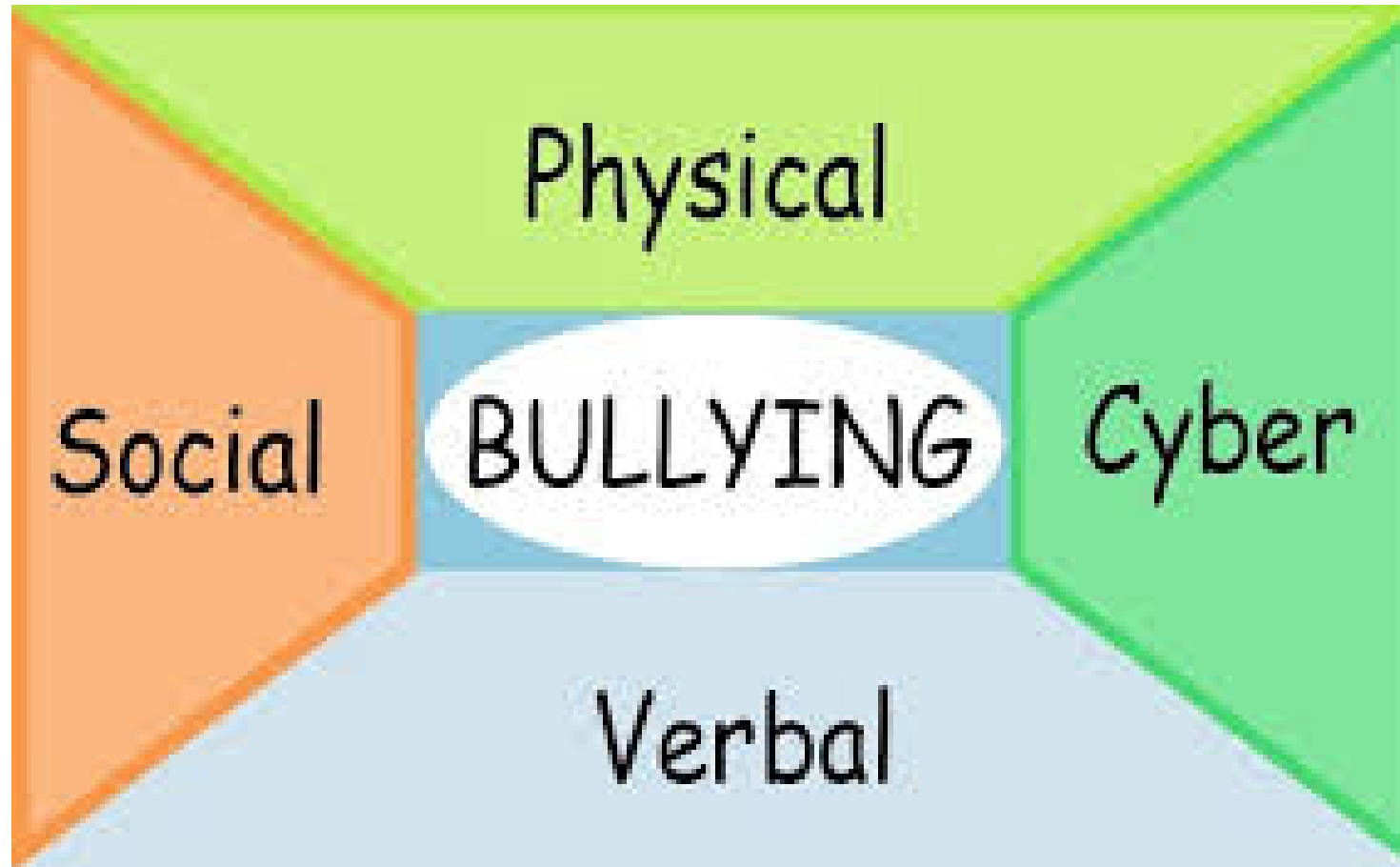


Bully Questions

1. Is there intent to do harm? Rude or mean?
2. How often is it happening?
3. Is there a power imbalance real or perceived?



Types of Bullying



What are the Effects of Bullying?

VICTIM

- depression
- anxiety
- increased feelings of sadness and loneliness
- changes in sleep and eating patterns
- loss of interest in activities they used to enjoy
- health complaints



What are the Effects of Bullying?

VICTIM Continued

- decreased academic achievements
- miss, skip, or drop out of school
- issues may persist into adulthood



What are the Effects of Bullying?

BULLY increased chances of

- abuse alcohol and other drugs in adolescence and as adults
- get into fights
- vandalize property
- drop out of school
- engage in early sexual activity

What are the Effects of Bullying?

BULLY Continued...

- have criminal convictions and traffic citations as adults
- be abusive toward their romantic partners, spouses, or children as adults
- risky behaviors into adulthood



What are the Effects of Bullying?

Bystanders = Witness

- have increased risk of use of tobacco, alcohol, or other drugs
- have increased mental health problems, including depression and anxiety
- miss or skip school



What can we do????

Community Engagement

Kindness

Provide Resources and support



OCTOBER

Anti-Bullying Month

with **The Autism Program (TAP)**





COMMUNITY HEALTH & WELLNESS

Free Seminar on HEALTH & WELLNESS

easterseals
taking on disability together

Anti-Bullying Community Awareness Kick-off with the Rockford IceHogs

Monday, January 9, 2017 | 6:00pm

- > Learn about the type of bullying that occurs in all environments and to all people.
- > Meet and interact with a few players from the Rockford IceHogs and learn why they have chosen to be buddies, not bullies.

THE AUTISM PROGRAM of Illinois TAP
Turning Atypical Children and Families

THE UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE
ROCKFORD CHICAGO PEORIA URBANA

IceHogs

PeaCo, Inc.

UIC Health Sciences Campus – Rockford
1601 Parkview Ave. | Rockford, IL 61107

Funding provided in whole or in part by The Autism Program of Illinois and the Illinois Department of Human Services

To register or for details on the seminar please call 815.395.5649, email prrockford@uic.edu or visit rockford.medicine.uic.edu.

THE CITY OF ROCKFORD ILLINOIS, USA

Thomas P. McNamara
Mayor

PROCLAMATION

WHEREAS, bullying is physical, verbal, sexual, or emotional harm or intimidation intentionally directed at a person or group of people; and

WHEREAS, bullying occurs everywhere – in neighborhoods, playgrounds, schools, and through technology, such as the internet and cell phones; and

WHEREAS, researchers have concluded that bullying is the most common form of violence, affecting millions of American children and adolescents annually; and

WHEREAS, targets of bullying are more likely to acquire physical, emotional, and learning problems; and

WHEREAS, students who are repeatedly bullied often fear going to school, riding the school bus, and attending community activities, and are at a greater risk of engaging in serious violent behaviors;

NOW, THEREFORE, I, THOMAS P. MCNAMARA, as Mayor of the city of Rockford do hereby proclaim the month of October 2020 to be:

“NATIONAL BULLYING PREVENTION MONTH”

in Rockford, Illinois and encourage all citizens to engage in a variety of awareness and prevention activities designed to make our community safer for all residents – including the “I Choose Kindness” initiative led by The Autism Program of Easterseals.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the city of Rockford to be affixed this 5th day of October 2020.

Thomas P. McNamara
MAYOR THOMAS P. MCNAMARA
CITY OF ROCKFORD



PC LABRIE

KYLE BAUM

STOP BULLYING

Started 2015-2016

<https://sw-ke.facebook.com/Lincoln205/videos/599265397291100/?t=12>

Kindness

- Social media post
- Recognize Champions of Kindness
- Think outside of the box, what are things you can do to promote kindness

Kindness

KINDNESS
CALENDAR FOR FAMILIES

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Do an act of kindness for someone you love.	Write a letter to a friend.	Make a bag of snacks for someone special.	Make a bag of snacks for someone special.
TUE	Take a walk with a friend.	Put a book in the library.	Take a walk with a friend.	Make a bag of snacks for someone special.
WED	Pick a flower for a friend.	Make a bag of snacks for someone special.	Take a walk with a friend.	Make a bag of snacks for someone special.
THU	Make a bag of snacks for someone special.	Take a walk with a friend.	Make a bag of snacks for someone special.	Make a bag of snacks for someone special.
FRI	Make a bag of snacks for someone special.	Take a walk with a friend.	Make a bag of snacks for someone special.	Make a bag of snacks for someone special.





WITH *Kindness*
from
ME to YOU

October = Anti-bullying month



When bullying occurs...

Parents	Individuals	Community
Recognize Warning Signs – of all victim, bully, and witness	Speak up – if you are able Tell someone	Education on what bullying is and is not
Educate your self on bullying	Educate yourself on bullying	Develop and implement community plan
Cyberbullying - may need other strategies	Educate yourself on cyberbullying and learn about strategies	Engage Business leaders, coaches, legislative leaders, medical professionals, teachers, children, adults, media, teens, athletes, law enforcement, and state attorney. Everyone should be involved especially those who are at higher risks of being bullied.
Talk with your child	Talk to a trusted adult or friend	Community Assessment
When happens work with school, community, law enforcement to support your child	Who would you talk to if you are bullied at school, work, online? Even if you witness bullying	Develop a plan for your community
Visit Get Help Now StopBullying.gov	Get help now! is a great website with resources. https://www.stopbullying.gov/resources/get-help-now	Implement the plan Reference: StopBullying.Gov



The solution to bullying is kindness.



Enjoy this video of how a Montessori class participated in bringing kindness to those of us who need friendship.

- <https://drive.google.com/file/d/1AHLB8UIk5tibnRp4fkKonhnmhDao4UMQ1/view>



Resource

TAP Referral Portal - <https://tap-illinois.org/registration/>

Start your referral here!

Thank you for inquiring about TAP provided autism services. Please fill out the form below to initiate a referral to the nearest TAP partnering agency that can meet your needs. Once you have submitted the form, a TAP agency representative will be in touch with you. Responses may take up to 14 business days. **Due to the scope of our grant, autism services are only provided for individuals up to the age of 22.**



Resources for parents & individuals

National Bullying Prevention Center

- [Pacer Center National Center for Bullying Preventionexternal icon](#)

Operation Respect

- [Operation Respectexternal icon](#)

CDC Violence Prevention

- <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>

StopBullying.gov

- [Bullying Among Children and Youth with Disabilities and Special Needsexternal icon](#)

StopBullying.gov

- [Information for Kids, Teens, Adults, Parents, and Educatorsexternal icon](#)

StopBullying.gov

- [Cyber Bullyingexternal icon](#)



Resources for Educators & School Professionals

Easy Teacher Worksheets

- <https://www.easyteacherworksheets.com/teacherprints/bullying.html>

Top 10 facts that parents, educators and students should know:

- <https://www.pacer.org/bullying/resources/students-with-disabilities/>

Illinois State Board of Education website displays legislation on bullying and offers suggestions and resources:

- <https://www.isbe.net/Pages/Bullying-Prevention.aspx>

Bullying and Students on the Autism Spectrum:

- <https://www.iidc.indiana.edu/pages/bullying-and-students-on-the-autism-spectrum>



Community Engagement

Community Action Toolkit

- <https://www.stopbullying.gov/sites/default/files/2017-09/community-action-toolkit.pdf>

Pacer Center

- <https://www.pacer.org/bullying/take-action/>

Bully Prevention Community Coalition

- <http://siouxlandcares.org/bully-prevention-community-coalition/>

Stomp Out Bullying

- <https://www.stompoutbullying.org/>

Legal Resources

Illinois laws on bullying:

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

US Department of Education

- <https://www2.ed.gov/about/contacts/state/il.html>

Cyberbullying

- <https://www2.ed.gov/about/contacts/state/il.html>

The Bullying Project

- https://www.thebullyproject.com/bullying_the_law

Reference

Center for Disease Control and Prevention

<https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>

Center for Disease Control and Prevention

<https://www.cdc.gov/ncbddd/disabilityandsafety/bullying.html>

StopBullying.Gov

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



TAP Survey Links and QR Codes:

English Version: <https://www.surveymonkey.com/r/CWDTKR7>



Spanish version: <https://es.surveymonkey.com/r/69CKM3K>

