



safe from
BULLIES
saving
LIVES

Presented by:
Heather Carter, MA
OUTLoud Project Manager

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Bullying: What Is It?

- **Direct Bullying**
- **Indirect Bullying**
- **Sexual Bullying**
- **Cyber Bullying**





Bullying: Who's Involved?

- The Bully
- The Victim/
Target
- The Witness/
Bystander
- Bully-Victim





What The Research Tells Us...

Bullying, cyberbullying, and victimization linked to:

- Dropping out of high school
- Contact within juvenile justice system
- Loneliness
- Self harm
- Child and adolescent psychopathology





Negative Emotions Associated Bullying: 100% of students affected

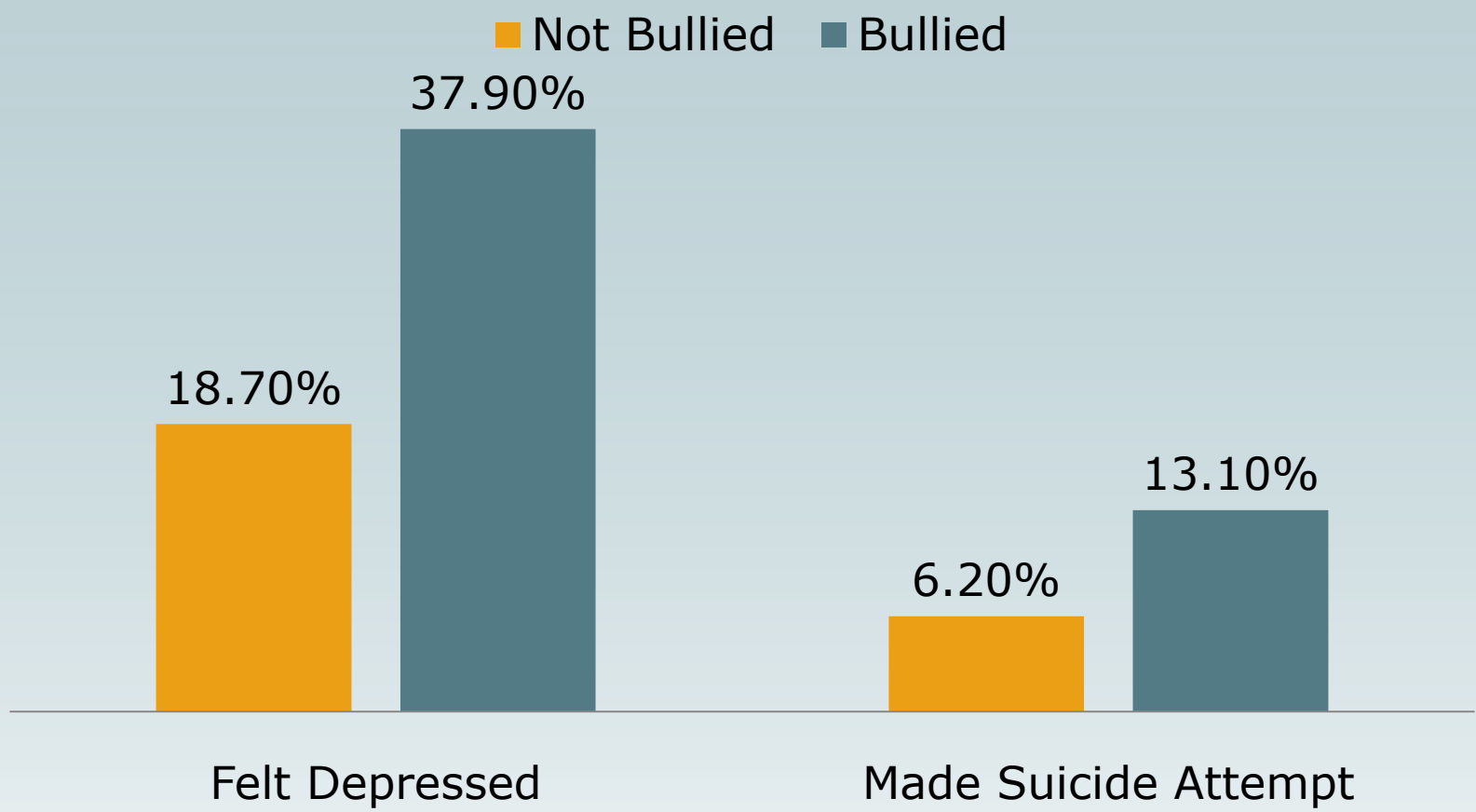
- **Target:**
Fear, Anger, Rejection,
Isolation, Anxiety, Depression
- **Bully:**
Low self esteem, Suicide,
Depression
- **Bystander:**
Anxiety, Powerlessness, Guilt,
Lowered empathy toward target





What Washington Data is Telling Us...

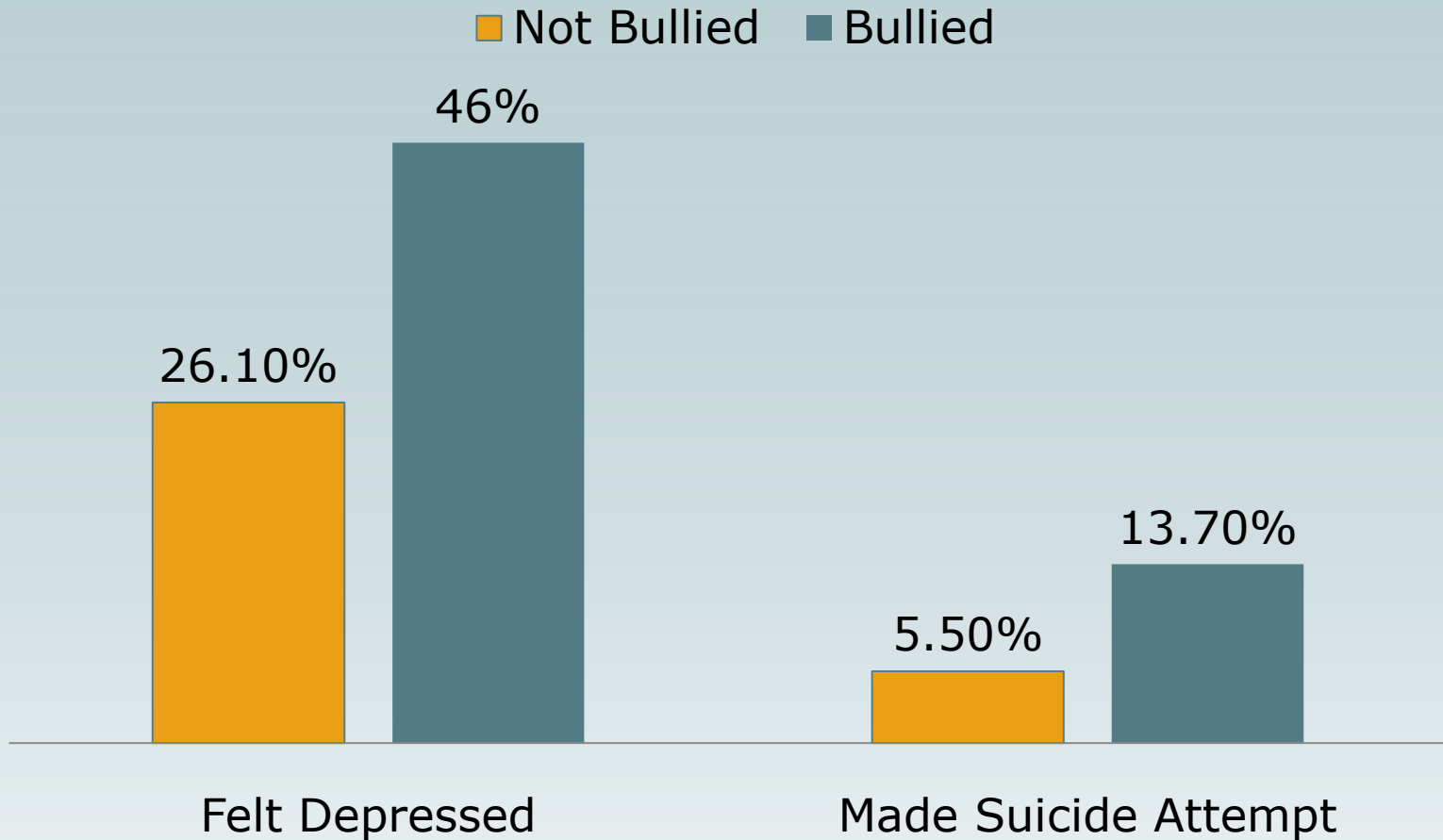
8th grade





More Washington Data...

12th grade





Anti-LGBT Bullying

- **84.6% of LGBT students reported being verbally harassed**
- **61.1% of LGBT students felt unsafe in school because of their sexual orientation (GLSEN 2009)**
- **Anti-LGBT bias & harassment contributing factor in risk for:**
 - Suicide
 - High risk behaviors
 - Isolation





Risks for LGBTQ Youth

- Gender nonconformity
- Coming out:
 - Early
 - Not coming out to anyone
- Homophobia & transphobia
- Internalized homophobia, transphobia, Internal conflict
- Heterosexism
- Inaccessible LGBT friendly service providers





Impact of Harassment Based on Sexual Orientation

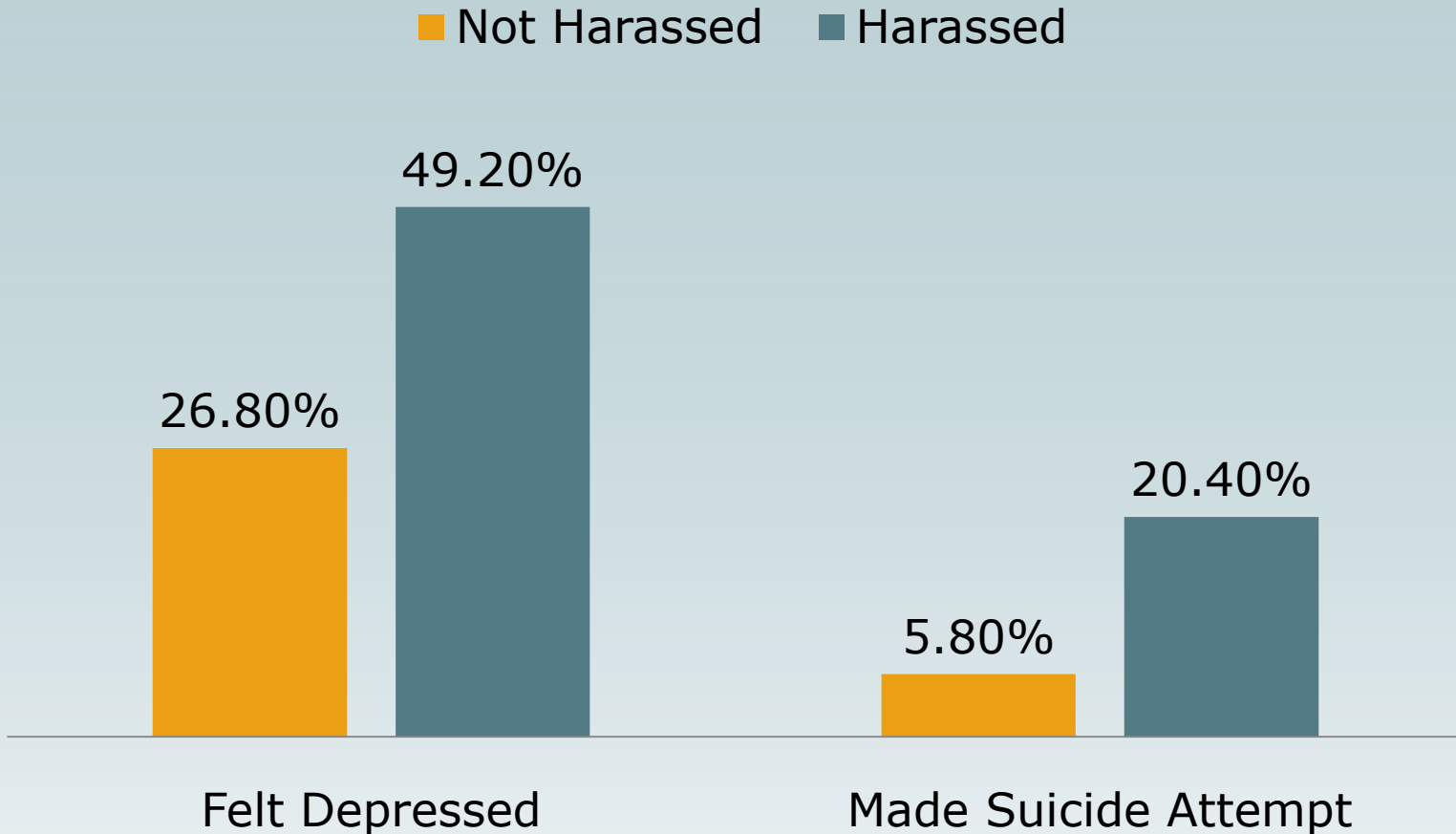
8th grade





More Data...Harassment Based on Sexual Orientation

12th grade





Negative Mental Health Outcomes

| Immediate responses | Long-term outcomes |
|---|---|
| <ul style="list-style-type: none">•Failing school work•Illness•Mood swings•Withdrawal•Trouble concentrating•Arguing and fighting•Avoiding: lunch, the bus, recess, social activities, specific students or groups | <ul style="list-style-type: none">•Dropping out of school•Discipline problems•Lowered self esteem•Bullying others•Plans for retaliation/acts of revenge•Running away•Self harm•Suicide/attempted suicide |





Warning Signs for Suicide

- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die, preoccupation with death, giving away prized possessions
- Signs of serious depression, such as moodiness, anxiety, hopelessness, withdrawal
- Increased alcohol and/or drug use





Remember: THE F.A.C.T.S.

When concerned about a youth's risk consider:

- F = feelings
- A = actions
- C = changes in behavior
- T = threats
- S = situations or triggers

FACTS



Protective Factors



| Parents/Families | PROVIDERS | SCHOOLS |
|--|---|---|
| <ul style="list-style-type: none">•Ensure that school is safe & welcoming•Educate self about issues facing child•Open, honest discussions with your children•Educate children about bullying/bias•Learn school policies & procedures | <ul style="list-style-type: none">•Train all staff about LGBT & other cultural competency issues•Educate about bullying in your programs•Adopt anti-bullying policies•Work with schools & parents•Suicide prevention training | <ul style="list-style-type: none">•Obvious “safe zone” programs (GSA)•Train staff & students about LGBT issues•Appropriate response to bullying & harassment•Clear anti-bias and anti-bullying policies•Teach coping skills•Suicide prevention training for staff and students |



Recommended Changes...

- **Current bullying prevention programs are not working well**
 - Possible positive outcomes modest only
 - Do not influence behaviors
- **Suicidal screening efforts should include questions about victimization history**
- **Training for school staff should include:**
 - Education about effective bullying prevention
 - LGBTQ youth
 - Health and mental health





Schools: Working with Students...

- **Knowledge**

- What it is
- What will happen
- What you can do

- **Skills**

- Assertive, not aggressive
- Conflict resolution
- Being a supportive bystander
- How to react to bullying

- **Attitudes**

- A culture of acceptance, zero bias, and safety
- Cooperation and empathy
- Responsibility for own actions-resist negative group pressure





What Schools Can Do ...

- Develop a well supported anti-bullying policy and clear anti-bias policies
- Make sure that the concept of bullying is clearly defined and understood
- Facilitate a school-wide anti-bullying program
- Respond to school bullying in the most appropriate, consistent, and effective way
- Teach coping skills & suicide prevention





Washington State's Model Policies

- Accountability
- Compliance officer
- Prohibits harassment based on protected classes
- Anonymity, confidentiality or non-confidentiality
- District's web site will post reporting information
- Contacting families
- Interviews will include bystanders
- Shortens investigation & corrective action time
- Support services
- Resources for families outside of district
- Training for students, staff, and volunteers





School Policies beyond the model...

- Define the issue
- Clarify school's stance on bullying
- Rights & responsibilities of all individuals
- How school will prevent bullying and intervene when it occurs
- Include language around bias-based harassment in all sections
- Collaboration with families
- Re-evaluate policies on an ongoing basis





Washington State's Model Procedures

- Defines the issue
- Explains the incident reporting form
- Describes Prevention
- Compliance officer duties
- Filing & Receiving an incident form
- Investigations of unresolved incidents
- Corrective measures for aggressor
- Support for targeted student
- Resources





Promoting Anti-Bullying Messages

- Discuss school climate in staff meetings
- Ongoing PA announcements
- Utilize the school website
- School mottos-respect, value diversity, and safety
- Student newspaper & Message boards
- Leadership classes
- Anonymous reporting methods
- Adult mentors
- School handbooks
- Plays & productions





Resources: Bullying Prevention

- www.tolerance.org/
- www.Stopbullyingnow.com
- <http://stop-violence.org/>
- www.nonamecallingweek.org
- www.cfchildren.org
- www.respectforall.org
- www.olweus.org
- www.safeschoolscoalition.org
- Bullying Research-
<http://www.bullyingresearch.extravirgin.net/index.html>
- Massachusetts Aggression Reduction Center-
<http://webhost.bridgew.edu/marc/index.html>





Resources: LGBTQ Youth

- LGBTQ youth programs:
 - *Lambert House*: www.lamberthouse.org/
 - B-GLAD youth group: www.youtheastideservices.org/
- LGBTQ specific: 1-866-4-U-Trevor (488-7386)
- Safeschoolscoalition.org-resource for youth, teachers, families & youth workers
- Healthy LGBQ Youth Toolbox:
<http://www.apa.org/>-look up HLGBSP Toolbox
- www.yspp.org
- www.advocatesforyouth.org





Any questions or concerns?

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