

Student Empowerment Program

Anyone can be a hero!

When a conflict becomes bullying:

Conflict

- Among friends - **equal** power
- **Equal** number of people
- Happens
- **Occasional** argument
- Each person takes ownership for the wrong they have done.

Bullying

- **Unbalanced** power - one-sided
- **Several** against one
- **Intentional** and on purpose
- Repetitive; **over and over** again during a period of time
- The bully blames the victim.

BULLY

- An individual who voluntarily seeks out and attempts to hurt others

VICTIM

- A person who is continuously teased, made fun of, picked on by another person or group

BYSTANDER

- Person who stands on the sidelines and witnesses incidents of bullying

Statistics

- 10% of those who have been bullied become a **bully** themselves.
- Every 7 minutes, someone is a **victim** of bullying.
- 85% are **bystanders** who witness bullying happening and do nothing about it.
- When a bystander steps up, a bully stops within 10 seconds.

TOOLS

- Use your voice.
- Write it down.
- Tell an adult.
- Always be near an adult.
- Stand up, don't stand back.

Let's help Scruff McGruff!

<http://www.mcgruff.org/stories/>

What should YOU do?

Take a Deep Breath

[Sing a Long!](#)



Stand up. Speak out.

Types of Bullying

```
graph TD; A[Types of Bullying] --> B[Verbal]; A --> C[Social]; A --> D[Physical]; A --> E[Cyber]
```

Verbal

Social

Physical

Cyber

CYBER BULLYING

What is Cyberbullying?

- Using e-mail, chat rooms, websites and other forms of **electric communication** to:
 - send mean-spirited messages
 - make cruel and harmful remarks about individuals
 - post unflattering or derogatory photos
 - make direct threats or encourage acts of violence
 - harass



Cyberbullying

- Cyberbullying is the **repeated** misuse of these technologies to harass, intimidate, bully, or terrorize another person.

How is it different?

Cyberbullying can occur any time of the day or night.

Cyberbullying messages and images can be distributed quickly to a very wide audience.

Children and youth can be anonymous when cyberbullying, which makes it difficult (and sometimes impossible) to trace.

Betrayal

A clique of 8th grade girls sleeping over at one friend's house, pretend to befriend a classmate on-line. They persuade her to divulge her inner-most feelings, secrets, and crushes. The next day at school they show everyone a print-out of the conversation, and she is mortified.



A Breach of Privacy



Marty, a high school junior, secretly takes a cell-phone photo of Joseph, an over-weight kid, who is undressing in the gym locker room. Within minutes, the photo is sent to Marty's friends in English class. When Joseph finds out, he is so embarrassed he refuses to return to school.

Unwanted and Threatening Postings

14 year old Joy has created a Web Blog, all about herself. An anonymous person starts posting threatening comments and unwanted links or pictures.



For parents

Be Careful What You Post

- You can't take things back on-line
- If you wouldn't say it to a room full of people...

[VIDEO](#)

For parents

As a Parent, What Can I Do?

- Conversation- listen and talk
- Educate
- Be aware and get involved
- Learn the lingo
- Acceptance
- Google
- Passwords
- Use agreements
- Save everything
- Blocking

For parents

Don't Say

“Just ignore it”

“Walk away”

“They're just insecure”

“Don't let them see that it bothers you”

“Just be kind and nice”

“You need to toughen up”

For parents

Do Say

“I'm really sorry that happened,
thank you for trusting me
to tell me something so important, and together
we are going to figure out a strategy to give you
some control in this situation”

An NFA Student...

- Enjoys learning
- Treasures Self, Others and the Earth
- Lives Gospel Values
- Makes Reflective Choices as a Self-Directed Person

Be a Hero Today!

Help Everyone Respect Others

Hero in the Hallway Video