



Anti-Bullying Institute 2010

Educators, Families, and Students Combating Bullying: Individual and Systemic Solutions

June 17th & 18th

8:30am-4:00pm

June 17 Overview

The objectives of the first training day are threefold. First, all participants will emerge with a stronger knowledge base related to bullying in the K-12 school setting. In particular, bullying will be presented as an abuse of power that harms all in schools and surrounds—from the bullies themselves, to victims of bullies, to observers of bullying (an often overlooked group), to educators, to families, and to community members. Related to this objective is a more nuanced and research-based understanding of the types of school climates and situations that are more conducive to bullying.

While possessing a strong knowledge-base related to what bullying is and what types of situations are more conducive to bullying, knowledge alone is not sufficient to combat bullying. As such, the second primary objective of the first training day is for session participants to emerge with enhanced tools to take action to prevent bullying. Towards this end, there will be two primary points of emphasis. First, strategies for self-awareness and action steps that individuals can take to combat bullying will be provided. Second, in the research-supported belief that the most effective actions are collaborative actions, practical team-based strategies for preventing and combating bullying will be provided.

Finally, all content and experiential activities from the first training day have been specifically designed to prepare session attendees to maximize the benefit of the 90 minute workshops to be offered on day two. Specifically, the first day will lay a critical foundation from which attendees can build off of as they explore their subtopics of preference on the second training day.

June 17	
MORNING SESSION: UNDERSTANDING BULLYING	
8:30-9:45	Welcome and Overview of Bullying <ul style="list-style-type: none">• What is Bullying?• Self-Reflection Exercise
9:45-10:45	Bullying from a Student's Perspective
11:00-12:00	Experiential Activity Related to Power
AFTERNOON SESSION: MOVING TOWARDS SOLUTIONS	
1:00-1:30	Combating Bullying: Individual Solutions <ul style="list-style-type: none">• Core Ideas• Self Awareness• Self Within-System
1:30-2:30	Bullying from a Parent's Perspective
2:45-3:15	Combating Bullying: Systemic Solutions <ul style="list-style-type: none">• Setting the Stage for Action• Steps in a Needs Assessment• Implementing Anti-Bullying Plans
3:15-4:00	Legal Implications on Bullying



Anti-Bullying Institute 2010

June 18 Concurrent Sessions

Understanding and Combating Cyber-bullying: This session will introduce the recent phenomenon of cyber-bullying. In particular, different forms of cyber-bullying (including sexting, Facebook, and MySpace) and ways in which educators can identify and work to prevent cyber bullying will be highlighted.

Working Effectively with Parents/Caregivers to Combat Bullying: Working to prevent bullying requires a coordinated plan of action involving schools, families, and communities. In this session, strategies for effectively partnering with families and communities in a culturally responsive way to combat bullying will be presented.

Skillful Use of Data in Combating Bullying: As the dynamics and effective strategies for combating bullying have become better understood, so has the skillful data-based decision-making emerged as central to anti-bullying efforts. In this session, straightforward tips on planning, gathering, and evaluating targeted data related to bullying will be provided.

Combating Bullying in Elementary Schools: School climates are clearly impacted by the amount of bullying that exists. Bullying interferes with the social and emotional development of students; which in turn directly impacts student morale, attendance rates, and academic performance. In response to these types of data and in response to the moral imperative for students to be able to attend school without being harassed, the federal and state government has created expectations that schools and school districts be proactive in minimizing bullying and harassment. This workshop will examine proactive approaches for combating bullying in elementary schools.

Bully-Proofing Your Classroom: Bullying has gained national attention as a critical factor in the recent rise of school and community violence, and is a threat for which educators admit they are poorly trained. Addressing bullying behaviors in children and adolescents requires more than decreasing the number of bullying acts. This dynamic and interactive training will offer strategies to prevent bullying behaviors in the classroom. Through a combination of active methods, participants will learn how to implement these strategies immediately into their classroom.

Relational Aggression: This presentation will focus on covert bullying relationships, better known as *Relational Aggression*. Relational aggression (RA) is a form of non-physical cruelty that can be devastating for those involved. The effects of this on children and adolescents can be carried into later life, resulting in low self-esteem, suicidal thoughts, self-injury, violence, and difficulties in personally relating to other people. Girls appear more prone to RA than boys. Participants will learn ways to identify and help relationally aggressive students, their victims, & bystanders. Participants will hear about the forms of relational abuse and the warning signs of relational aggression. The relationship between this form of violence and other forms of youth violence will be explored. Creative strategies to help our children deal with RA will be discussed along with effective interventions and techniques. Participants will leave empowered to support students and create a more positive school culture.

Teen Dating Violence: This session will focus on the phenomenon of teen dating violence. Dating violence is a serious problem both within heterosexual & homosexual relationships. Approximately, 1 in 5 high school girls report being abused by a boyfriend. The failure to address teen dating violence is especially damaging to teen girls due to the cyclical nature of domestic violence. In this session, participants will learn what it is, be informed of the increasing numbers of our youth who are victims & perpetrators of this behavior, be apprised of the educational impact of this behavior, learn the patterns of dating violence, the legal issues, and be given resources to assist teachers and other school personnel in addressing this issue.



Practical and Effective Strategies for Educators in Intervening with Bullying Behavior: Many educators have expressed concerns regarding the increased number of bullying incidents in their schools. The questions raised by many school staff is what should I do when I see a student being bullied? How do I respond to a student who comes to me to tell me he/she thinks they are being bullied? How can I develop a relationship with a student to trust me enough to tell me he/she is being bullied? What systemic proactive strategies can my school put in place to handle bullying situations? This interactive workshop will address these questions and many more.

June 18

Concurrent Morning Sessions

8:30-10:15

- Understanding and Combating Cyber-bullying
- Teen Dating Violence
- Skillful Use of Data in Combating Bullying
- Working Effectively with Parents/Caregivers

10:30-12:00

- Skillful Use of Data in Combating Bullying
- Understanding and Combating Cyber-bullying
- Combating Bullying in Elementary Schools
- Bully-Proofing Your Classroom

Concurrent Afternoon Sessions

1:00-2:30

- Working Effectively with Parents/Caregivers to Combat Bullying
- Understanding and Combating Cyber-bullying
- Relational Aggression
- Practical and Effective Strategies for Educators in Intervening with Bullying

2:45-4:00

- Tips in Organizing a School-Based Intervention Team to Combat Bullying



Anti-Bullying Institute Registration Form

Section 1: Registration Information

Last Name:		First Name:	
Address:		E-mail Address:	
City, State, Zip		Personal Phone Number:	
Work Location:		Work Phone:	
Position:	Grade:	Subject:	

Section 2: June 18 Concurrent Session Choices. Make a first (1) and second (2) choice from each time period. Sessions have limited seating.


<p>8:45-10:15</p> <ul style="list-style-type: none"> — Understanding and Combating Cyber-bullying #880.2101 — Teen Dating Violence #880.2162 — Skillful Use of Data in Combating Bullying #880.2164 — Working Effectively with Parents/Caregivers #880.2165 <p>10:30-12:00</p> <ul style="list-style-type: none"> — Skillful Use of Data in Combating Bullying #880.2166 — Understanding and Combating Cyber-bullying #880.2167 — Combating Bullying in Elementary Schools #880.2168 — Bully-Proofing Your Classroom #880.2160 	<p>1:00-2:30</p> <ul style="list-style-type: none"> — Working Effectively with Parents/Caregivers to Combat Bullying #880.2169 — Understanding and Combating Cyber-bullying #880.2170 — Relational Aggression #880.2161 — Practical and Effective Strategies for Educators in Intervening with Bullying #880.2163
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Section 3: Payment Options and Information. The registration fee for the conference is **\$275.00 per person** for educators outside CPS. Registration for CPS employees at MyPD.

Check (payable to Mayerson Academy)
 Credit Card
 Purchase Order (attached)

Credit Card type (Visa/MasterCard)	Expiration Date:
Credit Card Number:	
Name as it appears on the card:	
Complete address of cardholder (Billing Address)	
Phone number:	
Signature of cardholder:	

Send completed form with payment to: Mayerson Academy, Attention Pat Thomas, 2650 Highland Avenue, Cincinnati, OH 45219. Registration will be processed upon receipt. Confirmation will be sent via e-mail. For additional information contact Gwen Walton at Walton.gwen@mayersonacademy.org.



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