

# **Welcome to Bullying Awareness Day**

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# **Speaker Austin Hazen from YWCA**

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WHAT IS BULLYING?



# MOST PEOPLE KNOW WHAT BULLIES ARE.

They even know what problems victims of bullies sometimes face: years of constant anxiety, insecurity, and low self-esteem.



**YET BULLYING PROBLEMS OFTEN ARE IGNORED OR DENIED**

Large numbers of students have been bullied over long periods of time while nobody paid any attention! Today, however, more people are recognizing that it is a basic democratic right for a student to feel secure at school and not to be

troubled by offensive and humiliating treatment. Because of highly publicized school incidents, we now know that ignoring bullying can lead to violence or make a victim feel so overwhelmed that he or she sees suicide as the only way out.

# What is Bullying?

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## **Physical:**

**Unwanted physical contact such as hitting, kicking, and taking belongings.**

## **Verbal:**

**Name calling, insulting, making offensive remarks**

## **Indirect:**

**Spreading rumors/stories**

## **Cyber Bullying:**

**Text, social media, internet**

**Fact:**

## Who Gets Bullied?

**RESEARCH GIVES A FAIRLY CLEAR PICTURE OF THOSE WHO ARE POTENTIAL VICTIMS OF BULLYING.**

They tend to have at least one, or usually several, of the characteristics listed below. These lists only indicate main trends; in some cases, victims may be quite different. Potential victims of bullying can be divided into two main groups:

### — The passive or submissive victim

Most children in this category are not aggressive or teasing in their manner and usually do not actively provoke others in their surroundings. However, passive victims of bullying generally signal, through their behavior and attitudes, that they are a bit anxious and unsure of themselves.

Detailed interviews with parents of bullied boys predominantly of the passive/submissive type indicate that these boys were

characteristically rather careful and sensitive from an early age. Having this kind of personality (possibly in addition to physical weakness) may have made it difficult for them to assert themselves in their group of playmates, which may have contributed to these boys becoming victims of bullying. At the same time, it is obvious that long-term bullying probably increased their anxiety, insecurity, and negative self-image.

The features that can be seen in long-suffering victims of bullying may be both a cause for, and a result of, being bullied.

# Who gets Bullied?

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These students are usually quiet, careful, sensitive, and may start crying easily.

They are unsure of themselves and have poor self confidence (negative self-image).

The boys in this group do not like to fight, and they are often physically weaker than their classmates, especially the bullies.

They have few or no friends.

# **Who Bullies?**

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**Presumably they are anxious, tough looking, and unsure of themselves.**

**But, research says they are either low or average levels of anxiety and insecurity.**

# How Do I **know** if my Child is being Bullied?

## **FIRST:**

You need to have frequent conversations with your child or adolescent to ask about what happens at school. Establishing a relationship helps you keep the lines of communication open and gives you a sense of context for what your child or adolescent experiences day-to-day.

## **SECOND:**

If you get a note from your child's school saying that he or she is being bullied by the other students, take it seriously. The problem is, however, that you cannot always be sure that the school/teachers will discover that your child is having this sort of problem or that they realize how serious a situation is. Neither can you expect that your child will necessarily talk about problems of this nature to you. There can be various reasons

for this. Your child may feel that being bullied is a personal defeat, or he or she may have received threats from the bullies. The child may have tried before to tell an adult about the bullying and may not have been given any real help. He or she may be afraid that involving adults will make the bullying even worse. Therefore, you must be particularly sensitive to signs and changes in your child.

It is important that you do not try to explain away your child's problems and hope that they will go away by themselves. It has been clearly documented that bullying can negatively impact a child's formative years as well as later adult life. Research suggests that systematic bullying can leave deep psychological scars which can lead to depressive attitudes and a tendency toward negative self-image, even years after the bullying has ended.



# How Do I know if my Child is being Bullied?

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## YOUR CHILD—

Comes home with torn, dirty, or wet clothes or damaged books, or “loses” things without being able to give a proper explanation of what has happened.

Has bruises, injuries, cuts, and scratches and cannot give a credible explanation for what caused them.

Loses interest in school and gets poorer grades.

Sleeps restlessly with nightmares and possibly cries in his/her sleep.

Does not bring classmates home and rarely spends time with classmates after school.

Seems afraid or unwilling to go to school in the morning.

Chooses an “illogical” route to and from school.

Seems unhappy, downhearted, depressed, or has mood swings with sudden outbursts of irritation or anger.

Often has little appetite, headaches, or stomach aches.

# What can you do?

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**MANY STUDENTS WHO BECOME VICTIMS OF** bullying would probably develop quite normally if they did not have to face aggressive fellow students. An essential part of counter-acting bullying in school is to stop or change the bullies' and their accomplices' behavior. The parents of children who are victims of bullying should not view bullying as an unavoidable part of growing up.

At the same time, it is also clear that many victims of bullying are unsure of themselves and somewhat anxious by nature, with relatively low self-confidence and few or no friends. So in some cases, it may be sensible for you to try to help your child adapt better to school life and other environments—maybe regardless of the actual bullying situation.

**THE PARENTS OF CHILDREN WHO ARE  
VICTIMS OF BULLYING SHOULD NOT  
VIEW BULLYING AS AN UNAVOIDABLE  
PART OF GROWING UP.**

# Steps you can take!

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Help your child join other groups of children of the same age (who preferably are not in the same class at school) in sports, music, or other leisure time activities. Physical training in particular, if your child has the interest or ability, results in the child "giving out different signals" to those around him or her.

Encourage your child to make contact with (and perhaps bring home) a friendly student from the same class, or from another class. As socially excluded children often lack relationship-making skills, it is important that you, or perhaps the school counselor, help your child with concrete advice on how to go about making friends with peers.

Help your child strengthen his or her self-confidence, for example, by stimulating the development of any talents or positive qualities.

It is important that you consistently support your child's contacts and activity outside of the family. Try to avoid being over-protective, but keep an eye on what is going on and arrange situations that can bring about positive development.

Sometimes a child (especially the provocative victim of bullying) behaves in a way that irritates and provokes those around him or her. In such cases, you have the task of carefully, but firmly and consistently, helping your child find more suitable ways of reacting and interacting in friendship groups.

If your child exhibits some hyperactivity, it may be necessary to get extra help from a mental health professional.

# How do I know if **my child is the bully**?

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**IT CAN BE DIFFICULT TO DISCOVER AND** to acknowledge that your own child is a bully. Bullying other students is obviously not something a child will talk about at home. But if several of the points described under “Who Bullies?” fit your child, you should take this seriously and look more closely into the matter.

Bullying can be seen as a part of a general pattern of anti-social and rule-breaking behavior. Children who are bullies during their school years are at a much higher risk of later becoming involved in crime, misuse of alcohol, tobacco, and illegal drugs. If your child is bullying others, it is important to break this pattern, not just for the sake of the victim, but also for your own child's sake.

# How do I know if my child is the bully?

## YOUR CHILD—

Has a marked need to dominate or manipulate others.

Seems to like to insult, push around, or tease other children.

Is aggressive, nasty, spiteful, and generally in opposition.

# WARNING SIGNS

# What can you do?

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**YOU WILL NEED TO WORK CLOSELY WITH** the school to resolve the situation. Being informed by the school or another source that your child is bullying other students may be a difficult fact to face. Making excuses and playing down your child's behavior will not

**YOU SHOULD ACT QUICKLY  
FOR THE SAKE OF THE  
VICTIM AND FOR YOUR OWN  
CHILD'S FUTURE.**

help him or her. On the contrary, you should act quickly for the sake of the victim and for your own child's future. As mentioned earlier, children who are aggressive toward their peers are at high risk for what is known as anti-social development, including criminality and misuse of alcohol, tobacco, and illegal drugs at a later stage in their lives. It is, therefore, important to take time now to guide your child on to positive paths.

## STEPS YOU CAN TAKE

Make it quite clear that you take bullying seriously and will not accept the continuation of this behavior. If both you and the school show consistently negative reactions to the child's bullying, the chances that your child will change are increased.

Try to set up some simple rules for family interactions. Whenever your child follows the rules, praise him or her. If your child breaks the rules, consistently enforce some kind of negative consequence (for example, the withholding of allowance or other benefits/privileges).

**Spend 15 minutes or more of quality time with your child every day. Gain thorough knowledge into who he or she is spending time with and what they are doing. It is easier for children or young people to change their aggressive behavior if they feel they are reasonably well liked and listened to by their parents/caregivers.**

**Help your child use his or her energy and need to dominate in a more positive way, for example, by encouraging him or her to participate in a sport like basketball or soccer, in which one must play by the rules. Explore any particular talents your child may have that can be further developed to enhance his or her self-esteem.**

**If these kinds of measures, and the plan that has been set up with the school, have not resulted in noticeable changes in your child's behavior after some time, then you should get in touch with a mental health professional for more help.**



# What is Cyber Bullying?

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**When a person is tormented, threatened, harassed, humiliated, embarrassed, or otherwise**

**Targeted by using technology**

**Examples: Internet, social media, cell phone**

# Cyber Bullying

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**Bullies on the keyboard.**

**Stay anonymous**

**Multiple personas**

**Feeling no repercussions**

**24/7 problem that occurs in the home/school behind the screen**

# Who are cyber bullies?

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## **Who are Cyber bullies**

- **Individuals**
- **No strong relationships**
- **Immature**
- **Hate groups**
- **People who have been bullied**
- **Cliques**

## **Why do people Cyber bully**

- **Anger**
- **Frustration**
- **Revenge**
- **Entertainment**
- **Reactions/laughs**
- **Power over others**
- **Jealousy**
- **Peer pressure**
- **Other motives**

# What can you do online to protect yourself?

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**Be private. Change your settings.**

**Keep passwords, pictures and secrets to yourself.**

**Take five minutes: Do Not reply to text or social media in anger.**

**STOP BLOCK and TELL. DO NOT REPLY!!**

**Save the Evidence. Screen Shot or print.**

**Most important is to TELL someone about cyberbullying.**

# What can parents do?

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**PAY ATTENTION**

**KNOW WHAT YOUR CHILD IS DOING ONLINE**

**LOOK AT FILES ON THE HOUSEHOLD COMPUTERS**

**SEARCH YOUR CHILD'S NAME ONLINE**

**DISCUSS WHAT INFORMATION IS APPROPRIATE TO SHARE ONLINE**

**KNOW PASSWORDS TO PHONES AND COMPUTERS**

# What is Teen Dating (Violence) Bullying

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**Demand you spend all your time together**

**Manipulating you into spending all your time with them**

**A display of jealousy and envy is a red flag (Do not mistake jealousy for love)**

**Not being able to enjoy people/ places/ extra curricular like they use to with or without them  
Criticizing you and undermining your perceptions**

**Accuse you of not being committed to the relationship if you don't meet his demands or follow his rules**

**Become physically threatening with gestures like punching walls, abusing your pets, or throwing furniture around Use words that make you feel so unworthy that you think you don't deserve better treatment Telling you how you should feel rather than accepting your true feelings**

**Accusing you of being too sensitive or emotional when you try to discuss the bad behavior  
Demonstrate psychological abuse with threats to embarrass you by revealing private**

**WARNING SIGNS**

# What you can parents do?

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## **What you can parents do?**

- Talk to your child**

- healthy relationships**

- relationship expectations (not only what you as the parent expects but what your child's expectations are in a relationship)**

- Ask about their relationship**

- Do not assume**

- Look for signs of unhealthy relationships**

# Websites

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**StopBullying.gov**

**HHS.gov**

**[www.ed.gov](http://www.ed.gov)**

**GirlsHealth.gov**

**[www.cdc.gov](http://www.cdc.gov)**

**#uniteagainstbullying**



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**This slide show was based off the Book “Bullying is Not a Fact of Life”.  
You can purchase the updated Bullying prevention book from:**

**1-800-789-2647  
www.samhsa.gov  
www.modelprograms.samhsa.gov**

# Keynote Speaker

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## **Sara Cunningham**

**is an author/activist and founder of the non profit FREE MOM HUGS.**

**She found herself on a journey “from the church to the Pride Parade.”**

**Sara goes beyond the Hug, to educate and advocate recently she has been seen on the TODAY show, spoke at the GLAAD awards. She is in partnership with JAMIE LEE CURTIS to make a movie about her story.**

**Her passion is to change the narrative so that we as a society , not only learn to affirm the LGBTQ+ community but to celebrate them.**

# **Youth Panel on Bullying**

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Introductions

Facts

Q & A

# Speaker

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## **Parker Cunningham**

**Son of Free Mom Hugs founder Sara Cunningham**

**He is an Oklahoma City based visual artist and musician.**

**He grew up in a conservative religious community. Parker battled with his faith and sexual orientation. He lost his church home and his mother was at the time non affirming. He felt alone.**

**Parker found ways of expressing his story and showing his community and family his authentic self.**

**Parker is a LGBTQ+ Youth advocate for Free Mom Hugs**

**He works along side his mother spreading hope and hugs.**

**He encourages LGBTQ+ youth to share their stories and express themselves the best of their abilities. He wants them to know they are not alone in this journey.**

# Mother Janie

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**Our clergy for the day is Mother Janie.**

**She is a teacher at Oklahoma Bible Academy in Enid, OK**

**Koch grew up Southern Baptist and her father's side was Roman Catholic.**

**During adulthood Koch entered Baylor University she had a crisis of her faith. She started to question why she believe what she did. She left the church for about 20 years.**

**In 2012 sitting at her grandmothers funeral she realized God never left her. As she started her way back but the Baptist Church did not resonate with her anymore.**

**She has come full circle. She had her ordination to priesthood at St. Matthews Episcopal Diocese of Oklahoma in September of 2018**

**Having Koch on staff will enable St. Matthew's to expand the ministry in the community.**

We would like to Thank our Sponsors

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**St. Matthew's Episcopal Church**

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