



Stopping Bullying in its Tracks: Understanding Power Imbalance

Course Description: Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. In order to effectively address bullying behavior, one must first examine its underlying causes. This course analyzes the bias and power structure in groups and individuals that leads to aggressive or harassing behavior.

This course will examine the types of privileges that exist in the classroom, workplace and other environments. With privilege, both seen and unseen, comes the bias that perpetuates the imbalance of power among students, peers, administrators, and faculty. By exploring this power structure and our own bias, participants will understand root causes of bullying and develop strategies to address it.

This course includes discussion on privilege and bias, the formation of peer social groups and isolation, microaggressions, a review of bullying behavior, and creating an environment to reduce its pervasiveness. It concludes with important legal information and resources for practicing educators, parents, and counselors.

Clock Hours/Continuing Education Units: 5

Learning Objectives: By the end of this course, participants will be able to do the following:

- Identify the characteristics of relational aggression, peer isolation, harassment, and other traits of bullying
- Demonstrate awareness of the root causes of microaggression, social isolation, and the bystander effect
- Identify and access resources for addressing cyberbullying
- Develop techniques for accessing anti-bullying resources, including reporting procedures and responding to incidents

Resources: The following evidence-based research was utilized in the development of this course.

Course Requirements: To receive full credit for the course, participants must complete ALL assignments. Failure to complete all assignments will result in a non-passing grade

Getting Started:

- After registering for the course, you will be sent an email with the website address, password, and course key you need to access your online course, along with login instructions
- Access each assignment through the course home page. All assignments will be submitted through the Canvas platform on each respective assignment page.

Course Outline:

Lesson Number	Lesson Description	Clock Hours
1	Introductions and Overview: Take the time to get to know the class layout, read over the Help section, and review any other materials present in the class to get started. Take your time!	0.2 hours
2	What is Bullying? This lesson introduces the topic of bullying in the context of school districts to participants. They will develop a common definition for bullying and be able to differentiate between bullying and conflict.	0.6 hours
3	Privilege and Microaggressions: In this lesson, participants will develop an understanding for what privilege is and how it manifests in schools through microaggressions and bullying behaviors.	0.6 hours

4	The Great Game of High School: In this lesson, participants will understand how social structures and cliques play a role in bullying behavior. They will read an article on “The Great Game of High School.”	0.6 hours
5	Cyberbullying: In this lesson, participants will understand how bullying has manifested through technology, the internet, and social media. Cyberbullying prevention strategies for educators will be outlined and current research will be examined.	0.6 hours
6	The Reactive Bully and Provocative Victims: In this lesson, participants will differentiate between provocative victims and reactive bullies. Participants will examine strategies to meet the needs of provocative victims.	0.6 hours
7	Unique Populations: In this lesson, participants will examine bullying and its intersections in special populations, including LGBTQ students and students with disabilities. Participants will review the impacts on this population, as well as examine strategies to minimize bullying.	0.6 hours
8	Misdirections in Bullying Prevention and Intervention: In this lesson, participants will understand that well-intentioned bullying prevention & response measures can result in predictable missteps. Participants will learn about some of the practices in bullying prevention from experts in the field.	0.6 hours
9	Laws, Policies, and the Bully Circle: In this lesson, participants will review common components of state anti-bullying laws and regulations by state. Participants will also review key resources for implementing bullying policies in classrooms and schools, and they will also examine the Bully Circle as a powerful model for understanding bullying behaviors.	0.6 hours
TOTAL CLOCK HOURS		5 Hours

Student Requirements and Assessment: No outside materials will be required for the completion of this course. Participants will be required to complete a series of electronic quizzes to assess their understanding. Participants can earn up to 40 points total for the course. Each quiz may be taken up to three times, with the highest score recorded in the final grade. All quizzes must be completed in order to earn credit.

Grading Scale:

100-80% (32-40)	Pass
79%-Below (<32 points)	No Pass

Americans with Disabilities Act: If you are a student with a disability and require any auxiliary aids, services, or other accommodations for this class, please email academy@iowasafeschools.org or call 515.381.0588.

Professional Development: Prior to purchasing a course registration, it is your responsibility to ensure that National Safe Schools Convening Online Academy coursework satisfies the license renewal requirements for your state and/or district.