

# Facilitator Guide



club  
hope  
Be Heard... Be Hope

## Bullying and Cyberbullying

### Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

**Slide 1:** Introduce yourself and welcome members.

**Slide 2:** The topic we are covering today is Bullying/Cyberbullying.

**Slide 3: READ SLIDE: REVIEW MEETING AGENDA**

**Slide 4: STATE:** Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

**Slide 5:** Let's begin our meeting with our clubhope™ Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

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## Bullying and Cyberbullying

### Slide 6: What Is Bullying?

- Bullying is any unwanted aggressive behavior(s) by another person or group of people that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted person including physical, psychological, social, or educational harm.

### Slide 7: Common Types of Bullying

- Physical - such as hitting, kicking, and tripping
- Verbal - including name-calling and teasing
- Relational/social - such as spreading rumors and leaving out of the group
- Damage to the property of the victim

### Slides 8 and 9: Facts About The Bullying Problem

- Read off the slides

### Slide 10: What Is Cyberbullying?

- Read off the slide

### Slide 11: Most Common Places Cyberbullying Occurs

- Social media, such as Facebook, Instagram, Snapchat, and TikTok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

### Slide 12: Special Concerns

- Read off the slide

### Slide 13: Cyberbullying Unique Concerns

- Read off the slide

### Slide 14: Frequency of Cyberbullying

- Read off the slide

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### Slide 15: What Are The Consequences of Bullying?

- Bullying can result in physical injury, social, and emotional distress, self-harm, and even death.
- Youth who bully others are at increased risk for substance misuse, academic problems, and experiencing violence later in adolescence and adulthood.
- Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems.
- It also increases the risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school.

### Slides 16 and 17: Bystanders to Bullying

- Read off the slides

### Slide 18: Upstanders to Bullying

- Read off the slide

### Slide 19: Group Discussion

**FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)**

**Slide 20:** We had some great conversations on today's Topic Awareness Presentation. Please be sure to follow clubhope™ on Instagram.

**Slide 21:** COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN.)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

**Slide 22:** Thank you for today!

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