



Be Heard... Be Hope

Welcome










TODAY'S TOPIC AWARENESS PRESENTATION

Bullying and Cyberbullying



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	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Bullying and Cyberbullying
	Group Discussion
	Lessons Learned and Takeaways
	Next Club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



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

clubhope™ Affirmation

- *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*

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.

Common Types of Bullying

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

Fact About The Bullying Problem

Bullying is widespread in the United States. Bullying negatively impacts all youth involved including those who are bullied, those who bully others, and those who witness bullying, known as bystanders.

- **Bullying is common**
- **About 1 in 5 high school students reported being bullied on school property**
- **More than 1 in 6 high school students reported being bullied electronically in the last year**
- **Some youth experience bullying more than others**
- **Nearly 40% of high school students who identify as lesbian, gay or bisexual and about 33% of those who were not sure of their sexual identity experience bullying at school or electronically in the last year, compared to 22% of heterosexual high school students**
- **About 30% of female high school students experienced bullying at school or electronically in the last year, compared to about 19% of males**

Fact About The Bullying Problem Continued

- **Nearly 29% of white high school students experienced bullying at school or electronically in the last year compared to about 19% of Hispanic and 18% of black high school students**
- **Bullying is a frequent discipline problem. Nearly 14% of public schools report that bullying is a discipline problem occurring daily or at least once a week**
- **Reports of bullying are highest in middle schools (28%) followed by high schools (16%), combined schools (12%), and primary schools (9%)**
- **Reports of cyberbullying are highest in middle schools (33%) followed by high schools (30%), combined schools (20%), and primary schools (5%)**

What Is Cyberbullying?

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| <ul style="list-style-type: none">● Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets | <ul style="list-style-type: none">● Cyberbullying can occur through SMS, text apps, or online in social media, forums, or gaming where people can view, participate in, or share content |
| <ul style="list-style-type: none">● Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else | <ul style="list-style-type: none">● It can include sharing personal or private information about someone else causing embarrassment or humiliation |

Most Common Places Where Cyberbullying Occurs Are

- 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

Special Concerns

- **With the prevalence of social media and digital forums, comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as acquaintances**
- **The content an individual shares online - both their personal content as well as any negative, mean, or hurtful content - creates a kind of permanent public record of their views, activities, and behavior**
- **This public record can be thought of as an online reputation, which may be accessible to schools, employers, colleges, clubs, and others who may be researching an individual now or in the future**
- **Cyberbullying can harm the online reputations of everyone involved - not just the person being bullied, but those doing the bullying or participating in it**

Cyberbullying Has Unique Concerns In That It Can Be:

- **Persistent** - digital devices offer the ability to immediately and continuously communicate 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief.
- **Permanent** - most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.
- **Hard to Notice** - because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.
- **Laws and sanctions** - all state laws require schools to respond to bullying. As cyberbullying has become more prevalent with the use of technology, many states now include cyberbullying or mention cyberbullying offenses, under these laws. Schools may take action either as required by law, or with local or school policies that allow them to discipline or take other action.

Frequency of Cyberbullying

There are two sources of federally collected data on youth bullying:

<ul style="list-style-type: none">● The 2019 School Crime Supplement to the National Crime Victimization Survey (National Center for Education Statistics and Bureau of Justice)	<ul style="list-style-type: none">● Indicates that, nationwide, about 16 percent of students in grades 9-12 experienced cyberbullying.
<ul style="list-style-type: none">● The 2019 Youth Risk Behavior Surveillance System (Centers for Disease Control and Prevention)	<ul style="list-style-type: none">● Indicates that an estimated 15.7% of high school students were electronically bullied in the 12 months prior to the survey.

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.**

Bystanders to Bullying

- **Someone who witnesses bullying, either in person or online, is a bystander.**
- **Friends, students, peers, teachers, school staff, parents, coaches, and other youth-serving adults can be bystanders.**
- **With cyberbullying, even strangers can be bystanders.**
- **Youth involved in bullying play many different roles.**
- **Witnessing bullying is upsetting and affects the bystander, too.**

Bystanders to Bullying Continued

- Youth who are bullied often feel even more alone because there are witnesses who do nothing
- When no one intervenes the person being targeted may feel that bystanders do not care or they agree with what is happening.
- There are many reasons why a bystander may not interject, even if they believe that bullying is wrong. They may be afraid of retaliation or of becoming a target. They might fear that getting involved could have negative social consequences.
- Bystanders have the potential to make a positive difference in a bullying situation by becoming an upstander.
- An upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying.

Upstanders to Bullying

- **Even one person's support can make a big difference for someone who is being bullied.**
- **When youth who are bullied are defended and supported by their peers they are less anxious and depressed than those who are not. There are many things that bystanders to bullying can do to become upstanders:**
 - **Simple things like changing the subject or questioning the behavior can shift the focus.**
 - **Using humor to say something funny can redirect the conversation.**
 - **There is strength in numbers too! Bystanders can intervene as a group to show there are several people who don't agree with the bullying.**
 - **Walk with the person who is the target of bullying to help diffuse potential bullying interactions.**
 - **Reach out privately to check in with the person who was bullied to let them know you do not agree with it and that you care. It makes a difference.**
 - **Watch the "Be Someone's Hero" video (provided in English and Spanish).**

Group Discussion

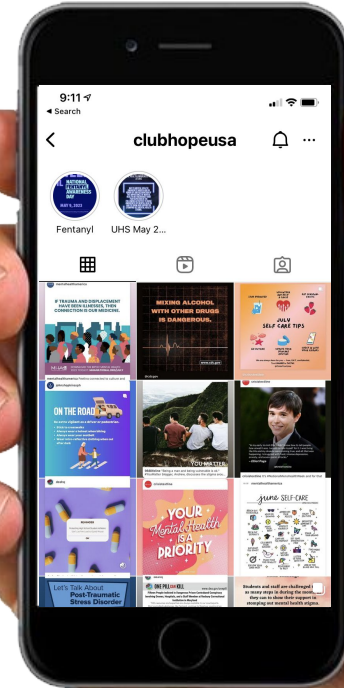


CAPTURE TAKEAWAYS

Instagram

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<https://www.instagram.com/clubhopeusa>



Club Business

- **Status of Fundraisers & Events**
- **Next Meeting Date & Time**



See You At The Next Meeting



That's All Folks
Meeting Adjourned

