

Bully Busting

A **Violence**
Prevention
Program focusing
on the
Prevention of
Teasing and
Bullying
in **Schools**



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Facts About Bullying

- The National Association of School Psychologists (NASP) said bullying is the most common form of violence in our society. Between 15 and 30 percent of students are bullies or victims, according to NASP and over two-thirds of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective.
- According to the National Association of School Psychologists, direct physical bullying increases in elementary school, peaks in middle school, and declines in high school. Verbal abuse, on the other hand, remains constant. The U.S. Department of Justice reports that younger students are more likely to be bullied than older students.
- According to the National Center on Addiction and Substance Abuse, children and teens who are bullied are at greater risk of suffering from depression and other mental health problems. Bullying behavior has been linked to other problem behaviors such as vandalism, shoplifting, truancy, dropping out of school, fighting, and tobacco, alcohol and drug use.
- A United States Secret Service study of school shootings found that almost three-quarters of the attackers felt persecuted, bullied, threatened, attacked or injured by others prior to the incident.
- According to a GLSEN National School Climate Survey, more than 64 percent of lesbian, gay, bisexual and transgender students say they feel unsafe at school because of their sexual orientation.

According to the National Education Association, an estimated 160,000 children miss school everyday due to fear of attack or intimidation by other students. And, according to Dr. Dan Olweus, who is considered the world's leading authority on bullying, students identified as bullies by the age of eight are six times more likely to become involved in criminal behavior.

Newspapers and broadcast media are full of stories about bullying in our nation's schools, playgrounds and neighborhoods. This only emphasizes the importance of teaching administrators and educators how to recognize the problem and develop ways to combat it.

Committed to the promotion of violence prevention, the New Jersey State Bar Foundation's **Teasing and Bullying Program** complements its conflict resolution and peer mediation program and focuses on ways to prevent and combat the problem of bullying in our schools. The program meets the New Jersey Department of Education's character education requirements by promoting respect and empathy, and is provided to participants **free of charge**. The Foundation's Teasing and Bullying Program offers three components — training sessions for teachers and administrators; a curriculum guide and posters; and resource videos.

Training Sessions

The Foundation conducts separate training sessions for administrators and educators, tailoring the training for the special needs of both positions. It is important to attend the correct training session as the administrator training focuses on implementation at the managerial level, while the educator training is designed for those that deal with the student body on a regular basis and will witness bullying behavior first-hand. Superintendents, principals and vice-principals should attend the administrator training. The educator training is intended for classroom teachers, guidance counselors, student assistance counselors, child study team personnel and para-professionals.

To ensure one-on-one attention for attendees, space in the training sessions is limited to 25 participants. All training sessions are conducted at the New Jersey Law Center in New Brunswick. Among other things, the interactive, training sessions:

- dispel the myths and educate about the facts of bullying;
- allow attendees to differentiate teasing from bullying and tattling vs. reporting;
- explore strategies for creating a peaceful classroom and helping students who are targets of bullying as well as the students who bully; and
- examine ways to develop a school-wide approach to combat bullying.

The Foundation is a registered New Jersey professional development and character education provider. Teachers who attend the full training session will receive 6-1/2 professional development hours. To be advised of future training dates please call 1-800 FREE LAW and request a Teasing and Bullying registration form.

Curriculum Guide and Posters

The Foundation's anti-bullying curriculum guide, titled *Bully-Busting Curriculum: Six Essential Lessons for Grades K-12*, complements its Teasing and Bullying Training Sessions. The 123-page guide specifically tailors each lesson to the elementary, middle and high school grade levels. In addition, the curriculum offers seven pages of valuable resources for educators.

The program also includes colorful posters, which teachers may hang in their schools, that will appeal to students, while promoting bully-free classrooms. The eight posters produced for this program, which are also available in Spanish, are:

- **Definition of Bullying** — complete definition of bullying.
- **Dr. Martin Luther King Jr. Quote** — quote from Dr. King addresses the issue of the bystander.
- **Bullying Behavior Chart** — gives definitions of physical, emotional and social bullying and provides examples of each at three different levels.
- **Creating a Positive Classroom** — provides 10 examples of keeping a positive classroom, inspiring your class to brainstorm their own ideas.
- **Having Fun vs. Making Fun** — explains the difference between good-natured joking and harmful teasing.
- **My Heart Feels Your Pain** — explains the difference between sympathy and empathy.
- **Bullying Concept Web** — gives examples of a completed concept web and will encourage your class to develop a web of their own.
- **Teasing vs. Bullying** — explains the difference between teasing and bullying with words, gestures and physical acts.

While all the Foundation's programs are free, copies of the curriculum guide and posters are reserved for educators and administrators who attend the Foundation's training session on bullying. A sampling of the posters is available to view on our website.

Resource Videos

The Foundation maintains an extensive video loan library to help enhance a teacher's ability to expose students to the concepts of teasing and bullying, as well as conflict resolution, tolerance and violence prevention. The following videos may be borrowed with a \$50 refundable security deposit, made payable to the New Jersey State Bar Foundation. Personal or school checks are accepted. The Foundation does not cash checks unless videos are lost or damaged. Checks will be returned immediately upon receipt of the undamaged video. **Videotapes must be returned via insured U.S. mail, certified mail or UPS so that shipments may be tracked.**

Requests to borrow videotapes, which are loaned for a period of two weeks, must be made in writing. Address your requests to: Video Loan Library, New Jersey State Bar Foundation, New Jersey Law Center, One Constitution Square, New Brunswick, NJ 08901-1520, Attn: Video Loan Library.

Bullying

All About Respect (grades 5–8) — This video provides a hands-on workshop designed to help students think critically about the role of respect in their lives, encouraging young teens to not only give respect to others, but earn it for themselves. (28 minutes)

Broken Toy (grades 4–6) — This video tells the story of Raymond, a 12-year-old boy who is constantly picked on by his classmates. The "bullies" see

nothing wrong with what they do until they go too far. (25 minutes)

Bullying 101: Basic Tools to Stop Bullying in Middle School (grades 6–8) — This video from Hazelden explores unique bullying issues that middle school students experience. Real kids discuss real-life issues including what is bullying, why kids bully and what if it happens to you. (15 minutes)

Bullying and How to Handle It (grades 3–4) — This video from Hazelden has age-appropriate students acting out situations that drive home the message that no one deserves to be the victim of a bully and everyone has the power to respond to bullying in positive, non-violent ways. (12 minutes)

Bullying at Schools: Strategies for Prevention (K-6 staff development) — This video is designed to help administrators and teachers explore ways for creating a school culture and climate in which bullying is not allowed and all children feel safe. (25 minutes)

Bully No More: Stopping the Abuse (grades K–8) — Host Ruby Unger talks with a wide range of kids who discuss how to keep from being a target of bullies; how to stop bullies and get them help; and what to do if you're a witness to bullying. Animation and humor are used to illustrate the teaching points while role-playing examples demonstrate "win-win" techniques for handling bullies. (20 minutes)

Don't Call Me Names (grades K–2) — This program uses vignettes to highlight the reasons behind name-calling, the effect it has on others and how children can be more assertive and stop others from calling them names. (15 minutes)

Don't Pick on Me (grades 5–9) — This program examines the dynamics behind teasing and being teased, and models effective responses to being harassed. Peer cruelty is explored through thought-provoking discussion questions. (21 minutes)

Gossiping, Taunting, Bullying: It's All Harassment (grades 5–9) — This program presents vignettes that show teens what behaviors constitute harassment. Real students talk about their own experiences dealing with harassment. (22 minutes)

Joey (grades 5–9) — This story is a powerful statement on the bullying problem and the consequences this behavior has on all involved. The video chronicles the life of Joey, a young boy who is harassed by his peers wherever he goes until finally, out of desperation, he attempts suicide, alerting his parents to the problem. (32 minutes)

Higher Stakes: The Consequences of High School Harassment (grades 9–12) — Featuring real teenagers and their stories, this Hazelden video helps high school students recognize, respond to and prevent harassment in all of its forms. (15 minutes)

How I Learned Not to Be Bullied (grades 2–4) — Presenting two children's first-person accounts of their success in learning not to be bullied, this program helps students understand how their behavior and attitudes affect how others treat them. (14 minutes)

Let's Get Real (grades 6–12) — This video examines a variety of issues that lead to taunting and bullying, including racial differences, perceived sexual orientation, gender, learning disabilities and more. (35 minutes)

Names Can Really Hurt Us (grades 6–12) — In this video, teenagers will come face-to-face with the issues of prejudice and stereotyping as they watch students in an ethnically diverse school talk about their own bigotry and reveal painful experiences as victims. These revelations lead to healing, self-confidence and the courage to challenge bigots and bullies. (24 minutes)

No More Teasing (grades 2–4) — This video presents effective strategies that kids can use to

protect themselves against teasing or bullying. With the help of the “No More Teasing Team” — peer hosts who introduce common teasing situations and offer solutions — the program shows how students can change their own behavior to lessen the impact of teasing or bullying. (14 minutes)

Put Yourself in Someone Else’s Shoes (grades 2–4) — Open-ended scenarios prompt classroom discussion about the important issue of empathy in this video. The video shows that empathetic kids bring sensitivity to their interactions with others, and can more readily resolve conflicts. (16 minutes)

Set Straight on Bullies (grades 4–12) — This National School Safety Center video is designed to stimulate discussion and strategic planning among students, educators, parents and community leaders in the development of bully prevention plans. The message is clear—bullying hurts everyone. (18 minutes)

Stick and Stones (grades K–3) — The theme of this video is about name-calling and the reaction of the victim. In the story, several older children make fun of Cat-a-lion by calling him names. Cat-a-lion feels hurt and powerless and reacts by calling another classmate names. (15 minutes)

Stop Teasing Me — (grades K–3) encourages children to develop greater respect for others and to learn how to cope with being teased. Includes 13-minute videotape, workbook and audiotape.

Suppose That Was Me (grades 5–8) — This program asks viewers to think about and discuss how they would feel if they were made a target by other students. (18 minutes)

What Do You See: Giving Stereotypes a Second Look (grades 7–12) — This video addresses the problem of stereotyping and the pain it creates for those in the stereotyped group. The program challenges students to take a second look and discover what others are all about instead of stereotyping them. (28 minutes)

What It's Like to Be Different (grades 2–4) — In this video, four true-to-life scenarios reveal how a personal attribute or opinion can make youngsters the target of teasing, putdowns and ridicule. Questions that prompt discussion about feelings and encourage the celebration of differences follow each vignette. (14 minutes)

What We Learned About Bullying (grades 2–4) — In this program, real kids speak about how it felt to be a bully and victims of bullying openly discuss how they felt when they were bullied. The victims detail strategies that empowered them to handle bullies without becoming one themselves. (16 minutes)

Tolerance Issues

A Class Divided (grades 6–12) — A follow-up to Iowa teacher Jane Elliott's original experiment where she taught her third-graders about the effects of prejudice by dividing the class on the basis of eye color. In this PBS Frontline documentary, filmed 15 years later, she meets with some of her former students to analyze the experiment and its impact on their lives. (60 minutes)

Beyond Hate (2-part series — grades 9–12) — In these two programs, Bill Moyers attempts to take us beyond hate by exploring its origins and dimensions through the eyes of world leaders, human rights activists, Arabs and Israelis, high school students, youth gangs, and an American white supremacist group. ***A \$50 deposit is required to borrow each tape.***

The Heart of Hatred — This program features conversations with a variety of people who have explored the heart of hatred. A Los Angeles gang member uses hate as a survival weapon. White supremacist leader Tom Metzger defends his policies of hate both in a court of law and in interviews. A former Israeli soldier tells how he disguised himself as a Palestinian to better understand the source of his own hatred. High school students in Bensonhurst, New York discuss

the beating death of a black youth in their neighborhood, and Myrlie Evers, wife of assassinated civil rights leader Medgar Evers, talks about her own triumph over hate after her husband's untimely death. A man who physically abused his wife is presented as an example of people who act hatefully when their identity and self-esteem are threatened. (52 minutes)

Learning to Hate — In this program, Moyers focuses on how children learn to hate, and how attitudes toward hatred differ from culture to culture. A youth of Arab-Israeli descent becomes friends with a young Orthodox Jew at an international training center that teaches youngsters the tools for dialogue and understanding. High school students in Bensonhurst analyze the origins of hatred against gays. In Washington, D.C., a Holocaust survivor teaches children how stereotyping breeds hatred, and how that hatred can lead to persecution. Jimmy Carter, Nelson Mandela, Elie Wiesel, Vaclav Havel, Li Lu and Northern Ireland peace activist Mairead Corrigan Maguire share their own experiences with hatred and discuss the resolve that helped them deal with it. (39 minutes)

Crimes of Hate (grades 6–12) — In an era when bias crimes are increasing in frequency and intensity, this documentary reveals the twisted thinking of perpetrators, the anguish of their victims, and how law enforcement deals with these crimes. The video consists of an overview of hate crimes in three segments—the crime of racism, the crime of anti-Semitism and the crime of gay bashing. (27 minutes)

Everybody's Different (grades K–2) — Young children are sometimes uncomfortable with being different. This song-filled video helps them accept and enjoy the diversity around them, depicting the various ways in which people are different: color, shape, size, skills, food, or clothes. Focusing on three areas of

diversity: skill levels, ethnic backgrounds, and physical challenges, the program illustrates how young people can deal graciously with unfamiliar diversities. (14 minutes)

Eye of the Storm (grades 6–12) — Iowa teacher, Jane Elliott, conducts an eye-opening test of prejudice in her classroom. In a two-day experiment, third-graders are separated into “superior” blue-eyed children and “inferior” brown-eyed children. On the second day, the roles are reversed. This documentary explores the behavioral effects, attitudes and classroom performance of the children as they suffer from the segregation, discrimination and prejudice of the experiment. (25 minutes)

Heil Hitler: Confessions of a Hitler Youth (grades 7–12) — Alfons Heck, one of the millions of impressionable German children, recalls in this video how he became a high-ranking member of the Hitler Youth Movement. While all societies try to influence their youth to follow their values, what makes things go out of control? Students will be encouraged by this video to think more critically about the dangers to society from pressures to conform. Archival footage depicting Nazi violence may be upsetting to some viewers. (30 minutes)

Paper Clips (grades 7–12) — This documentary follows the extraordinary Holocaust experiment conducted by students at a rural Tennessee middle school. Struggling to grasp the concept of six million Holocaust victims, the students collected six million paper clips to better understand the enormity of the tragedy. (84 minutes-**Note this item is only available in DVD format.**)

What’s Hate All About (grades 7–12) — This video helps young people understand the dynamics underpinning this most dangerous of human emotions. Using an MTV-style format, the program examines through the personal stories of real teens

the many reasons people hate and the stereotypes that hate fosters. The program helps students recognize their own negative feelings toward others, and shows them that they can make a difference by speaking out against hate in all its varied forms. (24 minutes)

Whitewash: Building Racial Harmony (grades 3–6) —

This moving drama helps raise the subject of racism and hate crimes. Using music, believable dialogue, and interesting animation, this video tells the true story of Helene Angel, who was attacked and had her face spray painted white while walking home from school. Traumatized, Helene goes into hiding, but overcomes her fear with the help of her grandmother, teacher and schoolmates. (20 minutes)

Additional Resources

To learn more about bullying, the following resources are recommended.

Web sites

www.njbullying.org
www.stopbullyingnow.com
www.stopbullyingnow.hrsa.gov
www.easingtheteasing.com
www.njglsen.org

Books

Reference

Allan L. Beane, Ph.D., *The Bully Free Classroom*

Stan Davis, *Schools Where Everyone Belongs*

Judy S. Freedman, MSW, LCSW, *Easing the Teasing*

James Garbarino, Ph.D. and Ellen de Lara, Ph.D., *And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment and Emotional Violence*

Dan Olweus, Ph.D., *Bullying at School: What We Know and What We Can Do*

William Voors, LSCW, *The Parent's Book About Bullying: Changing the Course of Your Child's Life*

Literature

Eleanor Estes, *The Hundred Dresses*

Becky Ray McCain, *Nobody Knew What to Do*

Peggy Moss, *Say Something*

Wendy Wyatt, *Please Don't Hurt Abby the Labby!*

NJSBF Educational Publications

To order the following free publications, visit the Bar Foundation online at www.njsbf.org or call 1-800 FREE LAW.

Bill of Rights Bulletin is a 24-page newsletter packed with articles on the Bill of Rights, as well as crossword puzzles, word searches, constitutional trivia, facts about our founding fathers and much more. This publication is geared for elementary and middle school students.

Constitutionally New Jersey is a 12-page newsletter devoted to New Jersey's constitution, and is published as a companion piece to the *Bill of Rights Bulletin*. In addition to articles, the newsletter contains puzzles, interesting New Jersey facts and firsts, and explains why New Jersey is called the Garden State. This publication is geared for elementary and middle school students.

Conflict Resolution and Peer Mediation Guides

Volume I — available in three grade levels — elementary, middle and high school. These guides give a basic introduction to the concepts of conflict resolution and peer mediation.

Win/Win Guidelines Poster — complements the first volume of conflict resolution guides and lists six ways to resolve conflicts. Also available in Spanish.

Conflict Resolution and Peer Mediation Guides

Volume II — available in two grade levels — elementary and middle/high school. These guides build on the concepts learned from volume I and promote character education with lessons that highlight issues of diversity, gender equity and self-esteem.

Honor Each Other Poster — complements volume II conflict resolution guides and is the basis of two lessons within the guides that promote character education.

High School Mock Trial Workbook contains the procedures, rules and mock trial case for the annual Vincent J. Apruzzese High School Mock Trial Competition.

Historic Documents of New Jersey and the United States contains the Declaration of Independence, the Articles of Confederation and the U.S. and New Jersey Constitutions.

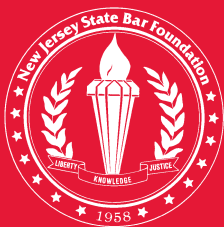
The Legal Eagle, the Foundation's legal newspaper for kids is published three times a year and deals with timely legal issues of importance to students. *The Legal Eagle* is geared for fourth grade through high school.

Mini-Court Teacher's Guide provides two mock trial lesson plans and related classroom activities and resources. Designed to introduce age-appropriate legal concepts to children in kindergarten through second grade.

Mock Trial Exercise Booklets are available for grades three through six and for grades seven and eight. The booklets feature the winning Law Fair and Law Adventure original mock trial cases from the previous year's competition.

Respect, the Foundation's newsletter about law and diversity is published three times a year and deals with issues relating to tolerance. *Respect* is geared for grades seven through high school.

Students' Rights Handbook was written by the American Civil Liberties Union of New Jersey and addresses the responsibilities and rights affecting students in school today.



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