

TOGETHER, WE PREVENT BULLYING

Anti-Bullying Collaboration

Our mission is to promote a safe, civil, and respectful community by preventing bullying among children, youth, and adults.

Online Resources

PreventBullyingTulsa.org

StopBullying.gov

CASEL.org

Pacer.org/bullying/

sde.ok.gov/sde/bullying-prevention

Reporting Bullying

- Encourage students and parents to report online and at school
- Make a report on behalf of a child
- Follow-up
- Provide non-violent bullying prevention tips

Steve Hahn ABC Director

918-292-9313

shahn@parentchildcenter.org

PreventBullyingTulsa.org

Facebook | Twitter

Parent Child Center of Tulsa

1421 S. Boston Ave.

Tulsa, OK 74119



Fast Facts

- 20% of Oklahoma high-school students were bullied at school and 14% were bullied online during 2015 (OK Youth Risk Behavior Survey)
- 5,278 incidents of bullying occurred statewide in Oklahoma during the 2014-2015 school year (Oklahoma State Department of Education)

Youth Vulnerable to Bullying (StopBullying.gov)

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self esteem
- Are less popular than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

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BULLYING** tulsa.org

CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.

Children More Likely to Bully Others

There are two types of kids who are more likely to bully others:

- Some are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others.
- Others are more isolated from their peers and may be depressed or anxious, have low self-esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.

Children who have these factors are also more likely to bully others:

- Are aggressive or easily frustrated

- Have less parental involvement or having issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

Remember, those who bully others do not need to be stronger or bigger than those they bully. The power imbalance can come from a number of sources (popularity, strength, cognitive ability) and children who bully may have more than one of these characteristics.

Visit StopBullying.gov for more information

Prevention Tips

For Students

- Set the tone - be a positive leader among your peers
- Be a friend - use your power for good
- Be courageous and include others
- Model empathy, be kind, and treat others fairly and with respect
- Take action and don't be a by-stander
- Learn to recognize your emotions and the behaviors that follow
- Control your temper and find ways to relieve stress

For Adults

- Parents, relatives, teachers, coaches, role models and mentors matter
- Have a conversation about bullying with your kids or the kids you work with
- Recognize bullying when it happens and put a stop to it immediately
- Don't ignore bullying behavior
- Don't encourage retaliation or violent responses
- Advocate: document, report, and follow-up
- Build trust by implementing meaningful solutions