

October 2016



## Tulsa Anti-Bullying Collaboration

*working with over 30 school and community partners to prevent bullying among children, youth, and adults.*

**PreventBullyingTulsa.org**

**Facebook | Twitter**

## Put an End to Bullying...

### BULLYING PREVENTION WEEK IS OCTOBER 10—14

In anticipation of **Bullying Prevention Week**, the Anti-Bullying Collaboration (ABC) got together and brain-stormed ways to bring attention to this important topic.

We wanted to come up with a variety of high impact—low cost ways to remind our community and schools of the importance of keeping focused on the prevention of bullying in all of its many forms.

### WHAT IS BULLYING?

“Harassment, intimidation, and bullying means any gesture, written or verbal expression, electronic communication, or physical act that a reasonable person should know will harm another student, damage another student’s property, place another student in reasonable fear of harm to the student’s person or damage to the student’s property, or insult or demean any student or group of students in such a way as to disrupt or interfere with the school’s educational mission or the education of any student.”

“Threatening behavior means any pattern of behavior or isolated action, whether or not it is directed at another person, that a reasonable person would believe indicates potential for future harm to students, school personnel, or school property.”

[http://sde.ok.gov/sde/faqs/bullying-frequently-asked-questions#What is Bullying?](http://sde.ok.gov/sde/faqs/bullying-frequently-asked-questions#What%20is%20Bullying?)



*What can  
you do to  
promote  
Bullying  
Prevention  
Week?*





## USE SHOUT OUTS IN MORNING ANNOUNCEMENTS

Pick out age appropriate quotes as a reminder each day to students to treat each other well. For example...

**Monday**--In honor of Bullying Prevention Week remember Abraham Lincoln said, "I would rather be a little nobody, then to be an evil somebody."

**Tuesday**--In honor of Bullying Prevention Week remember "People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer." Author Dan Pearce

**Wednesday**-In honor of Bullying

Prevention Week remember— "If they don't like you for being yourself, be yourself even more." Taylor Swift

**Thursday**--In honor of Bullying Prevention Week remember "Life is very interesting. In the end, some of your greatest pains become your greatest strengths." Drew Barrymore

**Friday**--In honor of Bullying Prevention Week remember "Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, your heart for love."

***"Doing Good not only feels good...it leads to more good!"***

### ACTIVITIES FOR YOUR SCHOOL...

- Email/Notices to families about the week.
- Pass out yellow ribbons or stickers during the week.
- Decorate spaces with yellow ribbons.



Call on your local PTA to help with the purchase of ribbons.

100 yellow paper wristbands can be purchased at 100 wristbands for \$8.95. Little yellow striped mints are 1 lb. for \$4.95 and could be handed out by students. These can be found at Oriental Trading Company.

### FOR TEACHERS...

Teachers have a powerful effect on whether bullying occurs in a classroom and school. There are several things that can be done to set a positive environment.

- ⇒ **Understand your school's policies and procedures on Bullying.** Learning is half the battle. Implementing it will win the battle.
- ⇒ **Treat Students with Respect.** Children will emulate the actions of adults. By treating our students with respect, they learn how to treat each other with respect. Students should know that their teacher is open to listening to them.
- ⇒ **Engage Your Colleagues to be more responsive to Bullying.** Set a good example for other educators by not tolerating bullying. Step into the hallway between classes, keep a watchful eye and intervene when you witness bullying.
- ⇒ **Hold Bullying Centered Classroom Activities.** There are many examples in movies, media, books being read for class of bullying behavior. Create a discussion around the topic and encourage the kids in their critical thinking skills.
- ⇒ **Don't Turn Your Back.** Tolerating bad behavior means tacit approval of that behavior. This can have a domino effect. Curtail bullying when you see it occur and use it as a learning experience for your students.



***Encourage your students to wear yellow during Bullying Prevention Week.***

## OUR COLOR THEME...BRIGHT YELLOW

The ABC believes that yellow is an appropriate choice for Bullying Prevention Week. Yellow is universally known to represent caution. We also believe yellow represents a bright and sunny future for our children! As we actively work to end bullying in all of its forms, we send the message...



*“Be cautious and take appropriate actions when you see Bullying happen. As we work together to eradicate bullying, our students will grow into the people they were designed to be.”*

When youth reveal same-sex attractions and relationships, this is an opportunity for health, medical, and school professionals to better inform and support sexual minority youth by linking them with community resources and helping to overcome the tensions of parents, families, and peers. Bullied LGBT youth may need additional support, such as access to qualified healthcare professionals with experience working with LGBT youth.



For more information contact:  
Youth Services of Tulsa  
918-582-0061 or  
Oklahomans for Equality  
918-743-4297

## SOCIAL MEDIA

If you want to utilize social media, there are lots of ways you can do that.

- ⇒ Use existing text messaging services like Remind.com to send anti-bullying messages to your students.
- ⇒ Encourage students to take Selfies wearing yellow clothing and put them on social media.

### Utilize the following hashtags:

- #PreventBullyingTPS
- #PreventBullyingJPS
- #PreventBullyingBAPS
- #PreventBullyingUPS
- #PreventBullyingTulsa

### If you are a little more imaginative and creative...

Think about using Video



Announcements made by faculty and students to be played for students in the morning.

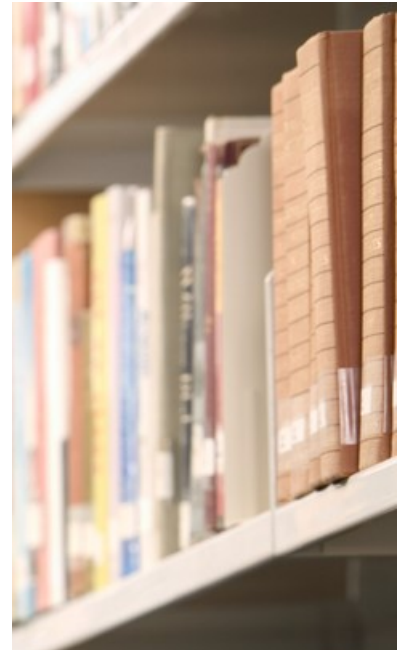


## CREATE A BUDDY BENCH AT YOUR SCHOOL

We LOVED this idea. At the elementary level create a place where a student who doesn't have a buddy at recess can sit on the bench to let other students know they need a buddy.

At the secondary level create Clubs that actually focus on welcoming new students or reach out to those who sit alone at lunch.

At every level, Banners can be placed in prominent places where students can sign an Anti-Bullying Pledge. Get your Student Council to take it on as a project.



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***“Respect for ourselves guides our morals, respect for others guides our manners.” Laurence Sterne***

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## A WORD TO OUR SPECIAL ED TEACHERS...

For more information for parents and teachers of students who may be bullied due to disabilities or other special education needs, contact The Pacer Center ([www.pacer.org](http://www.pacer.org)).

The PACER Center was founded in 1977. PACER Center was created by parents of children and youth with disabilities to help other parents and families facing similar challenges. The PACER Center launched the National Bullying Prevention Center in 2006.

[PACER.org/Bullying](http://PACER.org/Bullying) - Provides free resources to schools and communities

[PACERTeensAgainstBullying.org](http://PACERTeensAgainstBullying.org)  
Educates middle and high school students

[PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org) –  
Educates elementary school students

