

ANTI-BULLYING COLLABORATION

No-Cost to Low-Cost Bullying Prevention Guide for Schools

Fall 2017

Not Just Kid Stuff. . .

Preventing bullying and the mistreatment of others should be woven into the fabric of every organization working with children, youth and adults. We are all in the “people business.” Our treatment of others matters from the playground, to the break room, to the board room and beyond.

One practical step we can take toward creating an inclusive environment is to recognize that being nice counts, but friendship matters even more. Don’t pass up the opportunity to greet those around you with a warm smile and friendly hello. But purpose to take next steps by getting to know someone new especially a person in need of a friend. As adults, let’s take the lead by modeling this type of behavior for our children and students at every opportunity.

It’s hard knowing that not everyone will be your friend, and that can be a challenging conversation to have with a child. However, the truth is everyone needs a friend. And one good friend can be a powerful support! Take time to be a friend today. Someone is counting on you.

Sincerely, Steve Hahn ABC Director

Mission
*to promote a
safe, civil, and
respectful
community by
preventing
bullying
among
children,
youth, and
adults.*

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Tulsa Public Schools Prepares for Kindness Challenge

At a recent meeting led by Christy Spears with TPS, school staff were encouraged to integrate the Kindness Challenge at their sites during the 2017/2018 school year.

Further, TPS is building a collaboration of internal and external partners meeting regularly to prevent bullying at school and is supported by the Anti-Bullying Collaboration.

The Anti-Bullying Collaboration is happy to provide support to your district level or site level Safe School Committee. Let us know how we can help!



Campaign for Kindness

The message “Be a Little Kinder Than You Need to Be” and similar phrases can be seen displayed on the walls of Oliver Middle School in Broken Arrow as a constant reminder for students and staff to be intentional about treating others with kindness.

Kindness matters. It’s fascinating to know that research indicates a systematic teaching of kindness can increase a students’ sense of safety, support and acceptance.

Middle School Kindness Challenge

Fostering kindness is a powerful, common sense solution to some of schools’ and society’s biggest challenges. By teaching kids to practice kindness on a regular basis and manage their emotions, actions, and statements, they become better equipped to navigate our complex world.

Find Out More and Accept the Challenge

Find out more by visiting the Middle School Kindness Challenge online at www.kindnesschallenge.com - there you will find information on how it works, supportive research and other tools to begin your own campaign.

ABC Partner Programs and Resources

Anti-Bullying Collaboration nonprofit partners offer many no-cost to low-cost programs and services within the community everyday.

Universal In-School Prevention Programs

- The Parent Child Center of Tulsa: [Kids on the Block](#) for elementary school students
- Oklahoma Center for Community and Justice: [Different and the Same](#) for elementary school students
- Tulsa Health Department: [Bully Busters](#) assembly for elementary schools
- A New Leaf: [Autism Works](#) is a community-based vocational program for youth in middle and high school with Autism Spectrum Disorders (ASD) and their neuro-typical peers
- Operation Aware of Oklahoma: [CORE Curriculum](#) for elementary, middle, and high school students
- Tulsa SPCA: [No More Bullying!](#) for elementary school students

Counseling and Screening Services

- Family & Children's Services: [Children's Counseling & Mental Health Services](#) school-based, mobile psychiatric crisis services and more
- Counseling & Recovery Services of Oklahoma: [Children's Services](#) in-school, crisis care, the CALM Center and more
- Mental Health Association Oklahoma: [Programs for Schools](#) suicide prevention and screening, mental health and crisis trainings, counseling services and more
- CREOKS Behavioral Health Services: [Services](#) child mobile crisis, screening, assessment, counseling and more
- Youth Services of Tulsa: [Programs](#) counseling, adolescent emergency shelter, health services and more
- Oklahomans for Equality: [Counseling](#) for youth and more
- Soaring Eagles Youth and Family Services: [Programs](#) counseling, Girls Teen Summit, boys and girls mentorship programs and more
- Love and Associates Wellness Services: [Programs](#) individual counseling, family therapy, case management and more

Mellow Yellow

Help spread bullying awareness and promote kindness by wearing yellow during October.

Get creative! Choose days to wear yellow sunglasses or hats, yellow t-shirts and shorts, maybe a yellow pair of shoes!

Take time to make posters with bullying prevention and kindness as central themes.

Take selfies or create short videos displaying yellow attire and share a message of kindness!



Videos and Social-Media

Video production and social-media messages are perfect methods for engaging your student body and tapping into what they love - videos and online space!

During the month of October, we encourage you to create and share videos, memes and other engaging electronic methods of communication utilizing student voice and experiences to prevent bullying at school, online and in the community.

Anti-Bullying Collaboration partners have created a short video utilizing the phrase [“We are the Anti-Bullying Collaboration, and bullying is not OK.”](#) We are asking our partners to substitute their name on the front-end of the message creating videos specific to their agency or school. For example: “We are the Parent Child Center of Tulsa, and Bullying is not OK” personalizes the message to a specific agency showing support for the cause.



**Use These Hashtags
to Connect!**

#BullyingIsNotOK
#PreventBullyingTulsa
#PreventBullyingBAPS
#PreventBullyingJPS
#PreventBullyingTPS
#PreventBullyingUPS

Mark Your Calendars

Bullying Prevention Conference

Nov. 30, 2017 | 8:45 am - 12pm

Featuring Dr. Tracy Vaillancourt

Dr. Vaillancourt is a Canada Research Chair in Children's Mental Health and Violence Prevention at the University of Ottawa. Dr. Vaillancourt's research examines the links between bullying and mental health, with a particular focus on social neuroscience.

Free to educators, mental-health providers, advocates and all interested.

[RSVP HERE](#)

Drillers Field Day!

2018

Looking for a field trip in the spring? Bring your students to the Anti-Bullying Field Day Event at the Tulsa Drillers stadium May 2018! Date to be announced

- \$4 General Admission & Terrace Tickets
- \$6 Field Reserved Tickets
- \$5 Meal Coupon (Includes Hot Dog, Chips, and Drink)

Book your group today!
Call 918-744-5901 or [Click Here](#)

Safe School Committees & Members

Every year each public school site shall establish a Safe School Committee to be composed of at least seven (7) members.

Committees Shall Include:

- teachers
- parents of enrolled students
- students
- school official who participates in the investigation of reports of bullying

Committees May Include:

- administrators
- school staff
- school volunteers
- community representatives
- local law enforcement agencies

See §70-24-100.5.
for requirements related
to the School Safety and
Bullying Prevention Act



Safe School Committee Function

§70-24-100.5.

The Safe School Committee shall assist the school board in promoting a positive school climate through planning, implementing and evaluating effective prevention, readiness and response strategies.

The Safe School Committee shall review the district policy for the prevention of bullying and the list of research-based programs appropriate for the prevention of bullying of students at school compiled by the Oklahoma State Department of Education.

The Safe School Committee shall study and make recommendations to the principal regarding:

- Unsafe conditions, possible strategies for students, faculty and staff to avoid physical and emotional harm at school, student victimization, crime prevention, school violence, and other issues which prohibit the maintenance of a safe school
- Student bullying
- Professional development needs of faculty and staff to recognize and implement methods to decrease student bullying
- Methods to encourage the involvement of the community and students, the development of individual relationships between students and school staff, and use of problem-solving teams and resources that include counselors and other behavioral health and suicide prevention resources within or outside the school system
- In its considerations, the Safe School Committee shall review the district policy for the prevention of bullying and the list of research-based programs appropriate for the prevention of bullying of students at school compiled by the State Department of Education

The Safe School Committee may:

- Review traditional and accepted bullying prevention programs utilized by other states, state agencies, or school districts study and make recommendations to the school district board of education regarding the development of a rape or sexual assault response program that may be implemented at the school site.

Anti-Bullying Collaboration

We are a collaboration of mental-health agencies, school districts, nonprofits, advocacy and parent groups working together to prevent bullying in our community.

The ABC meets the second Thursday of each month from noon to 1:00 pm at the Tulsa Area United Way. Please call ahead for complete details.

This document exists as a resource guide only and is intended to bring awareness to bullying issues and prevention practices.

Contact Information

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PreventBullyingTulsa.org

Facebook

Twitter

According to Stopbullying.gov - Kids who are bullied can experience negative physical, school, and mental health issues.

Kids who are bullied are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

Considerations for specific groups:

- Schools and communities that respect diversity can help protect children against bullying behavior.
- However, when children perceived as different are not in supportive environments, they may be at a higher risk of being bullied.
- When working with kids from different groups—including lesbian, gay, bisexual, or transgender (LGBT) youth and youth with disabilities or special health care needs—there are specific things you can do to prevent and address bullying.
- Click [here](#) to learn more.

Educators:

- Schools are a primary place where bullying can happen.
- Helping to establish a supportive and safe school climate where all students are accepted and knowing how to respond when bullying happens are key to making sure all students are able to learn and grow.
- There are many tools on StopBullying.gov specific for teachers, administrators, and other school staff.
- Click [here](#) to learn more