



Bullying Prevention-Increasing
Learning Through A Bully Free
Environment

Cambridge Elementary School
Cambridge, Illinois

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School Facts



- Beginning At Home, Bright Beginnings, PreK-6.
- 264 students PreK-6, 38 families enrolled in birth to three program.
- Rural School 30 miles south of where the Mississippi River turns east and west instead of North and South. Northwestern part of the state. 150 miles west of Chicago.
- Two classrooms at each level-25 Certified staff in all.
- Iowa Test of Basic Skills, Illinois State Achievement Test, benchmark tests and unit assessments.
- 37% Poverty Level-Primarily white middle income population.

Don't Laugh At Me by Mark Wills



Defining Bullying

- Bullying is defined as aggressive behavior, repeated over time, that is intentionally harmful and occurs with no provocation (Olweus, 1991).
- Bullying affects a child's academic performance.
- Boys are more likely to engage in physical bullying and girls more likely too use relational bullying.
- Evidence is clear bullying is a problem and today's schools need to develop a comprehensive intervention plan that involves ALL students, staff, parents and ultimately the community.

Most Bullying Occurs Between 9-13

- 70% is verbal
- 50% is emotional
- 31% is physical
- Bullies are more likely to have witnessed fathers abusing mothers.
- Bullies engage in a shopping process targeting victims.
- Girl bullies play mind games ostracizing, ignoring, etc.
- When girls feel unsafe, they align themselves with a bully for protection.
- When children reach middle school age, they are less likely to reach out to adults.
- Today's bullies become tomorrow's criminals.
- Power is a major factor in bullying.

What Can Be Done?



- The most effective solution to bullying is to change the atmosphere around the action.
- The first, most important step is to make it clear that bullying will not be tolerated.
- The whole program is about changing the whole school environment so everyone is on the same page. Everyone speaks the same bullying prevention language.

Common Characteristics of Effective Bullying Prevention Programs

- All School Approach
- A positive culture is created.
- Focus on changing the whole environment, not just an individual.
- On-going process that has to be a focal point in the school.
- Becomes part of the curriculum.
- The program is comprehensive and theory based.
- Prevention is better than intervention.
- Program empowers staff by teaching skills to reduce aggression.
- Programs adaptable according to grade/age of students.

Bullying Rules

- We will not bully other students.
- We will help students who are being bullied.
- We will make it a point to include all students who are easily left out.
- When we know someone is being bullied, we will tell a staff member or an adult at home.

Cambridge Elementary School

- Began a formal bullying prevention program in the fall of 2001.
- Original training was two days at the beginning of the year. Everyone including the bus drivers, cooks, playground supervisors, and teachers were inserviced on this program.
- Classroom teachers were responsible for teaching the bullying prevention program directly one hour per week.
- 34 lessons were designed based loosely on The Waging Peace Program. These lessons were designed to focus on the silent majority-the bystanders-those who can make a difference and are the first line of defense against bullies.

In the Beginning...

- The lessons were delivered through weekly classroom meetings.
- Students were asked to talk about bullying issues without using specific names of students.
- Additionally, teachers used children's books as a springboard to bullying prevention interaction.



Bullying Prevention Improvements



- For the past two years, we have implemented a bullying prevention/aggression coordinator to teach the core curriculum. This instructor goes into the classrooms 1/2 hour weekly to continue waging our war against bullying.
- We have anti-bullying posters, signs and pledges posted throughout the school including the bathrooms and classrooms.
- EVERYONE uses the same terminology when bullying prevention is involved.
- Each class has a "Bully Box" where students can place concerns if they want to remain anonymous.



Students role play scenarios during their lessons to help students learn how to deal with a bully.

- Students are encouraged and applauded for standing up to bullies. Students rally around victims to stop bullying behavior. Students sign an anti-bullying pledge.
- Staff members deal with the bullying issue as it occurs, where it occurs. The problem is not saved for the classroom teacher, but dealt with on the spot.
- Parents are an integral part of the bullying program. They are encouraged to speak with their child about bullying problems if a respect and protect form is sent home.

Statistics

- Cambridge Elementary School's program has decreased detentions/disciplinary action by 87%.
- Office referrals are down by 92%. The majority of office referrals are "self referrals." The students want me to hear their bullying problem.
- The anti-bullying policy is carrying over into the community and community members including the local police department talk this same language to our students.
- The community, parents, staff and students truly believe in the program and see the difference it is making in our children.
- Teachers are able to teach instead of dealing with problems related to the playground, hallways, etc. Academic time has increased!!!

Summary Points

- Every school can implement a successful program if everyone believes it can make a difference. A team effort is crucial to its effectiveness.
- New Challenges-Keeping up to date on new materials as bullying changes. At junior high and high school levels, cyberbullying is becoming another way students bully one another. We are finding ways of teaching about cyberbullying.

Bookbag

Browne, Anthony. Willy the Wimp.
Cole, Joanna. Bully Trouble.
Daly, Kathleen N. The Shyest Kid In the Patch.
Howe, James. Pinky and Rex and the Bully.
Keats, Ezra Jack. Goggles.
Lester, Helen. Hooway for Wodney Wat.
Lovell, Patty. Stand Tall Molly Lou Melon.
Naylor, Phyllis Reynolds. King of the Playground.
O'Neill, Alexis. The Recess Queen.
Peet, Bill. Big Bad Bruce.
Wells, Rosemary. Benjamin & Tulip.
Clements, Andrew. Jake Drake Bully Buster.
Corbett, Scott. The Lemonade Trick.
Corbett, Scott. The Mailbox Trick.
Duffey, Betsy. Alien For Rent.
Hahn, Mary Downing. Stepping On the Cracks.
Krensky, Stephen. Louise Takes Charge.
Mead, Alice. Junebug and the Reverend.
Myers, Laurie. Surviving Brick Johnson.
Paterson, Katherine. The Field of the Dogs.
Polacco, Patricia. Mr. Lincoln's Way.
Schulz, Charles. Race For Your Life, Charlie Brown.
Shreve, Susan Richards. Einstein Anderson Shocks His Friends.
Williams, Karen Lynn. First Grade King.
Henkes, Kevin. Chrysanthemum.
Jones, Rebecca C. and Beth Park. Matthew and Tilly.
Naylor, Phyllis Reynolds. King of the Playground.
Bottner, Barbara. Bootsie Barker Bites.
Cosby, Bill. The Meanest Thing To Say.
Couric, Katie. The Brand New Kid.
Zolotow, Charlotte. William's Doll.
Brown, Marc. Arthur's April Fool.
Cohen, Barbara. Molly's Pilgrim.
DePaola, Tomie. Oliver Button is a Sissy.
Lester, Helen. Hooway for Wodney Wat.
White, E.B., Charlotte's Web.
Bosch, Carl W. Bully on the Bus.
Blume, Judy. Iggy's House.
Coles, Robert. The Story of Ruby Bridges.
Moss, Marissa. Amelia Takes Command.
Smith, Dick King. Babe-The Gallant Pig.

Classroom Bullying Prevention Rules

1. Bullying is not allowed in our classroom.
2. We don't tease, call names, or put people down.
3. We don't hit, shove, kick, or punch.
4. If we see someone being bullied, we speak up and stop it if we can or go for help right away.
5. When we do things as a group, we make sure that everyone is included and no one is left out.
6. We make new students feel welcome.
7. We listen to each other's opinions.
8. We treat each other with kindness and respect.
9. We respect each other's property.
10. We look for the good in others and value differences.

Poem on Every Classroom Door

Here, you are safe.
Here, I will take care of you.
Here, I will not hurt you.
Here, I will not let anyone hurt you.
Here, you may not hurt anyone.
Here, you will be helped.
Here, I will help you.
Here, you will help.
Here, you will be a friend.
Here, you will have friends.
Here, I will be your friend.
Mary N. Wonderlick

Classroom Pledge

We promise that we will treat others with respect by refraining to participate in acts of bullying, in my school, in my home, and in my neighborhood.

I will remember that I want to live in a peaceful world, and by taking this pledge, I will be doing my part to stop bullying.

Additionally, if I see or hear that a student/other person is bullying another student, going to hurt himself/herself or someone else, I will share this confidential information with my teacher, principal or other adult within the school community.

Frequently Used Websites

www.nobully.org
www.bullying.org
www.nonamecallingweek.org
www.ravendogs.org
www.stopbullyingnow.com
www.stopbullyingnow.org
www.bullytrap.com
www.42explore2.com
www.library.thinkquest.org
www.antibullying.net
www.dontlaugh.org
www.pta.org
www.interventioncentral.org

Frequently Used Classroom Books

Waging Peace-An Implementation Guide. Michael R. Carpenter, Ph.D., LPC, CP IV.

The Bully Free Classroom by Allan L. Beane, Ph.D., copyright 1999. Free Spirit Publishing Inc., Minneapolis, MN.

Bullying-Identify, Cope, Prevent. Copyright 2003 by Didax, Inc.,
www.worldteacherpress.com

Easing the Teasing-An Activity Book for Kids. Judy S. Freedman, M.S.W., L.C.S.W.
Copyright 2000.

Easing the Teasing-A Guide to Help Kids Cope With Name Calling, Ridicule and Verbal Bullying. Judy S. Freedman, M.S.W., L.C.S.W. Copyright 2000.

Bully Busters-A Teacher's Manual for Helping Bullies, Victims, and Bystanders. Grades K-5. Horne, Bartolomucci and Newman-Carlson. Copyright 2003. Research Press.

Stand Up Against Bullies! Rosanne Sheritz Sartori. Copyright 2005 Mar*Co Products, Inc.

Respect and Protect!

Teacher Name _____ Grade _____ Date _____

Bullying is not accepted in the Cambridge Community, and we will see to it that it comes to an end.

Your child, _____, was spoken to today concerning the bullying behavior/behaviors circled below.

- | | | |
|------------------------|--------------------------------|----------------------------|
| Name calling | telling lies/false rumors | damaging property |
| Teasing/making fun | excluding/leaving out | threatening/forcing others |
| Hitting/kicking | gesturing | pushing/shoving |
| Racial/sexual comments | taking money/items from others | |

Comments: _____

Please speak with your child about the inappropriateness of the above behaviors, sign this form below, and have your child return this form to his/her homeroom teacher tomorrow.

Thank you for your support in helping us eliminate bullying behaviors at Cambridge!!!

Parent/Guardian Signature _____ Date _____

Comments: _____

Number of Offenses: 1st 2nd 3rd _____

- 1st-parent signed form
- 2nd phone call home to parents
- 3rd meeting with child and parents
- 4th exclusion from activities

Any consecutive offenses will be dealt with on a case by case basis pending meeting with parents, student and teachers.