

The Bullying Epidemic

TRAINING GUIDE

PowerSplash Project
WWW.POWERSPLASHPROJECT.COM

TABLE OF CONTENTS

Instructions	2
Part 1: The Nature of Bullying	3
Review and Quotes	7
Quiz	8
Part 2: The Victim and the Bystander	10
Review and Quotes	13
Quiz	14
Part 3: How Children Can Stop Bullying	16
Review and Quotes	18
Quiz	19
Part 4: How Parents and Organizations Can Stop Bullying	21
Review and Quotes	27
Quiz	28
Quiz Answers	30

INSTRUCTIONS

Knowing time is scarce and attention spans are short, we have designed innovative and transformational training solutions in increments of 5 thru 8 minutes in length. Our films contain a variety of techniques to create an emotional response *and* intellectual connection to a given theme. Depending on the training criteria of the company, these projects may easily stand on their own with or without questionnaires, or may be incorporated into a more elaborate, customized training program.

We want a captive viewer *with* a problem to know they are not alone and can change. We want a captive viewer *without* a problem to become aware and compassionate for the viewer with the problem. By using this method, everyone benefits and ascends to a higher level of learning, thus open to ideas and change.

Please select a plan that is appropriate to your needs:

PLAN #1:

- Present project to a single student, employee or gathered group.
- Implement your specific training program.

PLAN #2:

- Ask student/employee to view the project one part at a time.
- Ask student/employer to ponder Review materials upon completion of each part.
- Ask student/employee to complete brief quiz after the end of each part.
- One week later, gather all students or employees to jointly view the project.
- Ask students/employees to share what they have learned about the topic.

An instructor will find a much healthier and robust discussion when the student or employee has had ample opportunity to consider the facts as well as the questions. It is recommended The Art of Common Sense and Critical Thinking (through the lens of common courtesy) first be shown to an individual employee or student. It is important for the individual to view, experience, and ponder without the influence of differing reactions and opinions.

Part 1
The Nature of Bullying

SCENE 1: THE BULLYING EPIDEMIC STATISTICS

“How people treat other people is a direct reflection of how they feel about themselves.”

- Paul Coelho

Statistics are superimposed over shots of school playgrounds.

- Over 3.2 million students are victims of bullying each year.
- 71% of students report incidents of bullying as a problem at their school.
- 90% of 4th through 8th graders report being victims of bullying.
- Approximately 160,000 teens skip school every day because of bullying.
- The reasons for being bullied reported most often by students:
55% Looks, 37% Body Shape, 16% Race.
- One in 10 students drop out of school because of repeated bullying.
- Two in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time.
- Over 67% of students believe that schools respond poorly to bullying.
- More than half of bullying situations stop when a peer intervenes on behalf of the student being bullied.
- Every 7 minutes a child is being bullied on the playground.

The Bullying Epidemic (and Common Sense Solutions).

Part 1**The Nature of Bullying**

SCENE 2: THE NATURE OF BULLYING

The noise of bullying echoes across our nation every day. The cries of victims fill the halls and school yards in every town.

Humans are aggressive by nature and bullying is not here by accident - bullying is here because we accept it, normalize it, and tolerate it.

Bullies are everywhere, from classrooms to playgrounds. Their goal is to take advantage of, and take control over, the victim - someone they perceive as vulnerable, someone they think deserves it. In short, bullying is about the abuse of power - and their ammunition is a verbal, physical, or emotional assault.

The bully's character is often perceived as aggressive, hot-tempered, easily angered, intimidating, impulsive, inflexible, and defiant. Since a bully has little regard for others, they use these traits to deliberately hurt their victims - not only hurt, but enjoy watching their reactions.

Someone once said "when someone shows you who they are, believe them." But these bullies are children - and don't yet know who they are - they have yet to discover their true value and purpose.

A way to understand this epidemic and find sustainable solutions is to first observe our thoughts as we open our minds. We are not here to judge. We're here to understand our role in eliminating this abuse.

Part 1
The Nature of Bullying

SCENE 3: HOW A BULLY IS BORN

A dated documentary is playing on an old television set.

Ah, home.

A place where we are safe.

A place where we are offered a sense of belonging and identity.

A place where we are nurtured with love and discipline.

A place where our needs are met and our dreams expand.

A place to experience the bonding of family and acceptance.

Ah, there is no place like home.

Many homes are warm and loving. But not all. Behind the white picket fence and four secure walls, behaviors observed may become behaviors repeated.

A baby does not come into the world as a bully. The behavior of a bully is learned. In a way, it's their survival.

Their parents often are uninvolved and seldom caring. Their parents often share prejudices and hatred for ethnic groups and status. And worse, their parents often abuse their child physically, verbally, and emotionally. Each condemnation and punishment can increase aggressive behavior within the child. Abuse is cyclical - and parents who were bullied as children may be more likely to let their child bully others. And so it goes.

The sadness of all this is immeasurable. Some parents and children were sent out into the world lacking good role models at home. They were not taught the social skills of listening, sharing, empathizing, and negotiating. Feeling sad, angry, insecure, and unloved, they take their emotions out on others to get attention, feel better about themselves, and gain control.

And if blame must be placed, there is plenty to go around. Strong influences include relatives, siblings, mentors, television, media, games - all of them make a strong impression on a young mind.

Part 1

The Nature of Bullying

The human brain is influenced by the environment in which a child is raised. The mind retains the emotions, ideas, and events experienced in our younger years. Through brain scans, research shows that bullies may have major differences in how their brains process information compared to those that do not bully.

Researchers have discovered that in the brain of a bully, the natural impulse for empathy may be disrupted leading to increased aggression, and that aggressive child actually enjoys inflicting pain on others.

These children that bully go to our schools.

In pre-school, bullies often lack the skills to behave in an appropriate manner, so they resort to verbal and physical tactics to control their territory. They're testing what's acceptable.

In kindergarten, they discover social power and start to bully those they perceive as vulnerable.

In elementary school, bullies are very likely to use physical force such as kicking, hitting, biting, and hair pulling. Verbal bullying will usually include name calling, teasing, threats, and spreading rumors. Children with learning disabilities, speech impediments, ADHD, cerebral palsy, and muscular dystrophy are at a higher risk of being bullied. Physical and verbal bullying are for the sole purpose of making children do things against their will.

In middle school and high school, girls that bully rely on spreading rumors and social exclusion. They will send hurtful messages using their cell phone or the internet. Boys that bully or haze use every tool in their arsenal to intimidate and dominate others to get their own way.

Some say bullying is a rite of passage, others say teenagers are just reflecting society. Still others says "boys will be boys." What do you think?

Violence occurs more on the school grounds than on the way to school.

Part 1**Review and Quotes**

- **We learned the dramatic statistics of this epidemic.**
- **We learned how a bully is born.**
- **We learned about bullying in our schools.**

There is no gesture more devastating than the back turning away.

- Rachel Simmons

Know what's right doesn't mean much unless you do what's right.

- Theodore Roosevelt

Wrong is wrong even if everyone is doing it. Right is right even if no one is doing it.

- St. Augustine

Remember always that you not only have the right to be an individual, you have an obligation to be one.

- Eleanor Roosevelt

People who repeatedly attack your confidence and self-esteem are quite aware of your potential, even if you are not.

- Wayne Gerard Trotman

We all have a responsibility with the words we post on the internet. If you wouldn't want your mother, daughter, sister, or friend to read it, don't post it.

- Germany Kent

What if the kid you bullied at school, grew up, and turned out to be the only surgeon who could save your life?

- Lynette Mather

Bullying builds character like nuclear waste creates superheroes.

- Zack W. Van

Part 1**Quiz**

The quiz consists of 10 assorted multiple choice / true or false questions or statements. You have 10 minutes to complete the quiz. Best of luck.

#1

Every 7 minutes a child is being bullied on the playground.

- True
- False

#2

Bullying is here because we accept it, normalize it, and tolerate it.

- True
- False

#3

A baby does not come into the world as a bully. The behavior of a bully is learned. In a way, it's their survival.

- True
- False

#4

The human brain is influenced by the environment in which a child is raised. A bully may be strongly influenced by their parents, relatives, siblings, mentors, television, media, and games.

- True
- False

#5

Researchers have discovered that in the brain of a bully, the natural impulse for empathy may be disrupted leading to increased aggression, and that aggressive child actually enjoys inflicting pain on others.

- True
- False

Part 1**Quiz**

#6

In preschool, bullies often lack the skills to behave in an appropriate manner, so they resort to verbal and physical tactics to control their territory. They're testing what is acceptable.

- True
- False

#7

In kindergarten, a bully discovers social power and start to bully those they perceive as vulnerable.

- True
- False

#8

In elementary school, which of the following are bullies likely to do:

- Kick, hit, bite, hair pull.
- Name call, tease, threat, spread rumors.
- Ridicule children with learning disabilities, speech impediments, cerebral palsy, ADHD, and muscular dystrophy.
- All of the above.

#9

In middle school and high school, girls that bully rely on spreading rumors and social exclusion.

- True
- False

#10

In middle school and high school, boys that bully use every tool in their arsenal to intimidate and dominate others to get their own way.

- True
- False

Part 2

The Victim and the Bystander

SCENE 4: THE VICTIM

Children go to school to learn and broaden their social skills. Much like home, we would hope the school environment be safe ... be fun ... a place that builds self-esteem, defines talent, and expands knowledge ... a place where a spirit can grow to its full potential instead of wither and fade.

Yet many children go to school only to become a victim of abuse. It seems almost daily they endure racial slurs and offensive gestures. They are mocked for their size or weight or cultural customs. They collect cuts and scratches that affect the skin as well as the mind.

They come home with torn clothing or damaged property. They're unable to explain their frequent bruises.

Their self-esteem decreases as their anxiety increases. They may become withdrawn as depression sets in. At night, they may have bad dreams or cry in their sleep. They may lose interest in their school work, or going to school all together.

Being bullied can have traumatic consequences for a child. Scars from physical abuse will eventually heal; but emotional degradation may last for years if not a lifetime.

Children who suffer psychological trauma may experience depression, anger, hostility, drug abuse, loneliness, and suicidal tendencies as an adult.

Physical abuse or witnessing domestic violence undermine the normal wiring of brain circuits. Impairment in integrating information between the right and left sides of the brain is associated with increased risk of craving, drug abuse, and a lessened ability to make good moral judgments.

Part 2

The Victim and the Bystander

SCENE 5: THE BYSTANDER

Peer bystanders provide an audience for the bully 85% of the time - and the bully loves an audience.

Most bystanders want to stop the bully but:

- they don't want to be a tattletale.
- they are afraid they'll be bullied.
- they are nervous, fearful, or embarrassed.
- they think someone else will step in and help.

90% of children feel badly when they witness bullying. In fact, children who frequently observe bullying often suffer physical and emotional stresses that can take a toll and have a lifelong influence. Thus, we understand the bystander effect which is when a group of people watch someone being bullied but don't respond. In their heart they know bullying is wrong but have no idea what to do, realizing confrontation can be dangerous and even escalate the problem.

As we formulate solutions, let's think about feelings related to observing bullying:

1. Did you know the person being bullied?
2. Did you care that the person was being bullied?
3. What were your feelings while watching this person being bullied?
4. What were your thoughts while watching this person being bullied?
5. How did you feel about yourself while watching this person being bullied?

In every moment, we either contribute to the problem or contribute to the solution.

Part 2

The Victim and the Bystander

SCENE 6: CYBER BULLYING

Before we explore common sense solutions to bullying, let's take a look at the new phenomenon - cyberbullying.

52% of students reported being cyber bullies.

33% of teens have experienced cyber threats online.

25% of teens have been bullied repeatedly on their cell phones or on the internet.

52% of teens do not tell their parents when cyber bullying occurs.

11% of teens had embarrassing or damaging pictures taken of themselves without their permission, often using cell phone cameras.

Hostility is on the rise in a new platform - a virtual space ideal for predators, a playground without supervision. In the shadows of anonymity, a bully can post an insult, a vicious attack, share an unflattering photo or video - and share it with a wide audience twenty-four hours a day, seven days a week with no fear of consequences.

In short, cyber bullying uses electronic means to harass another person.

1. Sharing or posting videos or photos on social media that are cruel in intention or violent.
2. Sharing or posting videos or photos on social media or via text that are sexual in nature or display sexual behavior.
3. Making threats of physical harm towards a person or telling someone to kill themselves via email, text, or social media.
4. Attacking a person online or via text based on their physical appearance, religion, sexuality, or mental ability.
5. Impersonating another person online in order to trick someone into revealing personal details, and then sharing it with others.
6. Hacking into another person's social media accounts or email in order to send untrue and cruel messages to others.

The average age a child receives their first phone and have access to the internet is 11.6 years old.

Part 2

Review and Quotes

- We learned how a victim can experience psychological trauma.
- We learned how bullying can affect a bystander.
- We explored the phenomenon of cyber bullying.

One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered.

- Michael J. Fox

Some people are in such utter darkness that they will burn you just to see a light. Try not to take it personally.

- Kamand Kojouri

People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer.

- Dan Pearce

My pain may be the reason for somebody's laugh. But my laugh must never be the reason for somebody's pain.

- Charlie Chaplin

With ignorance comes fear - from fear comes bigotry. Education is the key to acceptance.

- Kathleen Patel

Perhaps it is only human nature to inflict suffering on anything that will endure suffering, whether by reason of its genuine humility, or indifference, or sheer helplessness.

- Honore de Balzac

You can have no dominion greater or less than that over yourself.

- Leonardo da Vinci

Believe that life is worth living and your belief will help create the fact.

- William James

Part 2**Quiz**

The quiz consists of 10 assorted multiple choice / true or false questions or statements. You have 10 minutes to complete the quiz. Best of luck.

#1

Children go to school to learn and broaden their social skills. Yet many children go to school only to become a victim of abuse.

- True
- False

#2

Being bullied can have traumatic consequences for a child. Scars from physical abuse will eventually heal; but emotional degradation may last for years if not a lifetime.

- True
- False

#3

Children who suffer psychological trauma may experience depression, anger, hostility, drug abuse, loneliness, and suicidal tendencies as an adult.

- True
- False

#4

Physical abuse or witnessing domestic violence may undermine the normal wiring of brain circuits. Impairment in integrating information between the right and left sides of the brain is associated with increased risk of craving, drug abuse, and a lessened ability to make good moral judgments.

- True
- False

#5

Peer bystanders provide an audience for the bully 85% of the time - and the bully loves an audience.

- True
- False

Part 2**Quiz**

#6

90% of children feel badly when they witness bullying.

- True
- False

#7

In every moment, we contribute to the problem or contribute to the solution.

- True
- False

#8

Most bystanders want to stop the bully but:

- They don't want to be a tattletale.
- They are afraid they'll be bullied.
- They are nervous, fearful, or embarrassed.
- All of the above.

#9

Cyber bullying uses electronic means to harass another person.

- True
- False

#10

The average age a child receives their first phone and have access to the internet is 11.6 years old.

- True
- False

Part 3**How Children Can Stop Bullying**

SCENE 7: HOW CHILDREN CAN STOP BULLYING

100,000 students carry a gun to school.

28% of youths who carry weapons have witnessed violence at home.

One out of 20 students has seen a student with a gun at school.

About 87% of students say school shootings are motivated to get back at those who have hurt them. About 86% cite bullying as the reason kids turn to lethal violence.

25% of those bullied in middle school reported having seriously considered suicide within the past year. The number for high school students was 23%.

41% of those bullied in middle school reported self-harming without an intent to commit suicide. The number for high school students was 29%.

How can a civilized country accept these statistics? Often there is a knee-jerk reaction and a band-aid is applied to a leaking dam. The answer often comes in the form of punishment and a reduction of rights for all.

There are common sense solutions - but it will take a community to fully resolve the complex issues. Let's review the categories:

HOW CHILDREN CAN STOP BULLYING.

HOW BYSTANDERS CAN STOP BULLYING.

HOW PARENTS, SCHOOLS AND ORGANIZATIONS CAN STOP BULLYING.

How a child reacts to the bully and his demands can often determine how long the bullying continues. No matter how many rules are in place, the child must learn ways to handle a bully. No one deserves to be abused; and remember, the bully has probably been abused and is acting out. That doesn't make it right, but it does make it easier to have compassion. Judge the action, not the person.

Part 3

How Children Can Stop Bullying

Step 1: Walk Away

You can choose to ignore the bully. Walking away shows you're not interested or vulnerable.

Step 2: Show Confidence

If you choose not to walk away, stand-up straight staying an appropriate distance from the bully. Show no emotion so the bully knows he has no power over you.

Step 3: Speak Briefly

Maintain eye contact at all times. Calmly use the bully's name when speaking to him. If possible, interject humor to show you are not confronting the bully.

Step 4: Avoid Anger and Violence

Showing anger or using physical force only emboldens the bully - and aggression could lead to further violence. Your power is displayed in your inaction.

Step 5: Take Appropriate Action

To not report the incident only reinforces the power of the bully. The more they get away with it, the more they'll do it. It is not tattling, it is reporting an offense. You are not only protecting yourself but making the school grounds safer for everyone.

Bystanders also need guidance on what to do. The old phrase "there is safety in numbers" appropriately applies to anti-bullying. But the group needs to learn that their actions could have consequences as well as their inaction. Intervening in a bullying situation can make a big difference. Did you know you can stop bullying within 10 seconds of intervention?

We have learned that bullies love an audience - but not if the audience stands up for the victim. Before intervening, keep a safe distance from the bully. Stand up straight. Do not laugh, encourage, provoke, ridicule, or show any emotion. Take the victim from the scene at a brisk pace. The bully has now seen bystander empowerment in action - and the victim does not have to feel alone and powerless. Once again, it is important to report the incident.

Part 3**Review and Quotes**

- We explored ways children can stop bullying.
- We explored ways bystanders can stop bullying.
- We learned how prevention begins with you.

I realized that bullying never has to do with you. It's the bully who's insecure.

- Shay Mitchell

Often the right path is the one that may be hardest for you to follow. But the hard path is also the one that will make you grow as a human being.

- Karen Mueller Coombs

Freedom of speech doesn't justify online bullying. Words have power, be careful how you use them.

- Germany Kent

No one heals himself by wounding another.

- St. Ambrose

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.

- Harvey S. Firestone

Unless and until our society recognizes cyber bullying for what it is, the suffering of thousands of silent victims will continue.

- Anna Marie Chavez

You have enemies? Good. That means you've stood up for something, sometime in your life.

- Winston Churchill

I would rather be a little nobody, than to be a evil somebody.

- Abraham Lincoln

Part 3**Quiz**

The quiz consists of 10 assorted multiple choice / true or false questions or statements. You have 10 minutes to complete the quiz. Best of luck.

#1

How a child reacts to the bully and his demands can often determine how long the bullying continues.

- True
- False

#2

100,000 students in the United States carry a gun to school.

- True
- False

#3

About 87% of students say school shootings are motivated to get back at those who have hurt them.

- True
- False

#4

25% of those bullied in middle school reported having seriously considered suicide within the past year. The number for high schools was 23%.

- True
- False

#5

A good technique, when applicable, is to walk away from the bully because it shows you're not interested or vulnerable.

- True
- False

Part 3**Quiz**

#6

A good technique, if you choose not to walk away, is to stand up straight staying at an appropriate distance from the bully. Show no emotion so the bully knows you have no power over him.

- True
- False

#7

A good technique, if you choose not to walk away, is to maintain eye contact and speak briefly using the bully's name when speaking to him. Interject humor if appropriate.

- True
- False

#8

Good techniques to use if you are a bystander who's witnessing bullying.

- Keep a safe distance and stand-up straight.
- Do not laugh, encourage, provoke, ridicule, or show any emotion.
- Take the victim from the scene at a brisk pace.
- All of the above.

#9

Someone can stop bullying within 10 seconds of intervention.

- True
- False

#10

Most important, whether you are a victim or bystander, it is important to report the incident.

- True
- False

Part 4

How Parents and Organizations Can Stop Bullying

SCENE 8: HOW PARENTS AND ORGANIZATIONS CAN STOP BULLYING

Zero tolerance is the only way to eradicate bullying. Prevention and intervention programs must be started early in life. Much is asked of our teachers - perhaps too much. Teachers cannot always be there to witness or prevent bullying, so students must be taught civil behavior and feel safe to report civil disobedience. In short, we must empower administrators, educators, parents, and students with information and programs to restore safety in our school systems.

Let's explore ways to create a zero tolerance program.

GATHER IDEAS

First, a school must examine its strengths and weaknesses - gathering input from *everyone* involved - from administrators to students. Establish a committee of concerned parents, teachers, counselors, and students to assemble all of the information gathered into a report for review. Schedule a meeting with staff, parents, and children to discuss the preliminary findings.

CREATE POLICIES

Create meaningful policies that are honored and enforced from the top down.

1. Define desired school climate and ways to sustain it.
2. Establish and firmly maintain what is not acceptable in school.
3. Create a system where a child can report a bullying incident without fear.
4. Have school-wide rules and consequences for bullying.
Avoid focusing on punitive measures as it often increases the problem.
Concentrate on rehabilitation and positive reinforcement.
Emphasize what a bully should do - rather than shouldn't.
5. Implement a school safety program with training for everyone.
6. Arrange check-ups for students to see a school counselor or psychologist.

Announce that policies will be promptly written and distributed to all parties.

In addition to reviewing federal and state laws, administrators should consult with lawyers, bullying experts, social workers, and law enforcement officials to receive valuable input.

Part 4

How Parents and Organizations Can Stop Bullying

CREATE PROGRAMS

Create meaningful programs that are honored and supported from the top down.

For students and teachers...

Create a class series for topical subjects such as:

- social skills including impulse control, conflict resolution, and negotiation.
- address diversity problems by establishing a positive school culture.
- learn the pros and cons of every emotion and how to control them.
- provide sensitivity training and constructive communication skills.
- show the value of individual effort and the importance of teamwork.

For teachers...

- be a role model; reassure students you truly care about their well-being.
- teach students how to identify bullying language and actions in themselves and in others.
- form ways to supervise hallways, bathrooms, playgrounds, and any area that is less supervised.
- encourage students who are hesitant to speak out about a bully to use code: "please watch the locker area on the second floor before third period."
- implement a random acts of kindness program which rewards kindness, acceptance, and respect.
- dispel the myths about seeking help or seeing a counselor. empower students with mental health information.

For students...

- follow the instructions of how to handle a bullying situation.
- write an insightful blog, school newspaper article, or informative tweet.
- take an anti-bullying pledge and share it on social media.
- start an anti-bullying club and share prevention tips.
- form an awareness campaign that involves the entire community.
- work with principal to post anti-bullying messages on school website.

Part 4

How Parents and Organizations Can Stop Bullying

For students bullied online...

- do not respond or retaliate. it is not your fault. you're strong and resilient.
- save the evidence using capture screens on phones and computers.
- use tech tools to block the predator, then report it to the service provider.
- report physical threats to school authorities and the police.
- do not share your passwords.
- password protect your phone so no one can impersonate you.
- set-up stronger privacy settings.
- share the experience with a trusted friend, relative, or adult.

For parents...

- be a role model.
- create a home atmosphere that is accepting, nurturing, and nonjudgmental.
- talk with your child about politeness, manners, and healthy friendships.
- teach anti-bullying habits early.
- teach your child when they see something, say something.
- enroll your child in a martial arts class to build confidence.

For parents and cyber bullying...

- reassure your child that no one deserves to be treated cruelly.
- ensure your child does not lose dignity or control over a social situation.
- discuss behaviors that are acceptable in social situations.
- take every precaution to ensure their phone and computer are set up safely.
- place the computer in a location where all can see.

Part 4

How Parents and Organizations Can Stop Bullying

If your child is bullied...

- listen patiently, remain calm, and support your child.
- be sure you have documented all the facts.
- contact the top administrator at their school.
- ensure the administrator speaks to the bully and his parents.
- work with school staff to find solutions to ensure school safety.
- seek counseling for your child and yourself if experiencing excessive stress, chronic depression, or behavioral disorders.

School-based bullying prevention programs decrease bullying by up to 25%. It's a start. Considering an estimated 200 million children around the world are being victimized by their peers each and every day, the time to start is now.

The president, the lawmakers, the law enforcement officials, and the media must take inventory of their beliefs and mindsets - and know how their words and actions impact our nation at large.

For communities, we all should spend more time and resources focusing on civil behavior and mental health. While it's true that bullying is part of life, we must learn how to deal with bullies in a sensitive, humane way. The strength of empowerment must outweigh the weakness of bullying. The time for enabling their torment is over - and the time for learning acceptable behavior is now.

Part 4**How Parents and Organizations Can Stop Bullying**

SCENE 9: STRENGTH OF CHARACTER

I come from a good family.
But one day something happened to me.
Something bad.
It took away my confidence ...
I lashed out.
I was angry with everyone.
I didn't care what they thought or how they felt
because they could never understand what I was feeling,
the story I was hiding inside.
I wanted everyone to feel the pain.

One day I hurt someone - really hurt someone.
I knew it was wrong.
He said if I didn't stop being a jerk there would be no place in his life for me.
It was then I talked to an adult who said hurt people - hurt people.

In a way you remind me of me.
We have some things in common and maybe someday we can be friends,
but only if you stop hurting people.

The adult told me that no experience is ever wasted
if you learn something from it.
I learned the only person who can make me feel bad about myself - is me.

Every day I say:
Believe you belong.
Believe you are strong.
Be the "you" that you're supposed to be.

It begins with a whisper way under your breath.
Softly whisper a good thought - then whisper a good word.
As the days pass, your voice will become stronger
and your attitude more positive.

It begins with a whisper.

Part 4

How Parents and Organizations Can Stop Bullying

*Bullies grow up and go to work.
Bullies grow up and raise a family.
Bullies grow up and go into public service.
Bullying is a learned behavior - it can also be unlearned.*

Sometimes a Whisper by Jamestown Story

When the darkness that surrounds you is all that you can see.
And fear climbs inside your chest and makes it hard to breathe.
Just listen.
There's an answer in the silence right behind the noise.
Well its distant yet familiar, it's the sound of your own voice

All you have to do is listen.

Sometimes the whisper in your head is really from your heart.
Sometimes the smallest star can burn the brightest in the dark.
You are a fire even if you think you're just a spark.
Sometimes the whisper in your head is really from your heart.

When the straight and when the narrow becomes 1000 roads.
Let your footsteps be your compass, you know which way to go.

All you have to do is listen.

Faith in our community and fellow man must not be lost.

Part 4

Review and Quotes

- We learned how parents can stop bullying.
- We learned how schools and organizations can stop bullying.
- We learned how communities can stop bullying.

We explain when someone is cruel or acts like a bully, you do not stoop to their level. Our motto is when they go low, you go high.

- Michelle Obama

Strong people stand up for themselves. But the strongest people stand up for others.

- Unknown

No matter how your heart is grieving, if you keep on believing, the dream that you wish will come true.

- Cinderella

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow."

- Mary Anne Radmacher

You will never reach higher ground if you are always pushing others down.

- Jeffrey Benjamin

The hardest challenge is to be yourself in a world where everyone is trying to make you be someone else.

- E.E. Cummings

You never realize how strong you are until being strong is the only choice you have.

- Unknown

Be kind for everyone you meet is fighting a hard battle.

- Plato

Part 4**Quiz**

The quiz consists of 10 assorted multiple choice / true or false questions or statements. You have 10 minutes to complete the quiz. Best of luck.

#1

Zero tolerance is the only way to eradicate bullying.

- True
- False

#2

Students must be taught civil behavior and feel safe to report civil disobedience.

- True
- False

#3

School administrators should establish a committee of concerned parents, teachers, counselors, and students to assemble all ideas and observations into a report for review.

- True
- False

#4

Once the initial report is prepared, school administrators should schedule a meeting with staff, parents, and students to discuss the preliminary findings.

- True
- False

#5

In addition to reviewing federal and state laws, school administrators should consult with lawyers, bullying experts, social workers, and law enforcement officials to receive valuable input.

- True
- False

Part 4**Quiz**

#6

School administrators should create meaningful policies that are honored and enforced from the top down.

- True
- False

#7

In addition to policies, school administrators should create meaningful programs that are honored and supported from the top down.

- True
- False

#8

What can teachers do to ensure zero tolerance of bullying?

- Teach classes on impulse control, conflict resolution, and negotiation.
- Address diversity problems by establishing a positive school culture.
- Provide sensitivity training and constructive communication skills.
- All of the above.

#9

School-based bullying prevention programs decrease bullying by up to 25%.

- True
- False

#10

Bullying is a learned behavior. It can also be unlearned.

- True
- False

ANSWERSQuiz 1

Part 1

- 1 - True
- 2 - True
- 3 - True
- 4 - True
- 5 - True
- 6 - True
- 7 - True
- 8 - D
- 9 - True
- 10 - True

ANSWERS**Quiz 2**

Part 2

- 1 - True
- 2 - True
- 3 - True
- 4 - True
- 5 - True
- 6 - True
- 7 - True
- 8 - D
- 9 - True
- 10 - True

ANSWERS**Quiz 3**

Part 3

- 1 - True
- 2 - True
- 3 - True
- 4 - True
- 5 - True
- 6 - True
- 7 - True
- 8 - D
- 9 - True
- 10 - True

ANSWERSQuiz 4

Part 4

- 1 - True
- 2 - True
- 3 - True
- 4 - True
- 5 - True
- 6 - True
- 7 - True
- 8 - D
- 9 - True
- 10 - True