VIRGINIA 4-H MILITARY CLUB CENTER STAFF TRAINING

Overview of TAKE A STAND

Bullying Prevention Program

Developed By: TEXAS A&M AgriLife EXTENSION'S 4-H Youth Development Program & Texas Rural Mediation Service

Training Provided By: Virginia 4-H Military Partnership

Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu

Overview Of the Curriculum

- Why this curriculum?
- Overview of bullying and cyberbullying
- What is "Take A Stand?"
- Lesson Themes
- Sample Activities
- Implementation of Program
- Program Evaluation

TAKE A STAND

Why this curriculum?

The ***Take A Stand*** Curriculum:

- Targets four levels.
  - K-2, 3-5 grades, 6-8 grades, 9-12 grades

- Utilizes researched-based information.

- Teaches youth to work out conflict with peaceful methods.

- Teaches youth skills in communication, teamwork, cultural awareness, and etiquette.

Why Bully Prevention Curriculum?

- 28% of students nationwide in grades 6- 12 experience bullying.[1]

- 20% of students nationwide in grades 9 – 12 experienced bullying.[2]

- 23% of public schools reported that during the 2009 – 2010 school year, bullying occurred among students on a daily or weekly basis.[3]

- A higher percentage of middle school students reported being bullied than high school students.[3]

Source: 2010 – 2011 School Crime Supplement, National Center for Education Statistics and Bureau of Justice Statistics[1]

2013 Youth Risk Behavior Surveillance System, Center for Disease Control and Prevention [2]

2012 Indicators of School Crime and Safety, National Center for Education Statistics.[3]

What is Bullying?

Bullying behavior is a series of unwanted, aggressive behaviors that include an imbalance of power.

In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power
- Repetition

Source: Stopbullying.gov

What is Bullying?

- Bullying is a form of youth violence and can result in the following:
    - physical injury
    - social and emotional distress

- Victimized youth are at increased risk for mental health problems such as:
    - depression and anxiety
    - psychosomatic complaints such as headaches
    - poor school adjustment.

- Youth who bully others are at increased risk for the following:
    - substance abuse
    - academic problems
    - violence later in adolescence and adulthood.

(Understanding Bullying, Center for Disease Control, 2013)

What is Bullying?

Bullying can take many forms such as:

– Physical bullying, such as hitting or punching

– Verbal bullying, such as teasing or name-calling

– Nonverbal or emotional bullying, such as intimidating someone through gestures or social exclusion

– Cyberbullying

Source: http://stopbullyingnow.hrsa.gov

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Cyberbullying Includes...

- Using the Internet, mobile phones or other cyber technology to:
    - Send mean text, email, or instant messages
    - Post nasty pictures or messages about others in blogs or on Web sites
    - Use someone else's user name to spread rumors or lies about someone
    - Intentionally exclude someone from an online group

Source: http://stopbullyingnow.hrsa.gov

How Common is Cyberbullying?

▶ 6% of all youth experienced cyberbullying. [1]

▶ 14.1% of 6th graders, 18.8% of 7th graders and 19% of 8th graders experienced cyberbullying. [2]

▶ 20% of youth ages 10 – 18 reported in 2010 that they had experienced cyberbullying during their lifetimes. [3]

Sources: 2009 School Crime Supplement to the National Crime
             Victimization Survey, U.S. Department of Education[1]
             http://nces.ed.gov/pubs2012/2012314.pdf

             Hinduja, S. & Patchin, J.W., 2010). Bullying, Cyberbullying, and Suicide[2]

             Cyberbully Research Center [3]
             http://www.cyberbullying.us/2010-data

Why is Cyberbullying on the Rise?

▸ Perpetrators can remain "virtually" anonymous – temporary accounts, pseudonyms, etc.

▸ Takes less energy and fortitude to express hurtful comments using a keyboard or keypad than with one's voice

▸ Cyberbullies don't have to deal with the immediate emotional, psychological or physical effects of face to face bullying on their victim

▸ Hurtful and humiliating content can be sent to lots of people very quickly

Source: http://stopbullyingnow.hrsa.gov

Why is Cyberbullying on the Rise?

- Supervision is lacking in cyberspace!
- No monitoring or censoring of offensive content in e-mails, text, chat rooms, or cell phones
- Many adolescents have computers in their bedrooms that their parent does not monitor usage

Source: http://stopbullyingnow.hrsa.gov

Characteristics of Children Who Bully

- Impulsive, hot-headed, dominant
- Easily frustrated
- Lack empathy
- Difficulty following rules
- View violence in a positive way
- Boys who bully tend to be physically stronger than other children

Source: http://stopbullyingnow.hrsa.gov

Family Risk Factors for Bullying

- A lack of warmth and involvement on the part of parents

- Overly permissive parenting (including a lack of limits for children's behavior)

- A lack of supervision by parents

- Harsh, physical discipline

- Bullying incidences at home

Source: http://stopbullyingnow.hrsa.gov

Bullying and other Violent or Anti-Social Behaviors

▶ Research shows that bullying can be a sign of other serious antisocial and/or violent behavior. Children who frequently bully their peers are more likely than others to:
  ◦ Get into frequent fights
  ◦ Be injured in a fight
  ◦ Vandalize or steal property
  ◦ Drink alcohol
  ◦ Smoke
  ◦ Be truant from school
  ◦ Drop out of school
  ◦ Carry a weapon

Source: http://stopbullyingnow.hrsa.gov

Signs of Bullying

▸ The child comes home with torn, damaged, or missing pieces of clothing, books or other belongings.

▸ The child has unexplained bruises, cuts or scratches.

▸ The child seems afraid of going to school, walking to and from school, riding the school bus or taking part in organized activities with peers.

▸ The child appears sad, moody, teary or depressed when he or she comes home.

▸ The child frequently appears anxious and/or suffers from low self-esteem.

Source: http://stopbullyingnow.hrsa.gov

Signs of Cyberbullying

▶ Be reluctant to use the computer or electronic device

▶ Avoid discussion about what they are doing on the computer, or other electronic device

▶ Look or appear nervous, anxious or jumpy when receiving an email, IM or text message

▶ Display unusual anger, sadness, and depression after using the computer or electronic device

▶ Discuss revenge

▶ Exit or click out of whatever they are doing, if a person walks by

▶ Unexpectedly quits using the computer or electronic device

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Source: http://internet.suite101.com/article.cfm/cyber_bullyingthe_warning_signs

What To Do If A Child Is Being Bullied

- Talk with the child openly

- Education of all youth in bullying and conflict management – at school, home

- Enforce rules and guidelines for bullying, use of electronic devices at school, home, etc.

- Set limits or place blocks on home computer

Source: http://stopbullyingnow.hrsa.gov

What is "Take A Stand!"?

- 5-fold Curriculum – 1 lesson per topic
  - Conflict Management/Bullying
  - Communication
  - Etiquette
  - Teamwork
  - Cultural Awareness

- Four levels – K-2, 3-5, 6-8, 9-12

- Most lessons are divided into two parts with hands on activities

Curriculum Resources

Items on the CD:

- Printed Curriculum (B/W) with color cover/spine inserts
- Resource CD
- Marketing Brochure*
- Bookmarks

* Do not use Group Enrollment and marketing brochure

- Handouts in B/W
- Giant Puzzle
- End of Unit Jeopardy Game
- Backpack Tags
- Parent Letters (English/Spanish)
- Evaluation (Select 2 or 3 questions to provide responses for impact story only)
- Certificate & Agreement
- *Group Enrollment Form

Additonal Curriculum Resources

- Full online access to *Take A Stand* curriculum as needed at campus.extension.org or agrilifebookstore.org

  (Check for costs)

- K-2 curriculum can be downloaded free at campus.extension.org

- Web resources with additional activities and training resources available at

  http://texas4-h.tamu.edu/take_stand

- Coloring book online from Pacer.org

- Virginia's webinar, *Overview of Take A Stand,* will be posted at www.virginia4-hmilitaryclubs.org

Overview of K-2

Lessons & Topics

1. Bullying Stops Here   (Conflict Resolution)
2. Telling vs. Tattling   (Communication)
3. Mind Your Manners   (Etiquette)
4. Be a Good Sport   (Teamwork)
5. I Am Thumb-Body   (Cultural Awareness)

Life Skills

- Accepting Differences
- Communication
- Conflict Resolution
- Concern for Others
- Cooperation

- Sharing
- Social Skills
- Resiliency
- Teamwork

Lesson 1: Bullying Stops Here!

Objectives

· Define bullying.

· Identify actions of a bully.

· React when bullying is observed or happens to them.

Life Skills Model:
- Conflict Resolution
- Concern for Others
- Social Skills
- Resiliency

Activity
- Thumbs Up or Thumbs Down
- Digital Storybook Powerpoint Template

Overview of 3-5 grade Curriculum

- "Power Phrase" for each lesson
- Handouts for each lesson that reinforce learning
- Fun and interactive activities to help participants practice skills
- Discussion/Wrap-up Questions

Overview of 3-5 Grade

Lessons & Topics

1. Keep Your Cool   (Conflict Resolution)
2. Walk In My Shoes   (Communication)
3. A Manner of Speaking   (Etiquette)
4. Get in the Game   (Teamwork)
5. You + Me = Harmony   (Cultural Awareness)

Life Skills

- Accepting Differences
- Communication
- Conflict Resolution
- Concern for Others
- Cooperation

- Empathy
- Sharing
- Social Skills
- Resiliency
- Teamwork

3-5 grade: Lesson 1

▶ Title: Keep Your Cool

▶ Objectives
  - recognize signs of anger in themselves and others
  - understand the consequences of violence
  - identify ways to control anger

▶ Activities
  - Anger Says…
  - Power Phrase Rap
  - Freeze Frame
  - The Cool Tool

Power Phrase:
Staying cool's the way we choose! When we fight, we all lose!

Overview of 6-8 Grade Curriculum

- Topics that are relevant to middle school youth
- Handouts for most lessons that reinforce learning
- Fun and interactive activities to help participants practice skills and think about how their actions impact others
- Discussion/Wrap-up Questions
- Essential Knowledge & Skills are addressed

Overview of 6-8 Grade

Lessons & Topics

1. Face in the Mirror   (Conflict Resolution)
2. A Figure of Speech   (Communication)
3. Don't Be Rude!   (Etiquette)
4. Work It Out   (Teamwork)
5. Inside Out   (Cultural Awareness)

Life Skills

- Accepting Differences
- Communication
- Conflict Resolution
- Concern for Others
- Cooperation
- Empathy

- Leadership
- Self-esteem
- Sharing
- Social Skills
- Resiliency
- Teamwork

6-8 Grade: Lesson 1

▶ Title: Face in the Mirror
▶ Objectives
  ▪ identify different types of bullies
  ▪ understand the difference between friends and cliques
  ▪ the importance of personal reflection on situations involving bullying
▶ Activities
  ▪ Face in the Mirror
  ▪ Responding to Conflict

Overview of 9-12 Grade Curriculum

▶ Topics that are relevant to high school youth

▶ Handouts for some lessons that reinforce learning

▶ Fun and interactive activities to help participants
  practice skills and challenge them to think
  about consequences for their actions and more

▶ Discussion/Wrap-up Questions

▶ Essential Knowledge & Skills are addressed.

Overview of 9-12 Grade

Lessons & Topics

1. Putting the Pieces Together   (Conflict Resolution)
2. Clear the Air   (Communication)
3. Walk the Talk   (Etiquette)
4. Teamwork +
   Communication = Problem Solved   (Teamwork)
5. CSI: Cultural Sensitivity Investigation (Cultural Awareness)

Life Skills

- Accepting Differences
- Communication
- Conflict Resolution
- Concern for Others
- Cooperation
- Decision Making
- Empathy

- Healthy Lifestyle Choices
- Leadership
- Personal Safety
- Self-esteem
- Sharing
- Social Skills
- Resiliency
- Teamwork

9-12 Grade: Lesson 1

‣ Title: Putting the Pieces Together
‣ Objectives
  ▪ the definition of bullying
  ▪ types of teens who become bullies
  ▪ how bullying affects teens
  ▪ what to do if students are being bullied
  ▪ how to stop bullying from happening to other teens
  ▪ how to make the school a safe zone
  ▪ the definition of mediation
  ▪ to deal with conflict with simple mediation techniques

9-12 Grade: Lesson 1

Activities

- Jigsaw Activity **– one handout was left out of curriculum and off CD! Go to website and print it (it is at the top of the webpage!!! – handout is called: Facts for Teens: Bullying)**

   http://texas4-h.tamu.edu/take_stand

- Take A Stand Action Plan

- Peer Mediation Scenarios

- Take A Stand Action Plan Crossword Puzzle

How Can Your 4-H Military Club Get Involved?

- Make certain that staff members are trained in how to use the curriculum.
  - A link to the archived WebEx training will be made available at
    www.virginia4-hmilitaryclub.org

  - If you need assistance, contact your local 4-H Installation Club Coordinator or 4-H Extension Agent.

  - A master copy of Club member recognition certificate, Commitment to Excellence Certificate, and bookmark are available for your use.

  - Do not complete the 4-H Group Enrollment Form included with the curriculum. This form is not used in Virginia. In addition, group enrollment is not required to conduct this project. Parents would have previously completed 4-H enrollment paperwork for youth to be members of your installation's chartered 4-H club.