

2018 BULLYING PREVENTION ASSEMBLY

Today, we had a special assembly focusing on bullying prevention. Students were introduced to October being nationally recognized as Bullying Prevention Month. We discussed the importance of knowing what bullying is and what it is not (See the Conflict, Rude, Mean, Bullying Chart below). We discussed why people bully and the different forms of bullying were shared including physical, verbal, relational, and cyber. We briefly discussed the different roles in a bullying situation including the person acting like a “bully”, bully-supporters, targets (victim), bystanders, and how those in the situation can become UPSTANDERS. We ended the assembly with the need to STOP bullying, a visit from the UPSTANDER squad (7/8th Grade Student Leadership Class), the UPSTANDER Pledge, and encouraging students to “love one another” (John 13:34).

During the month of October, we will be going into classrooms continuing this important conversation. Students are encouraged to be an Upstander instead of a bystander in bullying situations since this is the most effective way to help in a bullying situation. Studies show that “more than one-half the time, bullying stops within 10 seconds of a bystander stepping in to help.” We will be going into more detail on helpful ways to respond in varying bullying roles.

We look forward to working with your students and appreciate your support. If you have any questions or comments, feel free to contact us.

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Northshore’s Bullying Prevention Policy-

http://www.northshorechristianschools.org/Customized/Uploads/ByDate/2016/November_2016/November_18th_2016/NC%202016-17%20Bullying%20Prevention%20%20Policy97538.pdf

Assembly Resources-

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous: unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior; the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/ should NOT be ignored	CANNOT be resolved through mediation

BULLYING:

**BULLYING IS UNFAIR AND ONE-SIDED.
IT HAPPENS WHEN SOMEONE KEEPS HURTING,
FRIGHTENING, THREATENING, OR LEAVING SOMEONE OUT
ON PURPOSE.**



THREE KEY FACTORS- IN BULLYING

- 1. HARM- PHYSICAL, VERBAL, SOCIAL/RELATIONAL**
- 2. UNFAIR MATCH- IMBALANCE OF POWER**
- 3. REPEATED- IT KEEPS HAPPENING**

BULLYING HAS DIFFERENT FORMS:

PHYSICAL BULLYING — poking, pushing, hitting, kicking, pinching, beating up, or hurting belongings...



VERBAL BULLYING — yelling, taunting, name-calling, insulting, threatening to harm...

BULLYING HAS DIFFERENT FORMS:

RELATIONAL (SOCIAL) BULLYING — EXCLUDING, GOSSIP, SPREADING RUMORS, GETTING OTHERS TO HURT SOMEONE



CYBERBULLYING — SENDING HURTFUL MESSAGES OR IMAGES BY INTERNET OR CELL PHONE



STOP BULLYING

**STOP
BULLYING
NOW**

STAND UP • SPEAK OUT

•BYSTANDERS / UP-STANDERS

- ✓ **SPEAK UP**
- ✓ **STAND UP**
- ✓ **RALLY OTHERS FOR SUPPORT**
- ✓ **REPORT BULLYING TO ADULTS**

“Speak up for those who cannot speak for themselves...” Proverbs 31:8a

3 THINGS TO REMEMBER!

RECOGNIZE

If you don't
feel safe



REPORT

If you do feel safe



REFUSE



The UPstander Pledge

I am an UPstander.

I have the power to influence my peers.

I SAY something or DO something
when you need help.

I am there for you.

I will help you get the help you need.

You are not alone.

I have your back.

