What School Nurses Can Do to Address Bullying

Annual School Nurses Meeting
Brookfield Zoo
Friday, May 10, 2013

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Objectives

• Define general bullying terms and review the Illinois Bullying Prevention Mandate
• Review local bullying data and discuss reasons bullying is a public health problem
• Identify the role of nurses in schools
• Highlight CCDPH strategies
• Promote Bullying Prevention Resources
• Discuss ways to get involved
Bully Movie YouTube Clip:
http://www.youtube.com/watch?v=eUy2ZWoStr0
What is Bullying?

- Is aggressive behavior that *intends to cause harm* or distress
- Is usually *repeated* over time
- Occurs in a relationship where there is an *imbalance of power and control*
Forms of Bullying

- **Physical**: hitting, kicking, spitting, taking personal belongings
- **Verbal**: making threats, taunting, malicious teasing, name calling
- **Psychological**: spreading rumors, social exclusion, intimidation
- **Cyber-bullying**: stalking via social media sites, sharing private conversations digitally, threatening to send sexually explicit photos, spreading rumors through email.
Bullying is NOT

Harmless fun
A conflict to be resolved
About anger
A “natural part of growing up”
The victim’s fault
Pop Quiz

• Illinois does not have a bullying prevention law for schools: T/F?
• In 2010, how many students reported being bullied on school property? 1:3; 1:4; 1:6
• What grade level is bullying most prevalent? 3^{rd}, 6^{th}, 7^{th}, or 9^{th}?
• 75% of peer intervention is successful in stopping bullying: T/F?
Bullying Data: Pop Quiz Answers

• IL Bullying Prevention Law 096.0952
  – Each school district shall create and maintain a policy on bullying, which must be filed with the State Board of Education; communicate annually to parents, students and update every 2 years.

• 2010 Youth Risk Behavioral Survey: approximately 1 in 6 youth high school students reported being bullied on high school property.

• Bullying is most prevalent in 3rd graders.

• Bystanders can play a major role.
Bullying IS a public health issue!

• Bullying is linked to many negative physical and mental health outcomes such as:
  • Depression and anxiety
  • Eating and sleeping disturbances
  • Decline in school achievement
  • Loss of interest in activities
  • Headaches and stomach aches
  • Substance abuse
  • Suicide (in some cases)
  • Some children have a hard time reaching their full potential
How is CCDPH addressing Bullying?

Present:
• Bullying Prevention Toolkit for Educators

Past:
• University of Colorado Evidence-based Blueprints For Health Youth Development training for community partners
• Bullying Prevention Regional Trainings for educators

Future:
• CCDPH staff and regional school trainings
• CCDPH Resource Directory Launch: May 31, 2013
Bullying Prevention Toolkit

An electronic prevention toolkit full of resources for educators, parents and students:

For Educators
Illinois bullying prevention policy template, campaign ideas & activities, fact sheets, handouts and local, state and national resources

For Students
Fact Sheets, prevention activities, coloring book and calendar filled with prevention tips

For Parents
Fact sheets and searchable resource database
Cook County Department of Public Health

Bullying Prevention Toolkit for Schools

Prevention tips for youth and the adults who work and care about them.

http://www.cookcountypublichealth.org/bullying-prevention-resources
Bullying Prevention Toolkit for Educators, Parents and Students

The Illinois Bullying prevention law requires each school district to create and maintain a policy on bullying. The policy must be communicated to the students and their parent or guardian annually and updated every 2 years and filed with the State Board of Education. (Illinois Statute 105 ILCS 5/27-23.7)

Many school districts are seeking tools to use when developing bullying prevention strategies and activities. Provided below is the CCHS bullying prevention toolkit that includes a series of resources for educators, students, and parents to enhance their bullying prevention skills and to prevent bullying.

The purpose of the toolkit is to assist in creating a school culture in which students and staff know that bullying is wrong and will not be tolerated. The toolkit provides information to parents and guardians about the signs of bullying and how to get involved in bullying prevention activities.

- What is bullying?
- What is cyber-bullying?
10 Steps to Roll Out a Bully Free Campaign at Your School

1. Meet with other co-workers, including Education Support Professionals, who share the concern about student bullying. Form a committee.

2. The committee can begin collecting data on the number, types and location of bullying incidents at their school, and analyze the data for patterns of bullying behaviors.

3. The committee can locate and conduct school climate surveys with staff and with students.

4. Obtain training for all school staff, including bus drivers, cafeteria workers, clerical staff, school nurses, etc. At a minimum, the training should cover: how to recognize bullying behaviors, how to intervene appropriately when you see it, and how to prevent it in the first place. NEA’s Bullying & Sexual Harassment Prevention & Intervention Program offers such training free to schools, but there are also other groups/organizations offering such training.

5. After seeking training for the whole school, the committee can begin to organize a bully free campaign that’s tailored to their school.

6. All staff can be urged to take the Bully Free pledge at nea.org/bullyingfree and receive a poster (that they can sign their name to, thereby personalizing the poster), a window transfer and a button. Students need to see and hear a clear bully free message throughout the school.

7. The committee should review their current state law so they know what educators’ responsibilities are regarding bullying prevention, and share that information no less than annually at a professional development session.

8. The committee should review their school or district anti-bullying and harassment policies, and revise/expand them if necessary. Do the policies cover sexual harassment, bullying, cyberbullying and...
Bullying Prevention Toolkit

Publication Description

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Title: Stop Bullying Now Campaign Resource Kit

Abstract: This resource kit provides students, parents, teachers, administrators, health professionals, and leaders of faith-based organizations with a CD-ROM and facts
Bullying Prevention Toolkit

Be More Than a Bystander

Kids see bullying everyday. They want to help, but what can they do?

Accessible Version

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Bullying Prevention: Recommendations for Kids

How to Deal with a Bully

Bullies like to feel more powerful than their peers. Bullies can make kids feel helpless. It is okay to be scared.

What to do if you are bullied:
But there is no time, what can I do?

If you think you are too small to make a difference, try sleeping in a closed room with a mosquito.”

-African Proverb
School Nurses CAN

- Screen, identify and facilitate intervention
- Teach children and parents how to deal with bullying and cyber bullying
- Treat bullying as a risk factor for serious health issues on students and the school environment
School Nurses are Positioned to Address Bullying

• Actively screen, identify and respond
• Lead school prevention efforts
• Train and Educate staff how to identify and work with students and their families
• Utilize local bullying prevention resources
Local, State and National Bullying Prevention Resources

Cook County Department of Public Health Bullying Prevention Toolkit for Schools
http://www.cookcountypublichealth.org/bullying-prevention-resources

Illinois State Board of Education, Public School Recognition Division:
http://www.isbe.state.il.us/recognition/html/bullying_resources.htm
Resources, school bullying task force,

Illinois Positive Behavior Intervention and Support (PBIS) Network
http://www.pbisillinois.org/curriculum/bullying
Curriculums, and planning resources

National Association of School Nurses
www.nasn.org
Violence prevention position statement: Role of School Nurse in Violence Prevention, 2012
Happy School Nurses Week!
THANK YOU for all that you do!
Sources


Sources

• Nurse Zone. (2011). School Nurses Positioned to Address Bullying

• Stop Bullying Now!
  http://stopbullyingnow.hrsa.gov/index.asp, accessed online April 1, 2013
Sources

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