Bullying and Violence Prevention
Clarkstown Central School District

January 20, 2011

Ms. Mimi Goodman, Student Assistance Counselor
Dr. Howard Mandel, Chair, Psychological Services
Ms. Janet O’Shea, Student Assistance Counselor
Our Journey Began . . .

- Clarkstown Community Taskforce
- Dr. William Heebink and Dr. Carol Gannon
- Dr. Marlene Snyder, Clemson University
- District Administrators, Principals and Staff
- Building Coordinating Committees
- Parent involvement on Coordinating Committees
- Peter Brockmann and transportation staff
- CANDLE
What is Bullying?

"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself."

* This definition of bullying includes three important components:
  - Aggressive behavior that involves unwanted, negative actions
  - A pattern of behavior repeated over time
  - An imbalance of power or strength
Types of Bullying

- **Verbal bullying** including derogatory comments, bad names, lies, and false rumors

- **Physical bullying** such as hitting, kicking, shoving, and spitting

- **Exclusionary bullying** through social isolation and/or rejection

- **Other types:** Racial, Relational, Sexual, Cyberbullying
Cyberbullying

Bullying through email, instant messaging, chat room exchanges, website posts, or digital messages or images, sent to a cell phone or other digital devices.

Cyberbullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated.

Dr. Dan Olweus
Dignity for All Students Act (2010)

In order to foster a safer, more constructive school environment, the law:

- Prohibits harassment or discrimination against students by employees or students while on school property or on school grounds.

- Defines “harassment” as the creation of a hostile environment by conduct, verbal threats, intimidation or abuse that has or would unreasonably interfere with educational performance, opportunities, and benefits, or physical or emotional well-being, or cause fear for physical safety.

- Prohibits discrimination based on an individual’s actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex.

*For more information:  
http://www.ccsd.edu/community.cfm?subpage=7008
What Does the Research Show?

Most important elements of bullying prevention include:

– Parent training and information for parents
– Improved playground supervision
– Disciplinary methods
– School conferences and assembly programs
– Classroom rules and classroom management
– Digital media tools
– Use of research based programs, such as the work inspired by Dan Olweus

Significant factors associated with decreasing bullying:

– The number of elements of program utilized
– Intensity and duration of the program for students and teachers

What Does the Research Show?

- Begins with a needs assessment
- Involves a whole school climate shift
- Activates the bystander through adult modeling
- Teaches the basics of prosocial skills
- Establishes inclusive school climates
-Adopts district-wide anti-bullying policy that clearly enumerates protected categories, such as Lesbian-Gay-Bisexual-Transgender-Questioning students and students on the Autism Spectrum Disorder

National Education Association Journal, Jan/Feb 2011
CCSD Research Based Program

The *Olweus Bullying Prevention Program (Olweus)* has received recognition from a number of organizations committed to preventing school violence:

- Center for the Study and Prevention of Violence, University of Colorado at Boulder
- Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice
- U.S. Department of Education
- American Academy of Pediatrics
Olweus Program Components

- School-wide
- Classroom
- Parents
- Community
- Individual

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Overview of Olweus Elements

- Establish and train Bullying Prevention Coordinating Committee and all school personnel
- Inform and involve parents
- Administer bully and victim questionnaire
- Report and track bullying incidents
- Increase supervision
- Develop school rules against bullying
- Develop consistent consequences
- Conduct school-wide “Kick-Off” Events
- Conduct on the spot intervention and follow-up interviews
- Hold weekly classroom meetings

© The Olweus Bullying Prevention Group, 2004
All Programs Begin with Changing Adult Attitudes

- The Olweus Bullying Prevention Program (Olweus) encourages climate change in a system.
- Staff becomes motivated to be proactive, combating complacency through education and self awareness.
- The empowerment to carry out these changes needs the support of all leaders.
Elementary Level Initiatives

- Facilitated training in Olweus Bullying Prevention Programs (Olweus) in all elementary schools and Birchwood with ongoing consultation

- Implemented staff-student mentoring program for high risk youth in eight elementary schools

- Implemented the Peaceful Bus Program in collaboration with Clarkstown Transportation Department in two elementary schools

- Conduct school assemblies on bullying prevention and character education

- Facilitated presentations for parents and staff on cyberbullying sponsored by Family Resource Center
Felix Festa Middle School Initiatives

- Facilitated training in Olweus Bullying Prevention Programs (Olweus) in 6th grade with ongoing consultation (Spring 2011, 7th grade training)
- Implemented staff-student mentoring program for high risk youth
- Facilitated presentations for parents, 6th grade students and staff on cyberbullying
- Implemented various bullying prevention/healthy school initiatives (Bully Binder, Chatterbox, Students Against Destructive Decisions, Chain Links)
- Conduct school assemblies on bullying prevention and character education
North and South High School Initiatives

- Present violence prevention program annually to 10th graders
- Provide staff and parent training on cyberbullying (Sticks and Stones DVD)
- Trained World of Difference peer leaders on bullying prevention and tolerance, and support monthly presentations
- Implemented various bullying prevention/healthy school initiatives (Student Alliance for Equity, Asset Development, Bullying Box, FRESH program, Gay-Straight Alliance, Bully Prevention Month)
- Conduct school assemblies on bullying prevention and cyberbullying
- Scheduled Olweus training for Spring 2011
The Journey Continues . . .
The Dignity for All Task Force

Thursday, January 27th

Visit http://www.ccsd.edu/community.cfm?subpage=7008