



# NO BULLYING ALLOWED

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# WHAT IS BULLYING?

- Bullying can be intentional or unintentional.
- It can take the form of verbal bullying, physical bullying, or cyberbullying.
- “Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.”

<http://www.stopbullying.gov/what-is-bullying/definition/>

# HOW DO VICTIMS FEEL?

- Victims feel helpless, as if there is no one there to notice or understand them.
- They feel targeted by unwanted and repeated negative attention.
- Victims often are insecure and feel deserving of bullying.
- Victims are commonly unable to function or perform because they are preoccupied with the issue itself.

# WHY DO PEOPLE BULLY?

- Often people that bully are frustrated and lash out at others as a result.
- Students bully because of a lack of understanding or knowledge in a situation.
- Peer pressure and a need to “fit in” to social groups leads to bullying.
- Behaviors and conceptions learned from home are transferred to students and school.
- Having conflicting beliefs and values causes people to challenge others.

# OUR SCHOOLS' AWARENESS OF BULLYING

Ballard	Butler	Male	Moore
<ul style="list-style-type: none"><li>• 30% of Ballard students believe bullying is a problem.</li><li>• Only 6% of Ballard students are aware of anti-bullying programs at school.</li></ul>	<ul style="list-style-type: none"><li>• Every freshman Health Class completes a course in bullying. The students sign a “No Bullying” contract and design a “No Bullying” garment.</li></ul>	<ul style="list-style-type: none"><li>• A class in Arguments vs. Harming Education is offered to further the understanding of human relations with one another.</li></ul>	<ul style="list-style-type: none"><li>• A weekly class is required to help students understand bullying and its consequences. Preventive measures are taken to insure that every student is well informed of bullying's impact.</li></ul>

# OUR SCHOOLS' PREVENTIVE MEASURES

Ballard	Butler	Male	Moore
<ul style="list-style-type: none"><li>• Peer Mediation is a student led class to diffuse tense situations that occur between students. This program has improved many tense relationships and reassures many students that they have a place to vent.</li></ul>	<ul style="list-style-type: none"><li>• A trial class has been introduced to address potential bullies, and teach the students how to properly handle aggressive feelings.</li><li>• Every senior class sets an example of not tolerating bullying; especially towards the special needs students.</li></ul>	<ul style="list-style-type: none"><li>• Counselors are very active in the student body and will directly confront student if bullying is suspected. The counselors doors are always open for students to come and relay information about bullying.</li></ul>	<ul style="list-style-type: none"><li>• There is a tiered punishment system so that students can be warned at the first offence. If the problem persists, then a harsher second warning will follow. If a third punishment is required, then drastic measures will be taken.</li></ul>

# WAYS TO ADDRESS BULLYING:

## Seminar

- A mixture of different kinds of student that can openly and respectfully discuss social, school, and world issues. The seminars will meet weekly and students will be able to “take a load off”. These seminars will be a random mixture of students, each one including all grades and class levels (advanced, honors, and AP).

## Positive Self-Image Class

- A daily class started in kindergarten and continued to 12<sup>th</sup> grade that nourishes every single student. The students will be taught to love themselves and extend that love to others.

# WEEKLY SEMINAR

A weekly seminar should also be held in all schools, to encourage the mingling of students. Students would be put in groups at random and would be encouraged to discuss issues that plague themselves, others, and society. With a different collection of people each time, students would have the opportunity to learn about the different view points of others and would be able to offer new input for problems. This allows the student body to become more familiar with itself and it encourages new friendships to blossom. A community of belonging would begin to appear throughout the year because of the bonds that are continually made and strengthened during the seminars. This would discourage bullying, because students would support each other in their endeavors and it would lead to a close knit community.



# POSITIVE SELF-IMAGE CLASS

A Positive Self Image Class would change the mindsets of the students of Jefferson County Public Schools. Happiness has to be taught, just like every thing else. The class would teach children how to view both themselves and others in a positive light. The daily class would allow students to express their feelings and learn to change their outlook on scary situations. Instead of shunning differences, students would be taught to cherish and embrace the variances of others. This class would impact all grade levels in a very progressive way. The entire student body of all schools would be effected and many of the reasons why bullying occurs would be resolved during the regular sessions. Insecurities would vanish and students would no longer feel the need to constantly criticize others.



**WE NEED TO STOP TREATING THE SYMPTOMS OF  
BULLYING AND BEGIN TO TREAT THE CAUSES.**