
Broadband and Civic Engagement Curriculum

Session 6: Addressing School and Cyberbullying

Prepared by

- University of Illinois - Community Data Clinic
- Project Success of Vermilion County

Session Outline

Purpose	Outcome
<p>Parents indicate that bullying is a challenging subject to manage, and as social media and online tools become more used by youth, cyberbullying has become a larger issue.</p> <p>The goal of this module is to create practical tools for parents and kids to diagnose bullying, report to schools, and learn how to manage bullying situations.</p>	<p>In the conclusion of the module parents will be able to:</p> <ol style="list-style-type: none">1. Identify key information surrounding school and cyberbullying .2. Know national and local resources they can access.3. Know local organizations working on issues related to bullying.4. Have tools to start conversations with their youth around these topics.

Content Acknowledgement

- Bullying is a tough topic to discuss. We avoided more sensitive content as we are not trained professionals on the topic.
- If you would like more information or resources on more sensitive topics related to bullying, please reach out to us after the workshop.
- The worksheet provided also has additional information and resources on it not discussed during this workshop.

Agenda

- What is Bullying?
- Why is it an Important Topic
- School & Cyber Bullying
- Review and Hear from Parents
- What Parents Can Do
 - How to Start Conversations With Children
 - Resources for Parents
- What Children Can Do
 - Resources for Children
- Review and Hear from Parents

What is Bullying?

Bullying is behavior that hurts or harms another person.

- It can be physical, emotional or psychological.
- It can occur between friends or within groups, either in-person or online.
- Bullying can be direct, with physical behavior, or it can be indirect, with social interactions.

Source-US News



Different Types of Bullying

<u>Verbal</u>	<u>Physical</u>	<u>Emotional</u>	<u>Cyber</u>
			
<ul style="list-style-type: none">• Teasing• Name-calling• Taunting• Threatening• Inappropriate comments	<ul style="list-style-type: none">• Hitting/Kicking• Pinching• Spitting• Taking or Breaking Someone's things	<ul style="list-style-type: none">• Spreading Rumors• Publicly Embarrassing Someone• Leaving someone out on purpose	<ul style="list-style-type: none">• Bullying online via social media, email, or other platforms• Texting, chat forums, and gaming

Why is This an Important Topic?

- Bullying can have harmful and long-lasting physical, mental, or emotional effects on children.
- The effects mental and emotional effects of bullying can also decrease a student's performance in school.
- Harmful online exchanges can exist online permanently, leaving a negative stain on both the bully and victim's identities.
- Being able to recognize bullying, have supportive conversations with children, and know how to report bullying in order to prevent further harm.



(Source: [Unicef.org](https://www.unicef.org))

School Bullying

- Raise your hand if you ever witnessed or experienced bullying in school?
- Raise your hand if you ever had a conversations with children about school bullying?

School Bullying Statistics - Pew Research Center

“Roughly 1 in 5 children ages 12 to 18 are bullied in U.S. schools”
- 2019 Study, National Center for Education Statistics

- ❖ The classroom was the most common location of bullying.
- ❖ In 2021, high schoolers who are gay, lesbian or bisexual were about twice as likely as their heterosexual peers.
- ❖ Fewer than half (46%) of middle and high schoolers who were bullied at school in 2019-2020 notified a parent or teacher.



(Source: [9 facts about bullying in the U.S. | Pew Research Center](#))

Bullying In Urbana School District 116

- 50% of students within the school district that responded to a school environment survey reported that they have been a victim to hurtful comments made by another student.
- Over ½ of student respondents believed that bullying is a problem at their school.

26. **Bullying** is a problem at my school.

	No	I do not know	Sometimes	Yes	Total
Dr. Martin Luther King Jr. Elementary		3	1	7	11
Dr. Preston L. Williams Jr. Elementary	10	7	10	36	63
Flossie Wiley Elementary	7	3	9	12	31
Leal Elementary	1	2	3	6	6
Thomas Paine Elementary	5	5	8	28	46
Yankee Ridge Elementary	1	2	6	1	10
Urbana Middle School	77	100	150	192	519
Urbana High School	57	130	141	84	412
Urbana Early Childhood School	2		1	5	8
Urbana Adult Education	28	8		1	37
Total	188	258	328	369	1,143

8. Students have said **hurtful** things about me or my background.

	No	I do not know	Sometimes	Yes	Total
Dr. Martin Luther King Jr. Elementary	2	3	2	4	11
Dr. Preston L. Williams Jr. Elementary	13	13	18	19	63
Flossie Wiley Elementary	6	6	6	13	31
Leal Elementary	2	2	1	1	6
Thomas Paine Elementary	8	10	7	21	46
Yankee Ridge Elementary	3		1	6	10
Urbana Middle School	146	86	126	161	519
Urbana High School	117	119	75	101	412
Urbana Early Childhood School		1	3	4	8
Urbana Adult Education	23	10		4	37
Total	320	250	239	334	1,143

What Can Parents and Adults Do to Support?

First Steps

1. Listen - Give them full attention
2. Stay Calm
3. Summarise the Problem
4. Let your child know it's natural and OK to feel upset.
5. Make sure your child knows it's not their fault.

Next Steps

6. Agree that there's a problem
7. Praise Your Child
8. Make it clear that you'll help.
9. Avoid negative comments.

(Source: Bullying in kids & pre-teens: how to help | Raising Children Network)

Working with the School Teacher

**“If your child is being bullied at school,
get the help of your child’s teacher and school as quickly as you can.”**

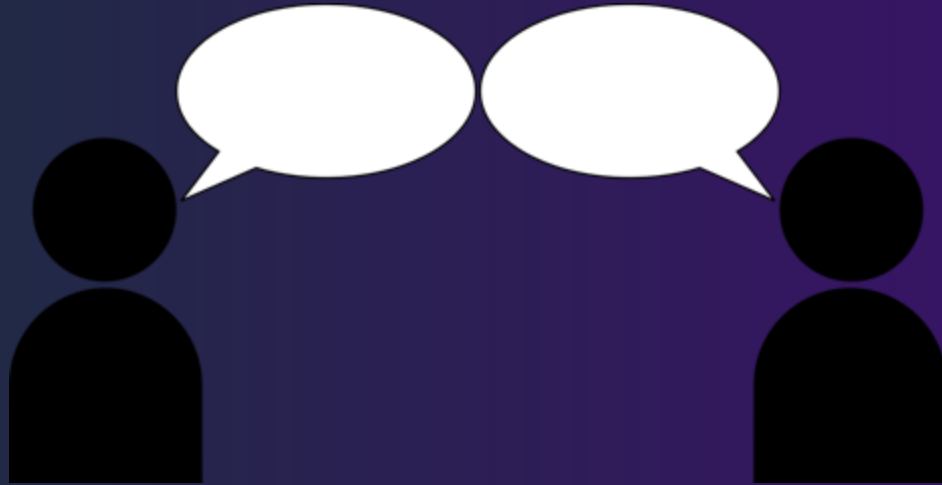
- 1. Make time to speak privately with the teacher.**
- 2. Calmly present your concerns as a joint issue for you both to deal with.**
- 3. Ask the teacher for information and their perspective on the situation.**
 - a. Explain the effect that the bullying is having on your child. (e.g. “Tyler doesn’t want to go to school anymore.”)**



Working with the School Teacher

- ❖ **Be assertive, not angry or accusatory**
 - “Yes, children do tease sometimes. But I don’t agree this was just teasing. I think it’s more serious”.
- ❖ **End the meeting with a plan**
 - “You’re going to talk to the other teachers about this so they can watch the children carefully in the playground. And we’re going to talk again next week”
- ❖ **Keep in touch with the teacher**
- ❖ **What if your child doesn’t want you to talk with the teacher?**
 - May have fear of embarrassment or that bullying will worsen.
 - See whether there’s anything you can do to help them feel less worried.
 - Try to make an appointment at a time other students are less likely to notice.

Group Discussion



- ❖ Have any of you experienced this situation?
- ❖ Any advice or tips you would like to share?
- ❖ How do you prevent the child from being embarrassed?
- ❖ What if your child is the bully?

How to Support the Child

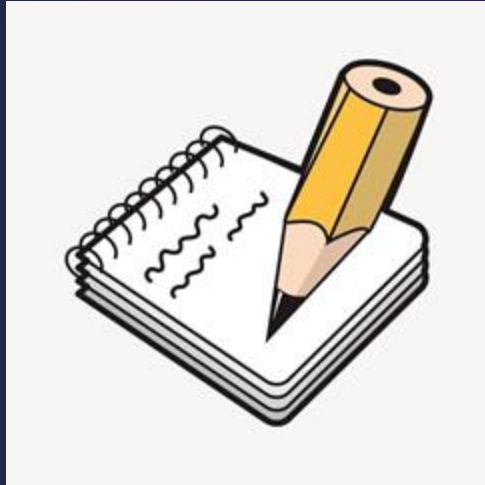
- ❖ **Create a list of responses for child and practice**
 - Examples: “Back off”, “Leave me alone”, “That wasnt nice.”
- ❖ **Role Play “What if” scenarios**
 - Role play the bully while your child practices until they feel confident.
- ❖ **Encourage your child to be an upstander**
 - Taking positive action when they see a friend or another student being bullied



(Source: [Bullying in Schools: How To Deal With It \(parents.com\)](https://www.parents.com/parenting/behavior/child-bullying/))

What if the Bullying Doesn't Stop?

“If the bullying doesn’t stop even after you’ve spoken to the classroom teacher, it’s still safest to work through the school.” - Raising Children Network



- ❖ **Keep a record of what happens and when.**
 - Take photos and screenshots of damage or harm.
- ❖ **Write a note to the classroom teacher.**
 - It’s important to have your complaint documented
- ❖ **Speak to school principal.**
- ❖ **Request a meeting to discuss the matter with the school board.**

Cyberbullying

A young woman with dark hair in a ponytail, wearing a light-colored hoodie, is looking down at her smartphone with a sad or thoughtful expression. The image is overlaid with a purple tint. In the background, other people are visible but out of focus.

What is Cyberbullying?

“Willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.” Source: [Cyberbullying.org](https://www.cyberbullying.org)

- The behavior has to be intentional;
- The target must feel harmed; and
- Electronic devices must be used.



Cyberbullying vs Traditional Bullying



- The internet allows the ability to be anonymous
- Hurtful actions and words can spread easily online, which can cause more people to contribute to bullying
- Cyberbullying can be done from a distance, and it is easier to accept being mean online
- Adults don't always have the digital knowledge and time to monitor children's digital usage

Social Media & Cyberbullying

- A Cyberbullying Research Center study claims that 73% of cyberbullied teenagers experienced it on social media sites like Facebook, Twitter, Instagram, and Snapchat
- Social media sites are accessible to the public and designed for the sharing of information
 - Harmful content posted to them can be seen by a lot of people very quickly



(Source: Stopbullying.gov)

Video Games & Cyberbullying

Benefits of video games include:

- Positive contributing to emotional and social skills;
- Enhancing problem-solving abilities; and
- Teaching collaboration skills.

Despite the benefits, online games unfortunately place for cyberbullying to take place.

(Source: [Stopbullying.org](https://www.stopbullying.org))



Video Games & Cyberbullying

- Students that identify as “gamers” are more likely to bully others. However, gamers are also more likely than non-gamers to be bullied at school.
- Most cyberbullying in online games involves players to make negative remarks about performance or exclude people from playing together.
- Cyberbullying often creates negative stereotypes about gamers, leading to bullying in real life.



Source: [Cyberbullying.org](https://www.cyberbullying.org)

Resources for Parents and Children



Helpful Resources For Parents to Support Children

What is Bullying?

Bullying is when a person purposefully hurts others with words or actions. Bullies will pick on their target over and over, and it can be hard to make them stop.

Bullies...

1. Purposefully hurt others with words or actions.
2. Pick on others repeatedly.
3. Have power over those whom they pick on.

Instruction

Circle the examples of bullying that have happened to you.
Underline the examples you've seen happen to someone else.

Physical Bullying

hitting / kicking
pushing
tripping

Verbal Bullying

name-calling / teasing
making hurtful comments
threats

Social Bullying

spreading rumors
causing embarrassment
encouraging others to exclude from group

Cyber Bullying

sharing embarrassing photos / videos
sending hurtful comments / messages
impersonating another person online

Dealing with Bullies

① Tell an Adult _____

Telling and tattling are two different things. When a person tattles, they just want to see someone else get in trouble. Telling, on the other hand, is about helping. If you or someone else is being bullied, reporting it to an adult is *telling*, not tattling!

List three adults you can tell about a bully.

② Don't Show Your Feelings _____

Bullies like to pick on people whom they can control. If a bully realizes that they can upset you, they're more likely to keep coming back. Hide your feelings of sadness and anger until the bully is gone.

③ Avoid the Bully _____

Whenever reasonable, simply walk away, or avoid the bully entirely. For example, take a different path to class, or pretend like you didn't hear the bully and keep walking.

④ Act Confident _____

Bullies avoid people who seem confident, or sure of themselves. Even if you don't *feel* confident, you can pretend by standing tall, responding with a calm and clear voice, and making eye contact. Try practicing your confident response before you need it.

⑤ Respond Neutrally _____

Bullies quickly grow bored with neutral responses. The key is to seem uninterested in what the bully has to say, without giving a reason to argue. Try responses like these:

"Eh, maybe."
"Possibly"
"Hmm, I don't know."
"Who cares?"

How I Feel

I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:

This is what I did about it:

Something else I could have done is:

Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend

Sources:

- [Bullying in Schools: How To Deal With It \(parents.com\)](https://www.parents.com/parenting/behavior/child-bullying/)
- [Bullying Worksheet Packet | Worksheet | Therapist Aid](#)

Seeking Help When Being Bullied

IN A CRISIS?

**Text HOME to 741741 to
connect with a volunteer
Crisis Counselor**

Free 24/7 support at your fingertips.

Text Us



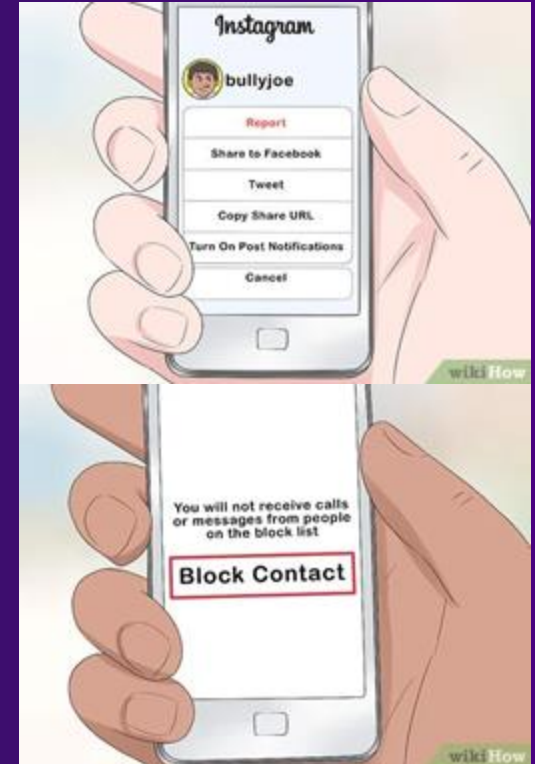
Seeking Help When Being Bullied

1. **Stay calm**
 - a. Try to ignore the bullying when possible, as engaging with it further could lead to more harm
2. **Ask for help!**
 - a. Seek out a trusted adult that can help you get the resources you need and come up with a plan to address the bullying
3. **Step away**
 - a. If the bullying is happening in-person, try your best to avoid the person or people bullying you
 - b. If the bullying is happening online, try taking some time away from the apps or games where the bullying is occurring.
4. **Stay positive**
 - a. Bullying can impact your self-esteem, so remember to lift yourself up by engaging in activities that make you feel good and surrounding yourself with good friends

Seeking Help When Being Cyberbullied

- Talk to a trusted parent, guardian, friend, teacher, or counselor about what's going on, as they may be able to help stop the bullying.
- Keep evidence of cyberbullying, including screenshots of any bullying messages, emails, or posts that were sent.
- Block the bully from making contact. This can be done on most social media sites, messaging apps, and gaming platforms.
- Report the cyberbullying to the website, game, or app where it took place.

(Source: Stopbullying.org)



Local Resources for Parents and Children

Parkland College Child Development Center

Early Childhood Program (6 weeks through 5 years old)

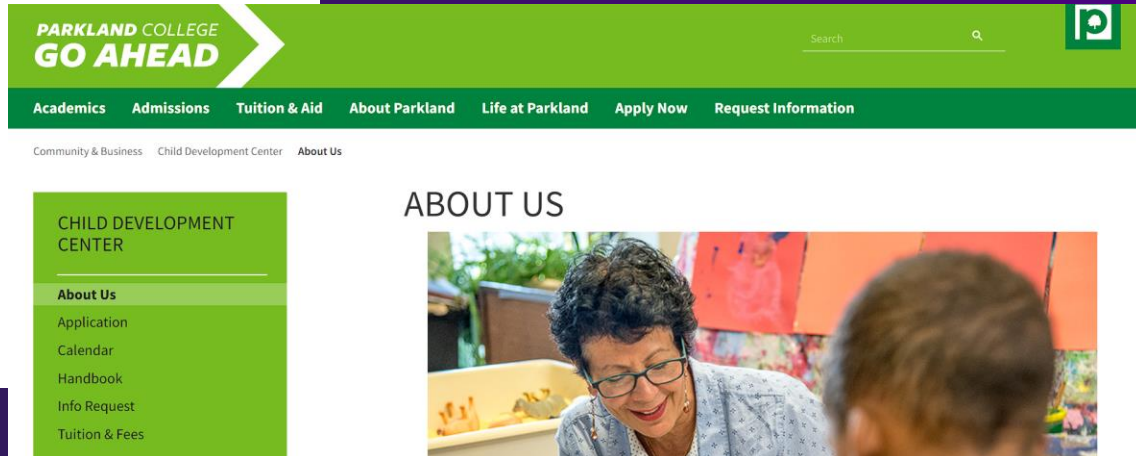
We believe that:

- Every child has a right to a safe, healthy, nurturing environment.
- Children learn through play; therefore, we plan our curriculum with a caring and creative environment.
- Every parent is a valued partner in his or her child's education, and is welcome at all times.
- The role of the child's teacher is essential to the development of the child; therefore, the teacher is a highly valued professional.

We strive to:

- Encourage each child's creativity and self-expression
- Foster positive attitudes toward self and others
- Promote language skills and communication abilities
- Stimulate interest in mathematics, sciences, and the arts
- Promote wellness, physical growth, and motor development
- Encourage self-discipline and acceptance of reasonable limits
- Provide families with links to other resources
- Prepare children for kindergarten
- Strengthen home-to-school relationships

Source: [Parkland Child Development Center](#)



Child Care Resource Service



Source: [Child Care Resource Service at the University of Illinois](#)

I | Child Care Resource Service

About Us ▾ Child Care Assistance Program ▾ For Parents ▾ For Providers ▾ Additional Resources ▾

PARENTING RESOURCES

There are many websites with valuable information that can help parents from all walks of life through the many stages of child-rearing. See some of the resources we've found below.

> Child Care Aware

▾ Child/Family Life

- [Illinois Cares for kids](#)
- [Champaign County Home Visiting](#)
- [The Disney Family](#)
- [Family Education](#)
- [Illinois Early Learning Project](#)
- [Illinois Network of Child Care Resource and Referral Agencies](#)
- [The National Parenting Information Center](#)
- [Bullying Awareness & Prevention](#)

Champaign County Children's Advocacy Center

To report suspected child abuse in Illinois, call:

1-800-252-2873



Help support the children in our community.

DONATE

About Us ▾

What to Expect ▾

Resources

FAQs

Contact Us

Kids' Path ▾

KEEPING KIDS SAFE ON SOCIAL MEDIA

- [iKeepSafe](#)
- [NetSmartz Home](#)
- [ConnectSafely](#)
- [Web Wise Kids](#)
- [Enough Is Enough: Resource Center](#)

BOOK SUGGESTIONS FOR CHILDREN

- [Your Body Belongs to You](#) by Cornelia Spelman
- [It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch](#) by Lory Freeman
- [I Said No! A Kid-to-kid Guide to Keeping Private Parts Private](#) by Zach and Kimberly King
- [The Trouble with Secrets](#) by Kate N. Johnson



Illinois School Resource Officers

Source: [IDHS School Resource Officers](#)

IDHS > Providers > Provider Information by Division > Mental Health Provider Information > Child & Adolescent Services (C&A) > Welcome to the School Based Mental Health Database >

School Resource Officers

Welcome to the School Resource Officers (SRO) landing page. There are many National and State Resources available to you containing information on Bullying, School Safety and Mental Wellness with a specific focus on SRO. It is our hope the information provided in this database will provide additional guidance and information. Much of the information available on the School Personnel page is also relevant to School Resource Officers.

School Safety

- [Police 1: 3 steps to SRO Success](#)
- [Kognito: School Safety and Mental Health](#)
- [EDC- School Resource Officers: Steps to Effective School-Based Law Enforcement](#)

Student Safety

- [Child Maltreatment Prevention Resource Guide](#)
- [Dept. of Homeland Security: Project iGuardian](#)
- [Dept. of Homeland Security: Sextortion Facts](#)

Trauma & Resilience Initiative

Source: Trauma & Resilience Initiative



Peer Ambassadors (PA)

A Peer Ambassador is a youth/young adult (ages 16-24) who wants to give back to their community, support their peers, and be a change maker!

Peer Ambassadors will provide peer-to-peer support and education in their communities about COVID, dealing with stress and conflict, and ways to create positive change. All PAs have a voice and will have the chance to make the program and activities what they want it to be.



Hear 4 U Support Group

Our Hear 4 U Mental Health Network is a group of trained mental health supports who can offer support and guidance virtually and in other ways.

They can:

- Provide support to youth, youth programs, and people who want to do youth programming
- Help teach how to respond to cultural, mental health, and trauma needs of youth/young adults
- Offer wraparound support to youth and young adults
- Make sure youth/young adults get connected to community resources if they're available

Survivor Resource Center



Source: Survivor Resource Center



Commonly Requested Topics

- Body safety
- Sexual harassment
- Sexual assault prevention techniques
- Trauma informed care
- Intervention strategies
- Internet safety for children
- Alcohol and drug facilitated sexual assault
- Healthy relationships
- Bullying
- Conflict resolution.



Training & Speaking Available

- Businesses
- Service Clubs
- School Administration
- Teachers and Staff
(on-site counseling also available)
- Health Care Professionals
- Law Enforcement
- Other Helping Professionals

Bullying

Depression

Self Injury

Suicidal Thoughts

View All Topics

CONTACT US NOW



Call

844-4-SAFEIL
(723345)



Text

SAFE2 (72332)



Web

Online Tip



Email

HELP@Safe2helpIL.com



Download App

Available on the App Store
GET IT ON Google Play

Bullying

TIPS

- Types of Bullying
- What can you do?
- How to Handle Cyberbullying
- What can a Bystander do?
- What can be Done to Prevent Bullying?

According to [StopBullying.gov](https://www.stopbullying.gov), Bullying is unwanted, aggressive behavior between a bully and another student that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both students who are bullied and who bully others may have serious, lasting problems.

What is considered bullying?



[Safe2Help Illinois | Helpline](#)

A Kinder World Starts with Us

Working together on bullying prevention, intentional inclusion and youth mental wellness, we can help kids create the futures that they imagine.

[Find Expert Resources Now](#)



Playbooks for Parents



How to Help a Child Being Bullied

[Learn more about this resource](#)

[Parents Playbook 1](#)



How to Help a Child Stop Bullying Other Kids

[Learn more about this resource](#)

[Parents Playbook 2](#)



How to Support the Development of Kindness and Empathy in Our Youth

[Learn more about this resource](#)

[Parents Playbook 3](#)

The Choose Kindness Project

Open Discussion

Additional Resources

- [Social Media, Cyberbullying, and Online Safety Glossary \(PDF\)](#)
- [StopBullying.gov](#)
- [Understanding Bullying and Cyberbullying - OnlineSchools.org](#)
- [Mental health & physical health | Raising Children Network](#)
- [PACER's National Bullying Prevention Center](#)
- [Department of Health and Human Services.](#)
- [The American Society for Positive Care of Children has a downloadable resource kit.](#)
- [The National Association of School Psychologists](#) (maintains a bullying prevention page for families and educators.)
- [Bullying involving blackmail and hacking](#)
- [How to deal with blackmail on the internet](#)
- [Stomp out bullying](#)
- [Bullies 2 Buddies School Program](#)



Acknowledgements

Participants of the Broadband READY Phase 2 - YOU!

Community Organizations

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**Thank you! For more information,
please visit <https://communitydata.illinois.edu>**