



OWN MY POWER
Freedom from Bullying Campaign

Presenters

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What We Know

- Bullying is the most common form of violence
- 3.7 million youth engage in it, and more than 3.2 million are victims of bullying each year.
- Over two-thirds of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is not available or not effective.

Statistics from: lebanonct.org which developed their information from sources including: Children's Needs: Development, Problems and Alternatives, as well as Best Practices in School Crisis Prevention and Intervention, published by NASP.



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- Based on what we know, how do you think bullying impacts the lives of individuals in the disabled community?



What We Know – The Impact

- A student’s education can be affected.
 - There could be a decrease in grades.
 - Dropout rates increase.
- Someone’s health and well-being could be impacted.
 - Low self-esteem.
 - Fear, anxiety and stress is raised.
 - Aggression and retaliation can increase.

“The Impact of Bullying”, PACER.org/bullying.



What Is Bullying?

- **Bullying:** Unwanted, aggressive behavior within the community that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated , over time.
- Bullying is a widespread and serious problem that can happen anywhere. It is not a phase that someone has to go through, it is not “just messing around”, and it is not something to grow out of. Bullying can cause serious and lasting harm.
- “Sticks and stones can break my bones but words will never hurt me.”



What Is Bullying? (Cont.)

- **Imbalance of Power:** People who bully use their power to control or harm and the people being bullied may have a hard time defending themselves.
- **Intent to Cause Harm:** Actions done by accident are not bullying; the person bullying has a goal to cause harm.
- **Repetition:** Incidents of bullying happen to the same person over and over by the same person or group.



Types Of Bullying

- **Verbal:** Name-calling, teasing, insults
- **Social:** Spreading rumors, leaving people out on purpose, breaking up friendships, forcing someone to do something they don't want to do
- **Physical:** Hitting, punching, shoving
- **Psychological:** Intimidating someone, manipulating people are examples of psychological bullying.
- **Cyber:** Using the internet, mobile phones or other digital technologies to harm others.





What To Do If You Are Bullied

- **Act confident:** When you feel intimidated by another person, you're probably not feeling very confident. But sometimes just acting confident is enough to stop a bully. When you look self-assured as you walk by a bully, it's possible that the bully won't pick you as a target.
- **Walk with others:** A bully might be less likely to pick you as a target if you are with another person or in a group. If you are having trouble finding another student who will help you with this, ask an ally for suggestions.
- **Avoid hot spots:** If there are particular places where the bullying occurs, try to find ways to avoid those locations. If you absolutely can't avoid being in the "hot spot", act confident and try one of the other techniques.
- **Ignore the bully:** Sometimes, acting as if you don't notice or don't care might stop a bully's behavior. Some bullies want to see a reaction from their target, so ignoring might stop the bullying behavior. Other bullies don't care if they see a reaction or not – they bully just because they like to and because they think they can get away with it.



What To Do If You're Bullied (Cont.)

- **Use humor:** Bullies might be surprised enough to stop their behavior if you use humor. Showing that you have a sense of humor about yourself is different than putting yourself down. For instance, if a bully makes fun of your appearance you could respond by saying, "It's a good thing I'm not planning to major in modeling in college."
- **Tell an adult:** If you are being bullied, it's very important to tell an adult. In addition to your parents, you can talk to teachers, counselors, principals or adult volunteers. If the bullying causes you to fear for your safety, or the safety of someone else, it may also be necessary to contact the police.
- **Keep track:** If you keep a journal or a diary, you can keep track of bullying in case you need to report it. If you don't keep a journal, ask a family member to help you with this. Include dates, times and places where you have been bullied, as well as the names of the bullies and what they did or said.
- **Cyber bullying:** Save all messages (email, IM, text) or pictures as evidence in cases of cyber bullying.
- **Don't bully back:** Bullying back (either physically or verbally) may only escalate the situation. Physically fighting a bully is dangerous – it could result in someone getting hurt, and you could end up in trouble for fighting.



Bystanders

- Bullying situations usually involve more than the bully and the victim. They also involve **bystanders**—those who watch bullying happen or hear about it.
- An important strategy for bullying prevention focuses on the powerful role of the bystander. Depending on how bystanders respond, they can either contribute to the problem or the solution. Bystanders rarely play a completely neutral role, although they may think they do.



Bystanders (Cont.)

- **Some bystanders . . . instigate** the bullying by prodding the bully to begin.
- **Other bystanders . . . encourage** the bullying by laughing, cheering, or making comments that further stimulate the bully.
- **And other bystanders . . . join in** the bullying once it has begun.
- **Most bystanders . . . passively accept** bullying by watching and doing nothing. Often without realizing it, these bystanders also contribute to the problem. Passive bystanders provide the audience a bully craves and the silent acceptance that allows bullies to continue their hurtful behavior.



Helpful/Hurtful Bystanders

- Bystanders also have the power to play a key role in preventing or stopping bullying.
- Some bystanders... *directly intervene*, by discouraging the bully, defending the victim, or redirecting the situation away from bullying.
- Other bystanders... *get help*, by rallying support from peers to stand up against bullying or by reporting the bullying to someone that you trust.



What If You Are A Bully?

- You may feel pressured to bully others if your friends are doing it. You may think that you will no longer be popular or that you may be bullied yourself if you do not join in.
- Sometimes you may think that you are just joking around but your words and your actions may actually be hurting someone.
- Being the bully can also be caused by outside influences.



What If You're A Bully? (Cont.)

Put Yourself in Their Shoes

- **Consider how they must feel.** If it seems like you are hurting someone, **STOP!**
- **Ask the person being bullied how they feel.** Maybe they are afraid or too embarrassed to say something.
- **Do not let your friends bully others.** If your friends are bullying others, help them see how they are hurting others.



What If You're A Bully? (Cont.)

Get Help

- Talk with a **trusted ally**. They may have good ideas about what you can do to change how you treat others. Sometimes it is good to talk with someone who is not personally involved to help you find solutions.





Own Your Power!

- Everyone has the right to feel safe in their school and community. If you see someone being bullied, **you have the power to stop it.**
- By standing up for someone who is being bullied, you are not just helping someone else; you are also helping yourself. It is important to help others when you can.





Solutions To Owning Your Power!

- Take a stand and do not join in. Make it clear that you do not support what is going on.
- Do not watch someone being bullied. If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- Support the person being bullied. Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.
- Talk to an ally that you trust in order to figure out . Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another friend that you trust to discuss the problem, especially if you feel like the person may be at risk of serious harm to themselves or others, which may require contacting the authorities.

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Work To Prevent Bullying

Bullying is less likely to occur when there are strong messages against it. Work with your campus, community, or other groups to create and support these messages. Teaching others that bullying is not okay and that they can stop bullying before it begins.

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Questions

Do you have any questions?

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