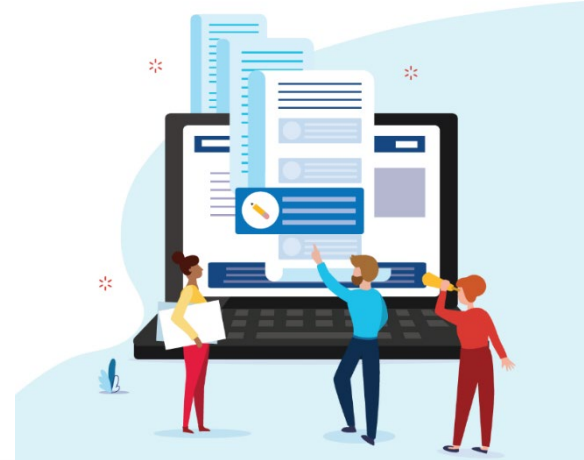# Bullying Prevention Awareness Month: Resources for K-12 Schools

Thursday, October 13, 2022

SchoolSafety.gov

CDC

SAMHSA
Substance Abuse and Mental Health
Services Administration

Webinar Agenda

- **Webinar Objectives**
- **Speaker Introductions**
- **Centers for Disease Control and Prevention**
  - Overview of Bullying
  - Bullying Prevention Resources
- **Substance Abuse and Mental Health Services Administration**
  - StopBullying.gov
- **SchoolSafety.gov**
  - Additional Bullying Prevention Resources
  - National School Safety Summit
- **Q & A**

Webinar Objectives

1. Provide an overview of what bullying is and how to identify it, key strategies and actions schools and school personnel can implement to prevent and address it, and the tools available from the government to support schools in these efforts.

2. Highlight additional school safety-related resources on topics like school climate and mental health access.

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Featured Speakers

Kevin J. Vagi, PhD
Behavioral Scientist
Division of Violence Prevention
Centers for Disease Control and Prevention

Nancy Kelly, MS Ed
Branch Chief, Mental Health Promotion
Center for Mental Health Services
Substance Abuse and Mental Health Services
Administration

Ryan Streeter
Program Manager, Product & Training
School Safety Task Force
Cybersecurity and Infrastructure Security
Agency

Adam Wheeler, MPH
Public Health Advisor/Government Project Officer
Center for Mental Health Services
Substance Abuse and Mental Health Services
Administration

CHILDREN'S BULLYING

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Definition of Bullying

"Bullying is any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm."

Gladden, Vivolo-Kantor, Hamburger, & Lumpkin, 2013; http://www.cdc.gov/violenceprevention/pdf/bullying-definitions-final-a.pdf

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Types of Bullying

Physical

Verbal

Relational/Social

Damage to Property

Cyberbullying

The most common places where cyberbullying occurs are:

- Social Media

- Text messaging and messaging apps

- Instant messaging, direct messaging, and online chatting

- Online forums, chat rooms, message boards

- Email
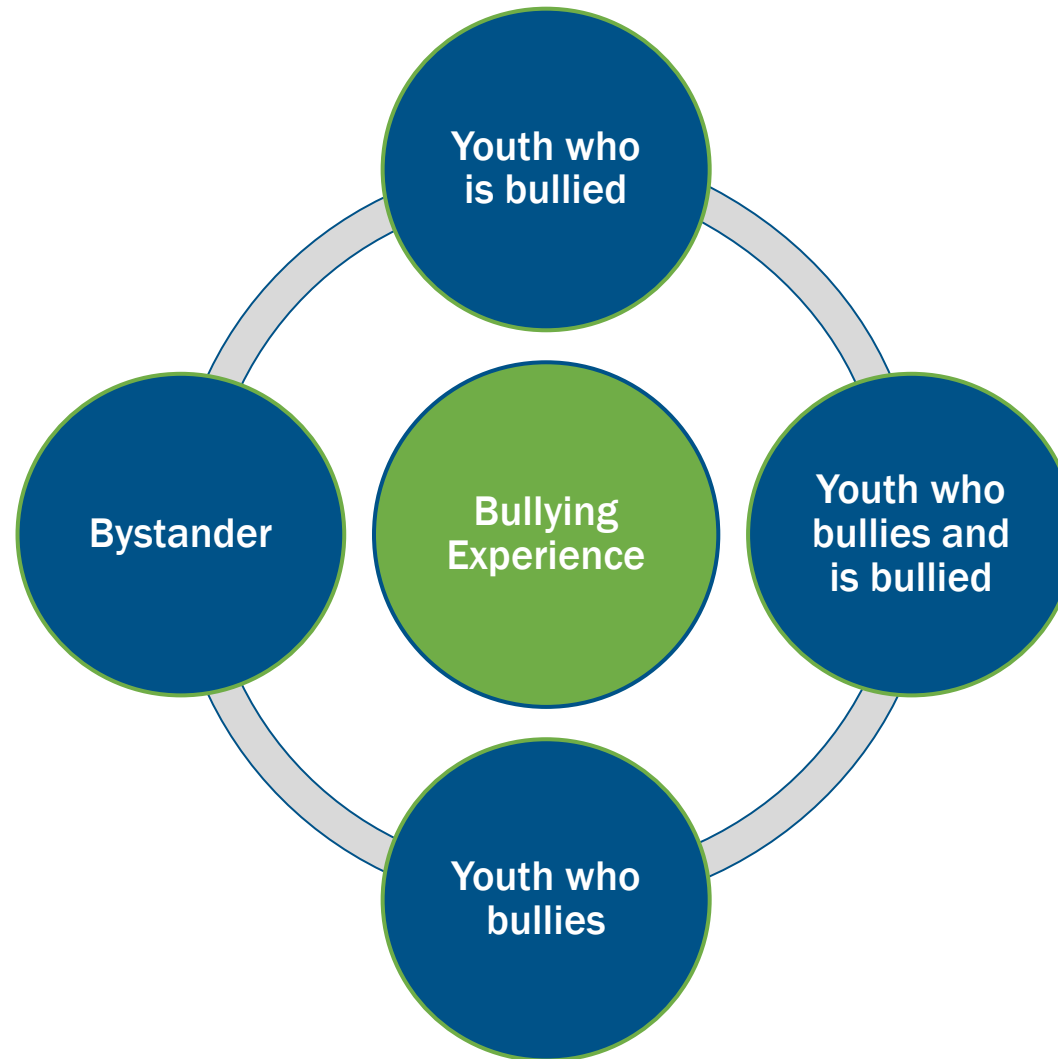
- Online gaming communities

What Bullying is <u>NOT</u>

- Rough and tumble play between peers with no power differential

- Aggression targeted at a current dating partner, sibling, or adult

Bullying can overlap with other forms of violence and harassment.

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How is bullying experienced?

- Youth who is bullied
- Bystander
- Bullying Experience
- Youth who bullies and is bullied
- Youth who bullies

Source: Division of Violence Prevention, CDC

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Bullying is Common

1 in 5 high school students reported being **bullied** at school in the last year.

More than 1 in 6 high school students reported being **cyberbullied** in the last year.

Centers for Disease Control and Prevention. Youth risk behavior surveillance—United States, 2019. Morbidity and Mortality Weekly Report--Surveillance Summaries 2020; 69(SS1). Available from https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2019/su6901-H.pdf.

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Some Youth Experience Bullying More Than Others

High school students, bullied at school or electronically during the past year

- 30% female > 19% males

- 29% White > 19% Hispanic > 18% Black

- 40% LGB > 33% unsure > 22% heterosexual
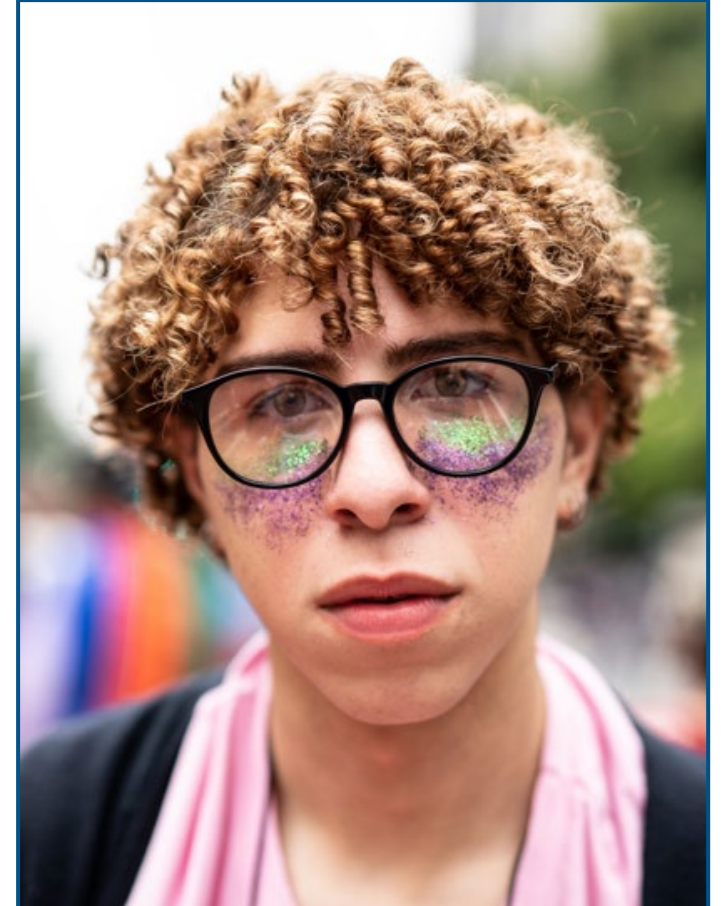
Centers for Disease Control and Prevention. Youth risk behavior surveillance—United States, 2019. Morbidity and Mortality Weekly Report–Surveillance Summaries 2020; 69(SS1). Available from https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2019/su6901-H.pdf.

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How is Bullying Experienced?

Bullying is a frequent discipline problem

Approximately 15% of public schools report that bullying is a discipline problem occurring daily or at least once a week.

Irwin, V., Wang, K., Cui, J., and Thompson, A. (2022). Report on Indicators of School Crime and Safety: 2021 (NCES 2022-092/NCJ 304625). National Center for Education Statistics, U.S. Department of Education, and Bureau of Justice Statistics, Office of Justice Programs, U.S. Department of Justice. Washington, DC. Retrieved from https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2022092.

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Bullying as a Developmental Pathway for Violent and Delinquent Behavior
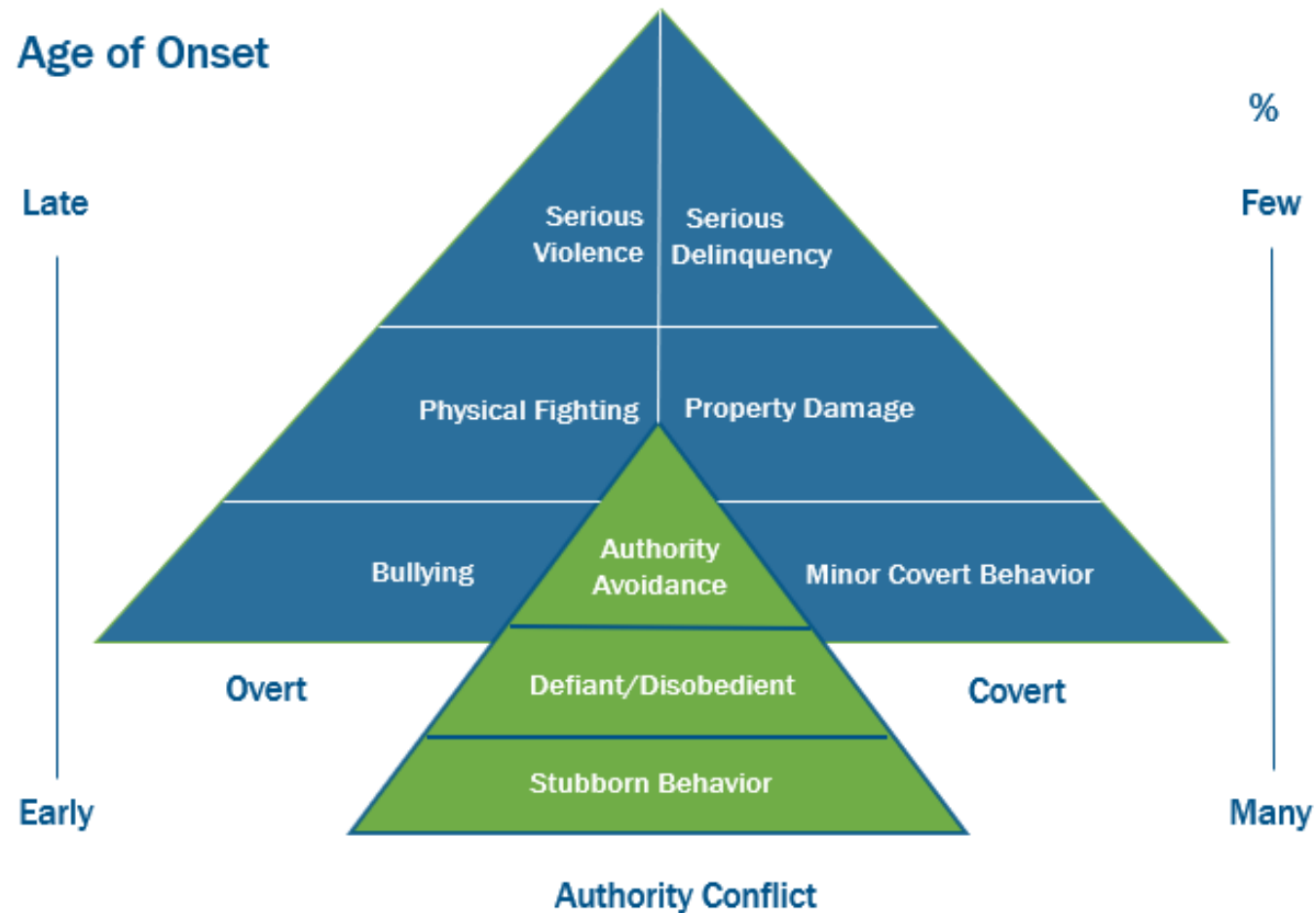
Source: Modified from Loeber, R., and Hay, D.F. 1994. Developmental approaches to aggression and conduct problems. In *Development Through Life: A Handbook for Clinicians*, edited by M. Rutter and D.F. Hay. Oxford, England: Blackwell Scientific Publications.

Bullying Prevention Research Resources
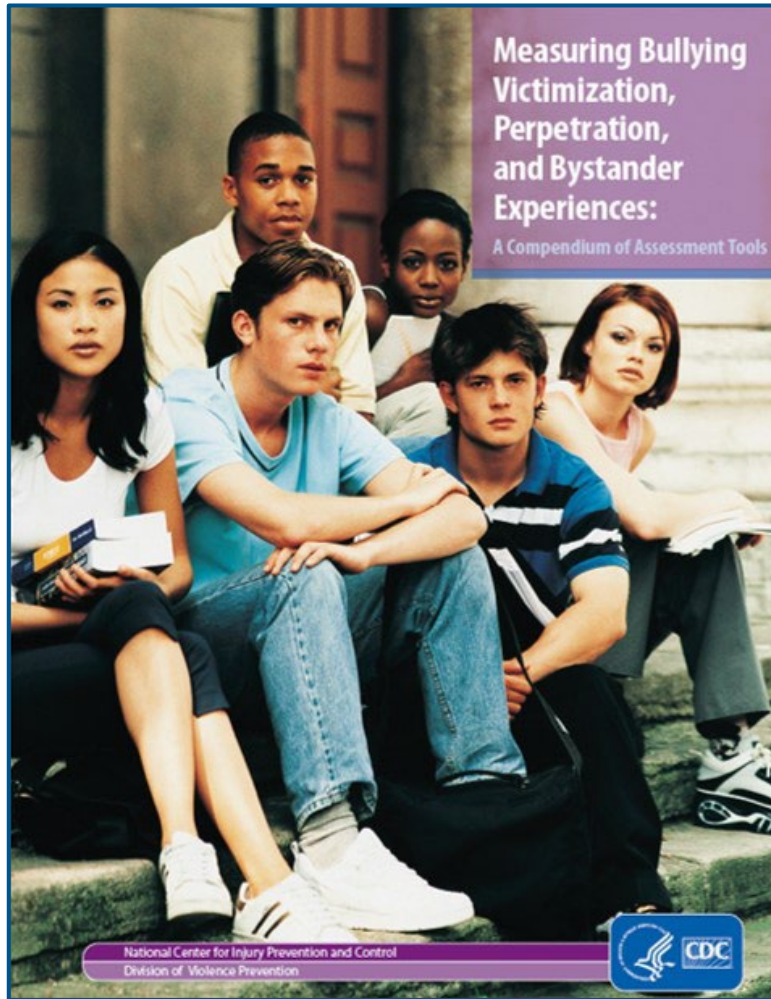
Uniform Definitions to Better Understand Bullying

Bullying Surveillance Among Youths: Uniform Definitions for Public Health and Recommended Data Elements, Version 1.0

o Designed as a tool to help organizations, researchers, evaluators, community groups, educators, and public health officials define and gather systematic data on bullying to better inform research and prevention efforts.

o Intended to improve the consistency and comparability of data collected on bullying. The lack of a uniform definition hinders our ability to understand the true magnitude, scope, and impact of bullying and track trends over time.

https://www.cdc.gov/violenceprevention/pdf/bullying-definitions-final-a.pdf
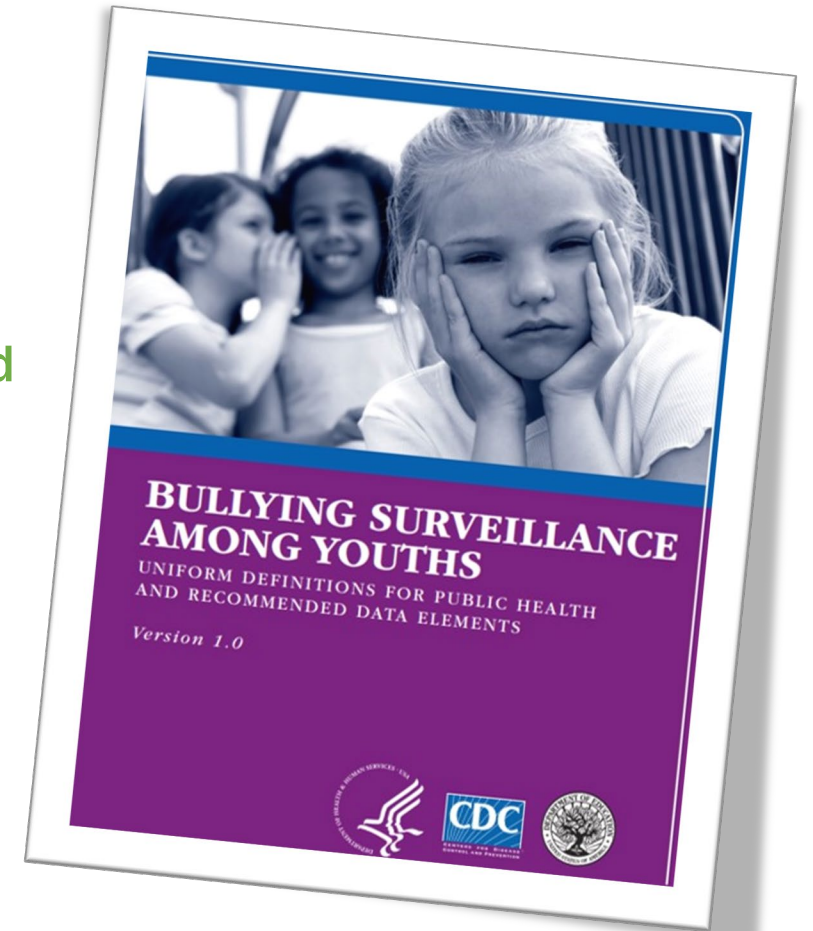
Compendium of Bullying Measurement Tools

Measuring Bullying
Victimization,
Perpetration,
and Bystander
Experiences:
A Compendium of Assessment Tools

National Center for Injury Prevention and Control
Division of Violence Prevention

Contents

https://www.cdc.gov/violenceprevention/pdf/BullyCompendium-a.pdf

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Resources to Prevent Bullying and Suicide

Other CDC resources that you may find helpful:

- Supplement issue of the Journal of Adolescent Health

- The Relationship Between Bullying and Suicide

https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html
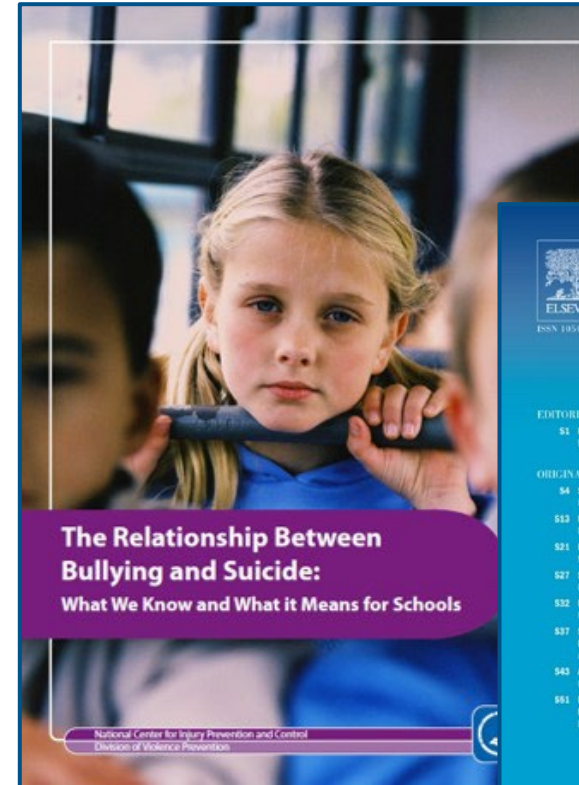
Key Findings in Bullying Evidence Base
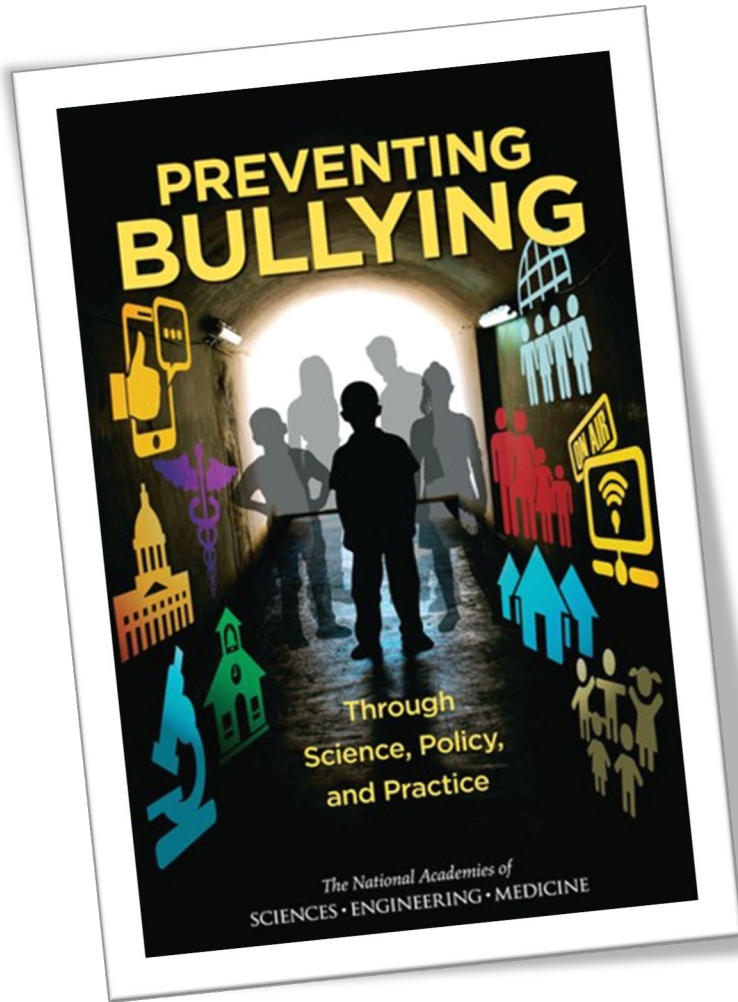
National Academies of Sciences, Engineering & Medicine Report:

- Short- and long-term consequences for all involved

- Zero tolerance policies are not effective

- Use of common definitions important

- Development, implementation and evaluation of evidence-based prevention and intervention programs

- Role of laws and policies to strengthen local efforts

https://www.nap.edu/catalog/23482/preventing-bullying-through-science-policy-and-practice

Change in Parents' Concern about Bullying – COVID-19

Not physically attending school

Less concerned about child(ren) being bullied
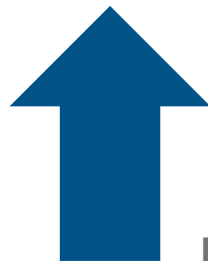
More concerned now about child(ren) being bullied

Hispanic (21%) > NH Black (16%) > NH White (7%) > NH Other (6%)

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Mercado MC, Wang J, Mercer Kollar LM. (2022). Parents' Self-reported Changes in Concern about Children's Bullying – Fall ConsumerStyles and *Estilos* Surveys, United States, 2020. *Journal of Interpersonal Violence*. [Online First, 2 Mar 2022] DOI: 10.1177/08862605221078810.

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RESOURCES FOR BULLYING PREVENTION

CDC's Youth Violence Technical Package

Select group of strategies based on the best available evidence to prevent or reduce violence.

- Strategy – lays out direction of actions

- Approach – specific ways to advance the strategy (programs, policies, practices)

- Evidence – for each approach in preventing violence or its associated risk factors

A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors

National Center for Injury Prevention and Control
Division of Violence Prevention

Un paquete técnico integral para la prevención de la violencia juvenil y los comportamientos de riesgo asociados

National Center for Injury Prevention and Control
Division of Violence Prevention

https://www.cdc.gov/violenceprevention/communicationresources/pub/technical-packages.html

The Community Guide

School-based Anti-bullying Interventions

Major Findings:

- Reductions in bullying perpetration and victimization

- Improvements in anxiety, depression, and well-being

- Reductions in cyberbullying perpetration and victimization

School-based interventions can reduce bullying and improve mental health

The Community Guide

Community Preventive Services Task Force

https://www.thecommunityguide.org/findings/violence-prevention-school-based-anti-bullying-interventions

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StopBullying.gov

https://www.stopbullying.gov/   https://espanol.stopbullying.gov/

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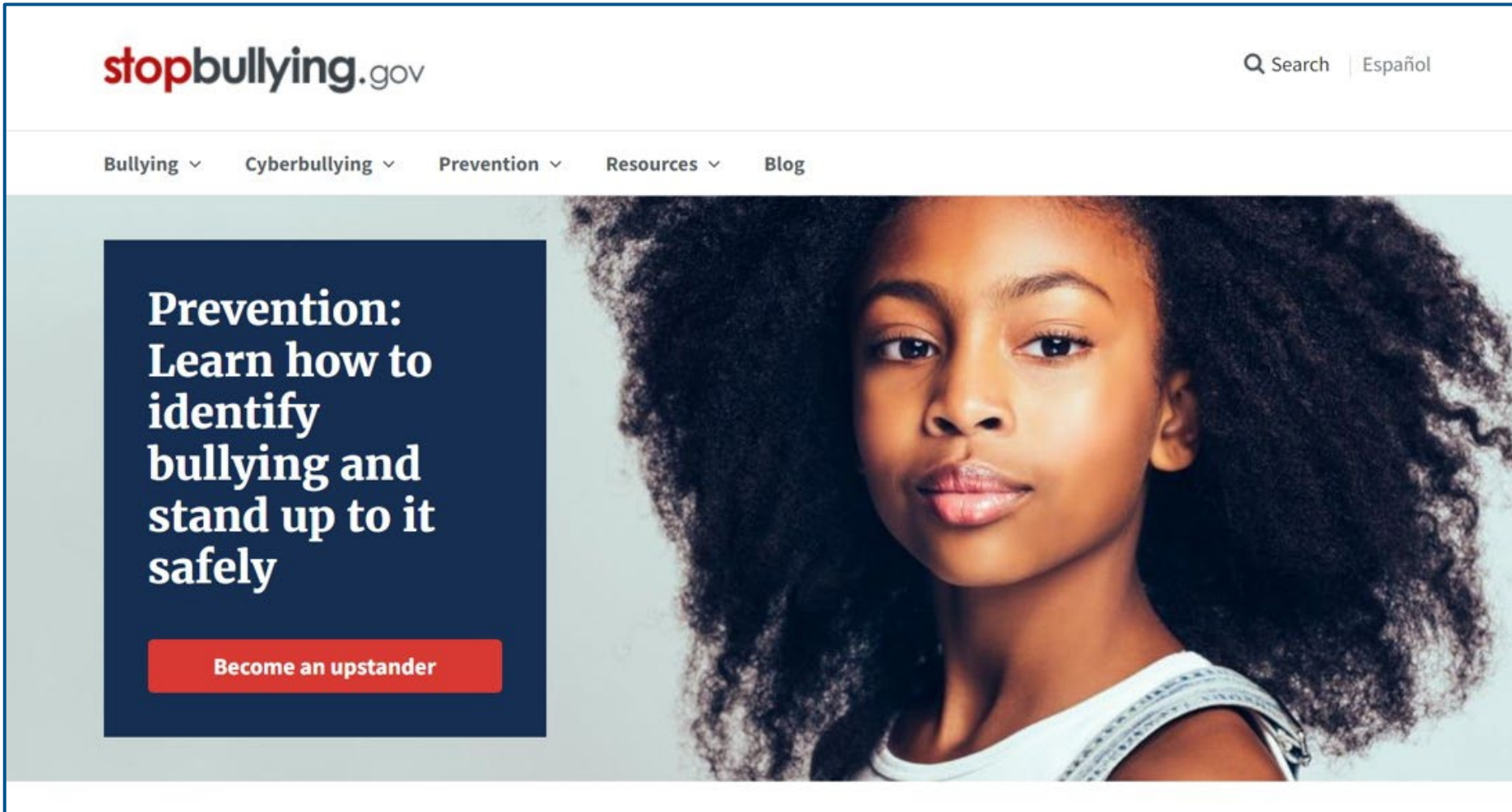
CDC's VetoViolence

Bullying Prevention Toolkit... Coming Soon!

https://vetoviolence.cdc.gov

StopBullying.gov

Adam Wheeler, Public Health Advisor
Nancy Kelly, Mental Health Promotion Branch Chief
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

SAMHSA
Substance Abuse and Mental Health
Services Administration

About StopBullying.gov

Mission: StopBullying.gov provides information from various government agencies on *what bullying is, what cyberbullying is, who is at risk,* and how you can *prevent and respond to bullying*.

- StopBullying.gov is represented by
  - Department of Education (ED)
  - Department of Health and Human Services (HHS)
    - Centers for Disease Control and Prevention (CDC)
    - Health Resources and Services Administration (HRSA)
    - Substance Abuse and Mental Health Service Administration (SAMHSA)
  - Department of Justice (DOJ)
  - And other Federal Partners

SAMHSA
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A tour through StopBullying.gov

StopBullying.gov also includes resources for parents, teachers, and other adults working with kids.

Training Center – Webinars, presentations, and other resources that highlight best practices – some with continuing education credit!

Research Resources – Research-based fact sheets, research summaries, and infographics to deepen your understanding of bullying and its prevention.

State Laws and Policies – An interactive map showing the most current bullying and cyberbullying policies in each U.S. state and territory.

Scan This QR Code!

Click here to be taken to the video directly.

SAMHSA
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StopBullying.gov Contents

StopBullying.gov provides information about

- Bullying/cyberbullying
- Recognizing warning signs
- Risk factors for bullying/being bullied
- Prevention/intervention tactics
- Identity-oriented experiences
- Resources and toolkits
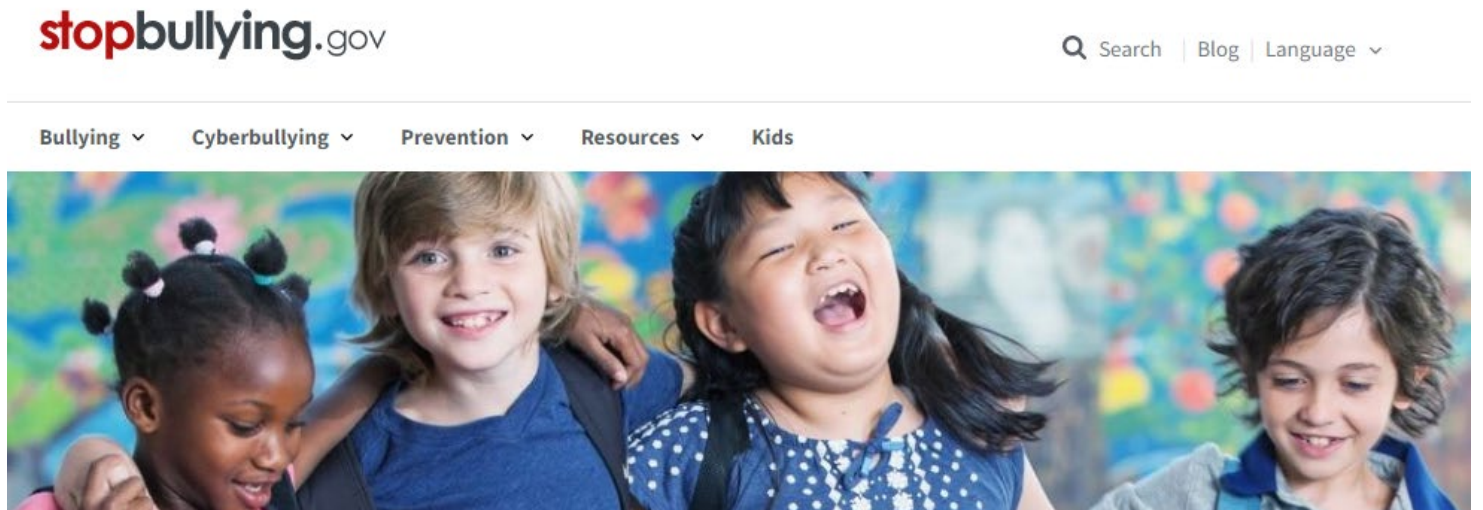
StopBullying.gov Audience

StopBullying.gov provides content for diverse audiences including…

- Parents/caregivers
- Children and youth
- Teachers and school communities
- Community leaders
  - Sports and athletics
  - Religious and faith-based organizations
- Bystanders and Upstanders

SAMHSA
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StopBullying.gov Resources

StopBullying.gov provides extensive resources for youth and adults

- Help-seeking
- Intervention/reporting behavior
- State laws, policies & regulations
- Infographics, fact sheets, and research summaries
- Extensive video library
- Training Center
  - Bullying Prevention Training Module
  - Community Action Toolkit
  - Guides for engaging stakeholders
- External resources

SAMHSA
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SAMHSA.gov Resources

- Evidence-Based Practices (EBP) Resource Center
  - Provides communities, clinicians, policy-makers and others with the information and tools to incorporate evidence-based practices into their communities or clinical settings

- NCTSN's [Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework](#)

- Project AWARE
  - Building or expanding capacity to advance wellness and resiliency in education by increasing mental health awareness in schools across states, territories, and tribal communities

SCHOOLSAFETY.GOV RESOURCES
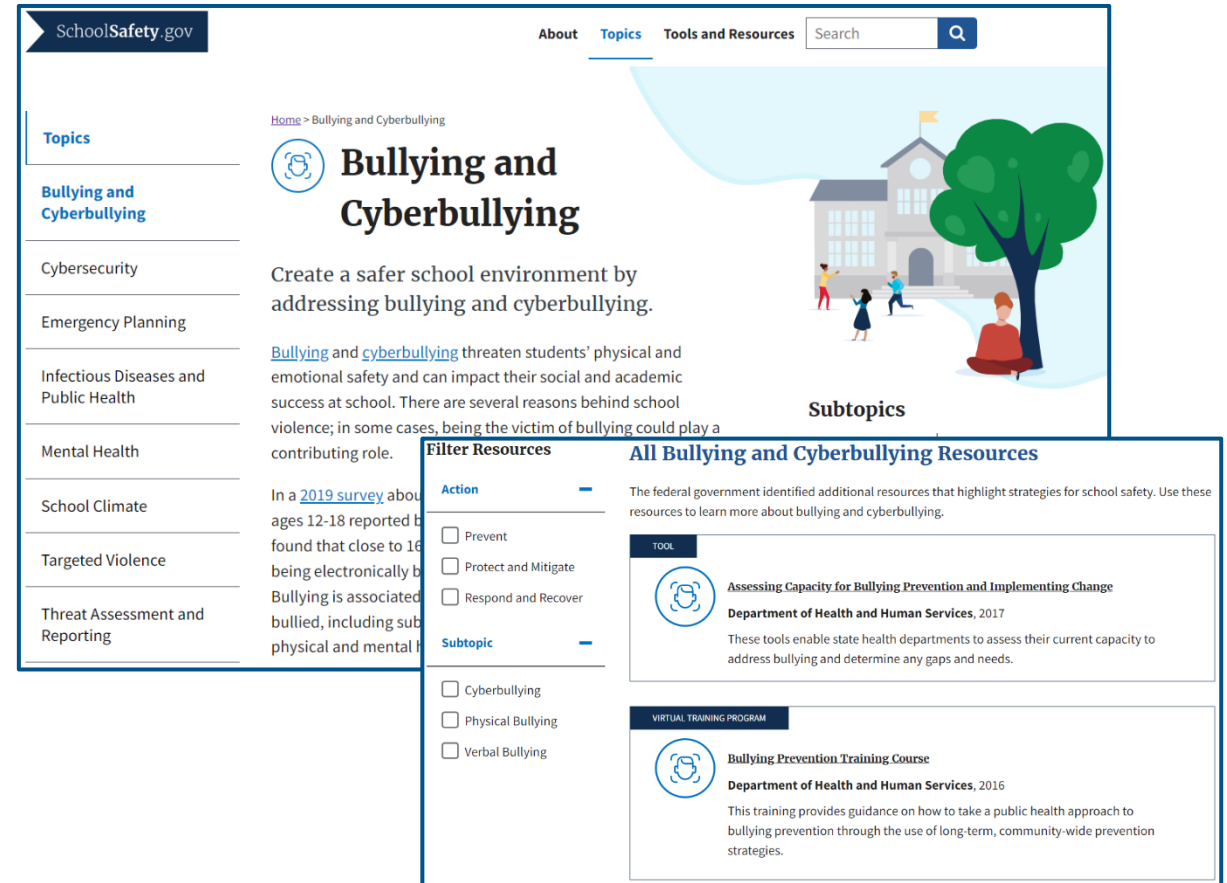
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Topic Pages| SchoolSafety.gov

Topic pages contain a definition along with accompanying information regarding the topic, key strategies to consider, and featured resources to support schools and districts.

Resources tend to be how-to or action-oriented guides that inform users on how to implement strategies to address the topics.

Bullying and Cyberbullying| SchoolSafety.gov

- Cyberbullying | SchoolSafety.gov
- Physical Bullying | SchoolSafety.gov
- Verbal Bullying | SchoolSafety.gov

Additional Topic Pages| SchoolSafety.gov

Mental Health| SchoolSafety.gov

School Climate | SchoolSafety.gov

Additional Bullying Prevention Resources
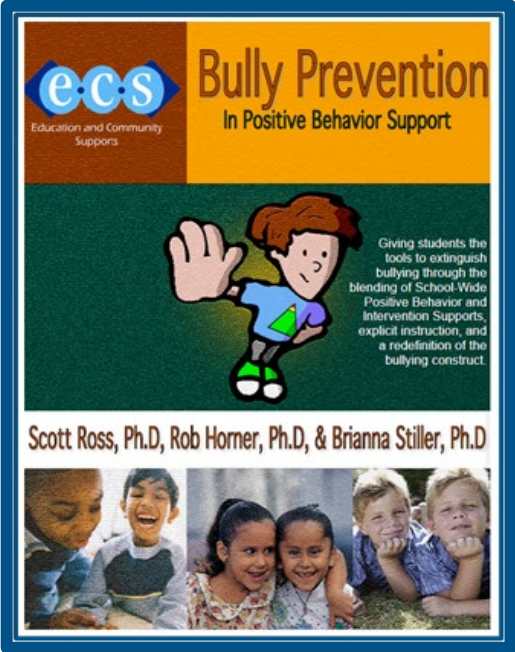
[Center on Positive Behavioral Interventions & Supports (PBIS)](#)
(Department of Education)

[School-Based Bullying Prevention: Model Programs Guide](#)
(Department of Justice)

[Dealing with Cyberbullies](#)
(Department of Homeland Security)

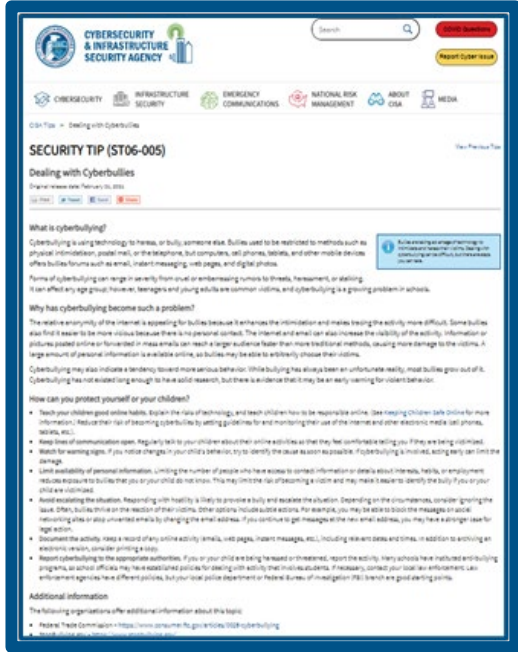SchoolSafety.gov

Communications Center| SchoolSafety.gov

Access the latest news and resources for the K-12 community using the SchoolSafety.gov Communications Center.

The Communications Center includes a comprehensive collection of one-pagers, infographics, webinar presentations, newsletter bulletins, and other materials available from SchoolSafety.gov.

You can find the new center on SchoolSafety.gov under the 'Tools and Resources' section.

School Safety Communications Center

Explore and share helpful materials from SchoolSafety.gov.

Learn more about school safety topics and threats and access the latest news and resources for the K-12 community using the SchoolSafety.gov Communications Center. Explore the center to download and share a variety of documents and materials to help support your school's or di

The Communications Cent available from SchoolSafet list and following us on Tw

School Safety One-Pagers +

School Safety Community Bulletins +

School Safety Webinar Series Materials +

National School Safety Summit | CISA

NATIONAL SUMMIT ON
K-12 SCHOOL SAFETY AND SECURITY

EVENT DETAILS

📅 November 1-3, 2022   💲 No Cost to Attend   🌐 Virtual Format

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National School Safety Summit | CISA

MISSION

The Summit supports the safety and security of schools by:

Fostering a nationwide dialogue by bringing together stakeholders for exchange, discussion, and connection.

Facilitating action by coordinating and disseminating resources, products, and tools to support schools in implementing and strengthening their security postures.

Equipping stakeholders with training and expertise to apply recognized best practices and research in the context of their specific communities, venues, and schools.

ISSUE AREAS

The Summit program focuses on the safety and security topics of:

- Cybersecurity
- Emergency Planning
- Training, Exercise & Drills
- Reporting Systems
- Physical Security
- Capacity Building
- Targeted Violence
- Threat Assessment

WHO SHOULD ATTEND?

Designed for school safety leaders:

- K-12 Educators
- School and District Administrators
- Principals and Superintendents
- School-Based Law Enforcement
- First Responders
- Safety & Security Professionals
- Elected Officials
- Community Liaisons
- Mental Health Professionals
- Government Partners

SchoolSafety.gov

National School Safety Summit | CISA

» Registration is open!

» For the most updated information, please visit https://www.cisa.gov/national-school-safety-summit or scan the QR code below to sign up for our email list.

Contact Information and Questions

Follow Us on Twitter for Upcoming Events and School Safety News! 🐦

- @SchoolSafetyGov
- @CDCInjury
- @samhsagov
- @StopBullyingGov

Click here to sign up for regular updates or scan QR code.

Key Resource Links

- https://www.schoolsafety.gov/
- https://www.cdc.gov/violenceprevention/index.html
- https://www.samhsa.gov
- https://www.stopbullying.gov

SCAN ME

Questions, feedback, or ideas?
Please contact SchoolSafety@hq.dhs.gov