



**Preventing Bullying and  
Fostering Understanding and Respect  
Among Youth in Northern Virginia  
Resource Packet 2012**

*FPY is a 501-C-3 that delivers essential community education and training, advocates for effective programs and policy development, and builds strong community partnerships...to help youth thrive.*

## Bullying Prevention and Intervention in Northern Virginia

Fairfax Partnership for Youth is a 501-C-3 organization that delivers essential community education and training, advocates for effective programs and policy development, and builds strong community partnerships to reduce gaps and redundancies in services for youth.

Since 2009, FPY has been striving to raise awareness and educate the community on Bullying, a very complex issue that impacts targets, bystanders, and the youth who bully in profound –and sometimes permanent– ways. Our staff has been pleased to do community presentations and TV and radio interviews on bullying prevention and awareness. We have built a team of partners active in bullying prevention that is developing a versatile bullying prevention and intervention “train the facilitator” program that can be implemented in a variety of settings where youth interact. We have also hosted two symposia on Bullying Prevention and have scheduled a third for April 2012. This event features:

- An overview of key concepts in bullying prevention and intervention
- A panel discussion on regional bullying prevention efforts
- A Cyberbullying awareness and prevention presentation
- A presentation on groups at higher risk for targeting, including racial and ethnic minorities, LGBT youth, and youth with special needs

There is no simple solution for bullying. Building an effective, community-wide response to bullying takes time and the commitment of parents, educators, community-based groups, and students, but there are important steps we can all take. We can educate ourselves, we can share what we have learned, we can advocate for change in a cooperative manner, and we can be unwavering supporters of youth who experience bullying, teasing, harassment, and/or abuse. Together we can **provide youth with the skills they need to treat each other with understanding and respect.**

We are grateful to the team of partners who is working with us to develop our bullying prevention and intervention training program, including

- Bullying Prevention Team Chair, Lisa Adler
- CrisisLink
- Fairfax County Neighborhood & Community Services
- Fairfax County Public Schools
- Fairfax-Falls Church Community Services Board
- George Mason University
- Northern Virginia Family Service
- Northern Virginia Mediation Service
- Unified Prevention Coalition

Special Thanks to our youth mental wellness initiative sponsors, Morrison-Foerster Foundation and Dominion Hospital, and to Hudson Contracting LLC and Burke Presbyterian Church for sponsoring our next symposium!

Please submit questions, changes, or comments about this packet to our Community Education Coordinator, Mary Beth Waite, at [mary.waite@fairfaxcounty.gov](mailto:mary.waite@fairfaxcounty.gov), or Kristen Brennan, Executive Director, at [Kristen.brennan@fairfaxcounty.gov](mailto:Kristen.brennan@fairfaxcounty.gov).

## **Local Bullying Prevention Contacts**

### **Fairfax County Public Schools**

*For bullying incidents, please contact your school psychologist or social worker directly*

#### **For Training and Guidance**

Office of Student Safety and Wellness – General Bullying Prevention Resources

Contact: Clarence Jones

Phone: 571-423-4275

Email: [cdjones@fcps.edu](mailto:cdjones@fcps.edu)

Web: <http://www.fcps.edu/news/bullyprevention/>

### **Fairfax-Falls Church Community Services Board – General Resources**

Contact: Jamie MacDonald

Phone: 703-383-8451

Email: [jamie.macDonald@fairfaxcounty.gov](mailto:jamie.macDonald@fairfaxcounty.gov)

Web: <http://www.fairfaxcounty.gov/csb/prevention/>

### **Fairfax County Office of Neighborhood and Community Services – General Resources**

Contact: Marcus Allen

Phone: 703-324-7126

Email: [marcus.allen@fairfaxcounty.gov](mailto:marcus.allen@fairfaxcounty.gov)

Web: <http://www.fairfaxcounty.gov/dsm/prevention/>

Bullying Fact Sheet: [http://www.fairfaxcounty.gov/demogrph/pdf/youthsurveyfacts\\_bullying.pdf](http://www.fairfaxcounty.gov/demogrph/pdf/youthsurveyfacts_bullying.pdf)

### **Fairfax Partnership for Youth – General Resources and Referrals/Guidance**

Contact: Kristen Brennan

Phone: 703-324-5703

Email: [kristen.brennan@fairfaxcounty.gov](mailto:kristen.brennan@fairfaxcounty.gov)

Web: <http://www.fairfaxyouth.org>

### **Gay, Lesbian, and Straight Education Network – Training**

Contact: David Hish or David Aponte

Email: [Info@GLSENNorthernVirginia.org](mailto:Info@GLSENNorthernVirginia.org)

Phone: (703) 366-1090

Web: <http://GLSENNorthernVirginia.org>

### **Northern Virginia Family Service – Cultural Sensitivity and Immigrant Support**

Contact: Meredith McKeen

Email: [mmckeen@nvfs.org](mailto:mmckeen@nvfs.org)

Phone: (703) 219-3971

Web: <http://nvfs.org>

### **Unified Prevention Coalition – General Resources**

Contact: Sara Freund

Email: [programdirector@unifiedpreventioncoalition.org](mailto:programdirector@unifiedpreventioncoalition.org)

Web: <http://www.unifiedpreventioncoalition.org/>

## Bullying Awareness Basics

### Definitions:

-> **Bullying** is when a person or group of people repeatedly uses words or actions to cause physical or emotional harm to another person.

-> **Cyberbullying** is electronic bullying through e-mail, chat rooms, instant messaging, social networking web sites, or text messaging.

### Signs a youth may be experiencing bullying, from [StopBullying.gov](http://www.stopbullying.gov):

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual

**Please note: Many of the warning signs above can be indicators for bullying and/or a host of other issues faced by youth, including, depression, anxiety, eating disorders, substance abuse, or other types of abuse in addition to bullying. Your student's school social worker or counselor can give you guidance on when further help is needed. You may also find links for other local mental wellness resources at the FPY website, [http://www.fairfaxyouth.org/mental\\_wellness\\_resources.xml](http://www.fairfaxyouth.org/mental_wellness_resources.xml)**

## What To Do About Specific Bullying Situations

[http://www.stopbullying.gov/parents/my\\_child\\_is\\_being\\_bullied/index.html](http://www.stopbullying.gov/parents/my_child_is_being_bullied/index.html)

Children often do not tell their parents that they are being bullied because they are embarrassed or frightened. If you suspect your child is being bullied or your child brings it up, consider these steps:

- **Talk with your child.** Focus on your child. Express your concern and make it clear that you want to help.
- **Empathize with your child.** Say bullying is wrong, that it is not their fault, and that you are glad they had the courage to tell you about it.
- **Work together to find solutions.** Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.
- **Document ongoing bullying.** Work with your child to keep a record of all bullying incidents. If it involves cyberbullying, keep a record of all messages or postings.
- **Help your child develop strategies and skills for handling bullying.** Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.
- **Be persistent.** Bullying may not be resolved overnight.
- **Stay vigilant to other possible problems that your child may be having.** Some of the warning signs may be signs of other serious problems. Share your concerns with a counselor at your child's school.

If you are a parent or guardian, talk to the school administration or the adult that supervises your child’s community activities. Fairfax County Public Schools recommends that you contact your student’s school social worker or counselor.

**If the bullying gets worse and you need additional help, consider the following** [From [stopbullying.gov](http://stopbullying.gov)]:

IF...	THEN
Someone is at immediate risk of harm because of bullying	Call the police, 911
Your child is feeling suicidal because of bullying	Contact the <a href="#">suicide prevention hotline</a> at 1-800-273-TALK (8255)
Your child’s teacher is not keeping your child safe from being bullied	Contact local school administrator (principal or superintendent)
Your school is not keeping your child safe from being bullied	Contact the State School Department
Your child is sick, stressed, not sleeping, or is having other problems because of bullying	Contact your <a href="#">counselor or other health professional</a>
Your child is bullied because of their race, ethnicity, LGBT orientation or disability and local help is not working to solve the problem	Contact the <a href="#">U.S. Department of Education’s Office on Civil Rights</a>

### If You Suspect Your Child Is Engaging In Bullying Behavior

The strategy to work with a student who has bullied can be very similar to talking to a student who is the target of bullying: Talk with them, and let them know you are concerned. Consider that they may be reacting to being bullied themselves. Work together to find solutions. Help them develop skills to handle confrontation or social interactions without bullying. Be persistent, and stay vigilant. Consider possible root causes for bullying behavior, and ask your school counselor or social worker for help.

## Online Resources for Students and Parents

### NATIONAL YOUTH VIOLENCE PREVENTION RESOURCE CENTER

<http://www.safeyouth.org/scripts/topics/bullying.asp>

### ANTI-BULLYING NETWORK

<http://www.antibullying.net/>

A site for students, parents and teachers with excellent information on bullying. The Young People section has several characters who "discuss" bullying. The School Staff section has information sheets and a reading list.

### BULLYING MYTHS – TRUE/FALSE QUIZ

<http://www.melissainstitute.org/documents/BullyingMythsQuiz.pdf>

A quiz for junior/senior high students on bullying.

### OPERATION RESPECT: DON'T LAUGH AT ME

<http://www.dontlaugh.org/>

### OUT ON A LIMB – A GUIDE TO GETTING ALONG

<http://www.urbanext.uiuc.edu/conflict/index.html>

A site for students about conflict and bullying. Follow the animated story.

### SCHOOL VIOLENCE RESOURCE CENTER

<http://www.svrc.net/>

Check out the Resource Library for Fact Sheets, Articles, Briefing Papers, and more.

### THE SCHOOL VIOLENCE WATCH NETWORK

<http://www.cybersnitch.net/schoolviolencewatch.htm>

### VIOLENCE PREVENTION

<http://www.rhlschool.com/violenceprev.htm>

Links on violence prevention.

### YOUTH VIOLENCE THEME PAGE

[http://www.cln.org/themes/youth\\_violence.html](http://www.cln.org/themes/youth_violence.html)

A page of links to sites about violence in teens.

Article: "Girls Bullying Girls: Gossip, Rumors, and Name-Calling Affects Girls' Self-Esteem." Brown, Candy. [Suite101.com](http://suite101.com)  
11 Dec. 2007. 29 June 2009

<[http://school-bullying.suite101.com/article.cfm/bullying\\_in\\_girls\\_peer\\_groups](http://school-bullying.suite101.com/article.cfm/bullying_in_girls_peer_groups)>.

### Back-to-School Resources

myths about *bullying*, how to identify the signs of *bullying*, and the best ...

[www.fcps.edu/ccopr/documents/BACKTOSCHOOLResourcePacket.pdf](http://www.fcps.edu/ccopr/documents/BACKTOSCHOOLResourcePacket.pdf)

### BULLYING WEBQUEST

<http://www.edina.k12.mn.us/concord/classrooms/5th/mccarthy/webquest/intro.htm>

A webquest for elementary students on bullying.

**BULLYING 42EXPLORE**

<http://www.42explore2.com/bully.htm>

Basic information for students on bullying plus links, webquests and activities.

**STOP BULLYING NOW**

<http://www.stopbullyingnow.hrsa.gov/index.asp?area=main>

Good information on bullying, including What Bullying Is, What You Can Do, Cool Stuff, and What Adults Can Do. The Cool Stuff section has animated webisodes on bullying along with 8 games. Appropriate for elementary/middle school students. Excellent

**STUDENT VIOLENCE IN AMERICA'S SCHOOLS – A NEW YORK TIMES ISSUE IN DEPTH**

<http://www.nytimes.com/learning/general/specials/schoolviolence/index.html>

An in-depth examination of school violence from the New York Times includes News Summaries, a Web Guide (links), and Lesson Plans. Excellent - Also in the Lesson Plans section.

**VIOLENCE PREVENTION RESOURCES**

[http://www.air.org/cecp/school\\_violence.htm](http://www.air.org/cecp/school_violence.htm)

Articles and publications to print out on school violence. Excellent

**WHAT'S WRONG WITH BULLYING?**

<http://library.thinkquest.org/TQ0312169/intro.html>

A site for students by students on bullying aimed primarily at middle school students. Sections: Types, Reasons, Test, Rules, Aware!, Stop!, Stand Up!, Posters, and Resources. Excellent

## **Online Resources for Professionals**

Olweus Bullying Prevention Program  
<http://www.olweus.org/public/index.page>

Steps to Respect: A Bullying Prevention Program  
<http://www.cfchildren.org/programs/str/overview/>

Als Pals: Kids Making Healthy Choices [http://www.wingspanworks.com/educational\\_programs/als\\_pals\\_index.php](http://www.wingspanworks.com/educational_programs/als_pals_index.php)

Fairfax County Youth Survey. (2009) [http://www.fairfaxcounty.gov/demogrph/pdf/2009\\_youth\\_survey\\_report.pdf](http://www.fairfaxcounty.gov/demogrph/pdf/2009_youth_survey_report.pdf)

Bullying Reality Quiz – Lesson Plan  
[http://www.education-world.com/a\\_lesson/00-2/lp2064.shtml](http://www.education-world.com/a_lesson/00-2/lp2064.shtml)

A lesson plan for grades 6-12 on bullying. *"Students take a quiz about school violence and create their own quiz on bullying."* Good

Kids Bullying Kids – Lesson Planning  
[http://www.education-world.com/a\\_lesson/00-2/lp2055.shtml](http://www.education-world.com/a_lesson/00-2/lp2055.shtml)

An article for planning a lesson on bullying. Good

Teaching Guide: Bullying For Grades K-5  
<http://www.goodcharacter.com/GROARK/Bullying.html>

Includes information, class discussion starters, home assignments and more. A companion to a video but includes good general information. Good

What About Fighting? – Lesson Plan  
<http://www.teachervision.fen.com/page/2962.html>

A lesson plan for grades 3-8 on fighting to resolve conflicts. Good

Where Monsters Can Grow – Lesson Plan  
<http://teachers.net/lessons/posts/780.html>

A lesson plan for elementary students on the poem "Where Monsters Can Grow". Good

Jeffrey, Linda R. "Bullying Bystanders." *Prevention Researcher*, v11 n3 p7-8 Sept 2004. Abstract. Educational Resources Education Center. 29 June 2009.  
[http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?\\_nfpb=true&\\_ERICExtSearch\\_SearchValue\\_0=EJ791879&ERICExtSearch\\_SearchType\\_0=no&accno=EJ791879](http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ791879&ERICExtSearch_SearchType_0=no&accno=EJ791879)

United States. Dept. of Education. "Lead and Manage My School." *Exploring the Nature and Prevention of Bullying*. ED.gov. 10 June 2009. 29 June 2009 <<http://www.ed.gov/admins/lead/safety/training/bullying/index.html>>.

"New Virginia Bullying Legislation." *Virginia Youth Violence Project*. 29 June 2009  
 <<http://youthviolence.edschool.virginia.edu/bullying/bullying-legislation.html>>.

*Reducing Bullying in Schools*. American School Health Association. 2005. 30 June 2009  
 <[http://www.ashaweb.org/files/public/Resolutions/Reducing\\_Bullying\\_in\\_Schools.pdf](http://www.ashaweb.org/files/public/Resolutions/Reducing_Bullying_in_Schools.pdf)>.



## **Books for Adults**

Bullying at School. Olweus, Dan; (1993)

Cyber Bullying: Protecting Kids and Adults from Online Bullies. Colt, J.P.; Meyer, N.; McQuade II, Samuel C; (March 2009)

Please Stop Laughing at Us...: One Survivor's Extraordinary Quest to Prevent School Bullying.  
Blanco, J. (March 2008)

The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence. Coloroso, B., (May 2009)

Preventing Classroom Bullying: What Teachers Can Do. Wright, Jim. 2003. Feb. 2004. 29 June 2009  
<<http://www.jimwrightonline.com/pdfdocs/bully/bullyBooklet.pdf>>.

Bullying from Both Sides: Strategic Interventions for Working with Bullies and Victims. Roberts Jr., W. B. (June 2006)

Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying. Patchin, Justin W., and Hinduja, Sameer,

The Bully, the Bullied, and the Bystander: From Preschool to High School--How Parents and Teachers Can Help Break the Cycle. Barbara Coloroso

Bullying Prevention and Intervention: Realistic Strategies for Schools (The Guilford Practical Intervention in Schools Series) by Susan M. Swearer PhD, Dorothy L. Espelage PhD, and Scott A. Napolitano PhD

Asperger Syndrome and Bullying: Strategies and Solutions by Nick Dubin and Michael John Carley

Understanding Girl Bullying and What to Do About It: Strategies to Help Heal the Divide by Julaine E. Field, Jered B. Kolbert, Laura M. Crothers, and Tammy L. Hughes

Safe School Ambassadors: Harnessing Student Power to Stop Bullying and Violence ~ Rick Phillips

## **Books for Youth**

Third House Down Hidden Cove Garrahan, K. D.,

Nobody Knew What to Do : A Story about Bullying McCain,Becky Ra, (April 2001), Becky Ray McCain Todd Leonardo (Illustrator) , Todd Leonardo (Illustrator)

Odd Girl Out. Simmons, Rachel.

Nineteen Minutes Picoult, Jodi,

How to Face Up to the Class Bully (Willimena Rules Series #6) , Vol. 6 Wesley, V.W., and Roos, M.,

The Outsiders Hinton, S.E.,

The Bully (Bluford High Series #5) Langan, P.,

Chrissa Stands Strong (American Girl Today) by Mary Casanova, Tamara England, and Richard Jones

Don't Feed The Bully by Brad Tassell

You Can't Say You Can't Play by Vivian Gussin Paley

My Secret Bully ~ Trudy Ludwig