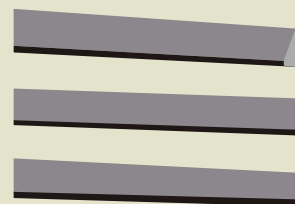


What's Happening in Hawai'i?

Ua ola loko i ke aloha.

Love gives life within.

Love is imperative to one's mental and physical welfare. ('Ōlelo No'eau, #2836)



Signs of bullying

- Headaches
- Depression
- Loss of friends
- School absenteeism
- Academic problems

Reasons why students might not report bullying to adults

- Negative messages about tattling and snitching
- Gender stereotypes
- Concern about retaliation
- Lack of confidence in adults' actions

HIGH SCHOOL

2 of 5 students say bullying is a problem at school.



students DO NOT have a teacher or adult at school they can talk to when they have a problem.

MIDDLE SCHOOL

HALF of students say bullying is a problem at school.



Spectrum of bullying



What is Bullying?

Any unwanted written, verbal, graphic, or physical act by an individual or group toward another person(s) that causes harm or distress.

3 Parts to Bullying

- Power imbalance
 - Intent to do harm
 - Is REPEATED over time
- Or happens JUST ONCE and is likely to be repeated.

LET'S TALK ABOUT BULLYING

FORMS OF BULLYING

- Physical
- Verbal
- Social
- Emotional
- Cyber

WHAT CAN I DO AND WHERE CAN I FIND OUT MORE?

What you can do

PREVENT

- Be a role model for positive communication, healthy relationships, and self-care.
- Reinforce acts of kindness, respect, and inclusion.
- Set policies and rules about bullying.

RECOGNIZE

- Know the definition of bullying and its many forms.
- Talk with and actively listen to the youth who confide in you.
- Watch for warning signs of bullying.

INTERVENE

If a student reports being bullied

- Be supportive and gather information about the bullying.
- Assure the student that bullying is not their fault.
- Consider connecting the student to mental health services to talk about the experience.
- Ask the student being bullied what can be done to make them feel safe.
- Commit to making the bullying stop and consistently support the bullied student.

If you witness bullying behavior

- Respond quickly and consistently to send the message that it is not acceptable.
- Separate the students involved.
- Meet any immediate medical or mental health needs.
- Stay calm and model respectful behavior.

Bullying Resources

TEACHERS

Common Sense Media

commonsensemedia.org/cyberbullying

Cyberbullying Research Center

cyberbullying.org

Growing Pono Schools

growingponoschools.com

Hawai'i Bullying Prevention Toolkit

bullypreventiontoolkit.weebly.com

Hawai'i Sexual & Gender Minority Health Report

health.hawaii.gov/surveillance

Hawai'i State Department of Education (HIDOE)

hawaiipublicschools.org Anti-Bullying Work

Mental Health America of Hawai'i

mentalhealthhawaii.org/youth-suicide-bullying-prevention

Stop Bullying

stopbullying.gov/respond/support-kids-involved/index.html

STUDENTS

Speak Now HIDOE

Anti-Bullying Reporting App

Report bullying incidents on campus – digitally and anonymously. Speak Now HIDOE can be downloaded from the App Store or Google Play.



**STOP,
WALK,
& TALK**

**Tell the bully to stop,
walk away, and
talk to a trusted adult.**



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