

Bullying Presentation - SECAC

27 SEPTEMBER 2021 / 5PM -7PM / Presentation was given virtually. However, registers were able to attend in person or virtually with zoom.

Attendees

Wendy Keen, Elizabeth Proffitt, Audri Levering PPMD, Missy Alexander PPMD, Aimee Boumiea, Michael Boumiea, Joe Goetz, Kimberly Jamar, Hannah Vergossen, Angelica Perez, Nicole In Den Bosch, Pam Teat, Tamyra Dupree-Jones, Crystal Hultz

About Parents' Place of Maryland (PPMD)

PPMD empower families as advocates and partners in improving education and health outcomes for their children with disabilities and special health care needs. PPMD was established in 1990, governed by parents. 94% of the PPMD team has children with disabilities or special health needs.

What is bullying?

- **What is Bullying?**
 - The intentional verbal, physical, or written conduct or electronic communication that creates a hostile environment by interfering with a students educational opportunities, performance, or with a student's physical or psychological well-being.
 - Unwanted, aggressive behavior that is repeated or has the potential to be repeated overtime.
 - Includes: making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.
 - 160, 000 students each year miss school because of bullying.
- **Cyberbullying**
 - Using electronic devices for electronic communication.
 - Includes social media sites.
 - Includes any future applications that fall under "electronic communication"
- **Types of bullying**
 - **Physical** - hitting, kicking, pushing. Forced or unwelcome contact. Taking or damaging others property.

- **Verbal** - teasing with the intent to hurt, demeaning jokes, stories or remarks, spreading rumors, threats, name calling, intimidation
 - **Emotional** - alienation or exclusion from groups, manipulation, posting slander, public humiliation
 - **Sexual** - sexually charged comments, inappropriate physical contact, sexual assault
 - **Cyber-bullying** - sending harassing instant messages or emails, posting online comments.
 - **Indirect-bullying** - verbally spreading rumors, physically getting another person to assault someone.
- **Children who bully can come in all shapes, sizes, races and gender.**

Facts about Bullying

- Gender plays a role - boys are more likely to bully others. However, boys and girls bully differently. Girls are more likely to bully by exclusion while boys are more likely to use physical actions.
- Bullying occurs more in school and is more prevalent among middle school students.
- Bullying is often not an isolated behavior

Children with Special Needs and Bullying

- Children with special needs may be at particular risk of being bullied. Those with a learning disability, ADHD, medical conditions that affect their appearance, obesity, stuttering, diabetes, paralysis are at a greater risk.
- Children who are bullied are not victims, they are targets and for some children with disabilities, it may be difficult for them to determine or understand that they are a target.
- You can use your child's IEP to:
 - Develop goals and interventions in the IEP to build skills that prevent bullying
 - Develop methods to intervene against bullying behavior.
- *"Disability harassment is intimidation or abusive behavior toward a student based on disability that creates a hostile environment..."*

Outcomes of Bullying

- There are short and long-term effects such as:
 - School avoidance
 - Low self esteem
 - Increased fear and anxiety
 - Depression
 - Lower grades
 - Increased violence in the school
- Bullying affects everyone: targets, bullies, bystanders

What can YOU do!

Parents are the people most familiar with their child's strengths, abilities and weaknesses. You are also your child's best advocate.

1. **Plan Ahead** - teach self advocacy skills, help your child understand their disability, encourage social development, build a support system.
2. **Talk about bullying** - listen, believe, be supportive, be patient, provide information and explore strategies.

Strategies should be appropriate for:

- The situation
 - The age of the child
 - The child's ability and comfort level
 - The supports available for the child
3. **Reactions to bullying** - ignore the bully, use self talk, practice role-playing and problem solving, move away from the situation and stay with a peer.
 4. **Encourage** - studies show that children who interact with their peers are less likely to be bullied.
 5. **Seek a professional** - professionals can offer support, advice, and information to assist parents in determining the best intervention to stop a child from being a target of bullying.
 6. **Be involved** - take an active role in your child's school. Let teachers and students know who you are and that you are interested in your child's safety and well-being.
 7. **Keep a record** - when your child is a target of bullying, parents need to document the events and develop a record of what is happening. (keep a copy of the bullying, harassment and intimidation form)
 8. **Notify school administration**- each time your child informs you that he or she has been bullied, create a letter or other line of communication to notify teachers, principals, special educator that your child is being bullied and allow them to know the time of the day/location where this is occurring

Additional information:

For additional information on bullying, please contact the Family Support Resource Center at fsupport@kent.k12.md.us or call 410-778-5708

If you would like more information about Parents' Place of Maryland, check out their website at ppmd.org or call 410-768-9100

<https://www.stopbullying.gov/bullying/special-needs>

<https://www.stompoutbullying.org/special-needs-kids-and-bullying>

<https://www.pacer.org/bullying/info/students-with-disabilities/>

<https://www.cdc.gov/ncbddd/disabilityandsafety/bullying.html>

<https://www.parentingspecialneeds.org/article/students-special-needs-avoid-bullying/>