

“Walk the Talk” Bullying Prevention Training

“Bullying—Walking Through What You Can Do”



The History Behind Our Bully Training

As a non-profit agency, we are charged with working with parents across the state of Iowa who have children with special needs. During the 2011-2012 school year, we noticed we were receiving an increasing number of calls from parents regarding bullying. We also began to receive calls from parents with children without special needs and they, too, were asking for direction and help regarding bullying.

Spring of 2012 we decided to hold a community forum to discuss bullying. We partnered with LDA-IA (Learning Disabilities Assoc. of IA) and Community Youth Concepts and held a special screening of the movie, “Bullying”. Parents, students, educators, and concerned citizens joined us for this event. After the showing of the movie, “Bullying”, Des Moines Register opinion columnist, Rekha Basu facilitated a community conversation about the culture of bullying.

From that community conversation, it was clear that people were asking for 3 main things:

- How to help my child and talk to my child if they are being bullied?
- How to help my child and talk to my child if they are exhibiting bullying behaviors?
- How to advocate for change regarding bullying?

It was clear to us what parents, and students were needing. Our “Walk the Talk” Bully Prevention Training: “Bullying-Walking Through What You Can Do” was designed to cover these key objectives that parents and students were asking for, and much more!

We also felt it was important to put together a training that could be tailored to all audiences (students, parents, and educators) to ensure they were all on the same page and using the same language. Students really are on the front lines when it comes to bullying. Data shows that 60% of bullying does NOT happen in front of an adult, and students will only tell adults about bullying 30% of the time. Because students often DO NOT tell adults, it’s so important that students are empowered to help themselves and each other.

This training allows us to EMPOWER and SUPPORT STUDENTS FROM ALL DIRECTIONS:

- Training students empowers students on what to do to help themselves and their peers.
- Training parents empowers parents regarding what to do in a bullying situation, but it also teaches parents how to talk with and empower their child.
- Training teachers empowers educators regarding what to do in a bullying situation, but it also teaches educators how to talk with and empower students.

In the end, **STUDENTS BENEFIT!** Students are empowered and surrounded with support from both parents & educators, and students are trained to help themselves and each other!

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Training Description

Bullying is the most common form of violence against young people today! Through lecture, story-telling, examples, videos, activities and discussion, this workshop will help students, parents and educators to better understand the issue of bullying; how to recognize bullying; empower parents and educators to talk with their students regarding bullying, empower students to address bullying; and guide participants in what to do if they or someone they know, is being bullied or exhibiting bullying behaviors.

Participants will increase their understanding of:

- ◆ The definition and types of bullying
- ◆ Why kids don't tell adults
- ◆ Why/how cyber bullying has changed the face of bullying
- ◆ The role of the bully, the victim, and the witness (es)
- ◆ What students can do to help themselves and each other
- ◆ What parents/adults can do to help
- ◆ How and why to report bullying
- ◆ What Iowa code 280.28 says regarding bullying
- ◆ The bully investigation process
- ◆ The various levels of advocacy (from one's own child all the way to the federal level)

Participants will leave with important knowledge and understanding regarding the harsh reality of bullying in today's social climate. They will learn the basic dynamics of bullying and the impact it can have on all kids involved - the student exhibiting bullying behavior, the target of bullying, and the witnesses. Participants will build their skills in how to talk with students regarding bullying, how and why to report bullying, and how to effectively advocate if a student is being bullied.

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Training Goals

To provide important bullying information in order to put control back into the hands of all those impacted by bullying—parents, students, educators, and communities.

Learning Objectives

- ◆ The definition and types of bullying
- ◆ Why kids don't tell adults
- ◆ Why/how cyber bullying has changed the face of bullying
- ◆ The role of the bully, the victim, and the witness (es)
- ◆ What students can do to help themselves and each other
- ◆ What parents/adults can do to help
- ◆ How and why to report bullying
- ◆ What Iowa code 280.28 says regarding bullying
- ◆ The bully investigation process
- ◆ Bullying and children with disabilities

Training References

- ◆ PACER's National Bullying Prevention Center—pacer.org
- ◆ Stopbullying.gov
- ◆ Bullyproject.com
- ◆ Youthvoiceproject.com
- ◆ Educateiowa.gov
- ◆ Iowa Code 280.28
- ◆ USDE “Dear Colleague Letters”

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Target Audience

This training is specifically developed to address many different audiences. It can be tailored for an audience of:

- ♦ Students
- ♦ Parents
- ♦ Students and Parents
- ♦ Educators

Training Length

The length of the training can also be tailored to accommodate various needs:

- ♦ The student training can be 60 minutes or 90 minutes.
- ♦ The parent training can be 60 minutes, 90 minutes, or the full comprehensive training is 3 hours.
- ♦ The student/parent training is 60 minutes or 90 minutes. (With students participating, we do not recommend the full comprehensive 3 hr. training as it is too long for most students and covers details that would not directly relate to students.)
- ♦ The educator training can be 60 minutes, 90 minutes or the full comprehensive 3 hour training.