Bully-Proof Your School

Tools for Teaching Respect, Tolerance, and Safety in the Digital Age

WORKSHOPS AND CONSULTATION SERVICES FOR TEACHERS AND SCHOOL ADMINISTRATORS
About the Program

“In every school I’ve been in, bullying has been a problem—and, until recently, it has not been addressed. Parents Place’s bullying prevention program is in sync with my own. It gets away from blame and addresses how to turn bystanders into ‘upstanders.’”

—Becki Cohn-Vargas, EdD, Superintendent-Principal, Luther Burbank School District, San Jose, California

“This has been a particularly difficult year for the youth in our area. I appreciated the considerable discussion about homophobic bullying.”

—Kathleen Bransfield, San Jose teacher

About Our Approach

The workshops offered by Parents Place draw upon the latest research on bullying prevention and the development of social and emotional skills in school-age children, from preschool to high school. This includes training in the Steps to Respect and Second Step methodologies.

Steps to Respect is an evidence-based bullying prevention program for educators and parents of students grades 3 – 6. It includes tested methodologies for preventing bullying, including parent and teacher training, skill practice and coaching for students, school-wide policy development, and family awareness.

The Second Step program has been shown to reduce problem and aggressive behaviors as well as peer rejection and has been effective with students across socioeconomic and racial backgrounds.

Parents Place also works in collaboration with Common Sense Media to help parents and teachers understand the implications of digital media connectivity for children in their care.
Workshops on Bullying Prevention

What Schools Need to Know about Bullying and How to Prevent It
(for kindergarten through high school teachers)

Bullying doesn't affect only the children who are targets of this aggression. It impacts an entire school, affecting the way teachers teach, the way students learn, and the school community’s confidence, trust, and safety. This workshop will help school personnel recognize the signs of bullying; create a safe school environment; and help the child who is using bullying behaviors, being targeted, or witnessing bullying as a bystander.

In this two-hour professional development training, participants will learn:

• What constitutes bullying behavior
• How bullying differs from teasing and peer conflict
• The incidence and impact of homophobic bullying
• The rise and impact of cyber-bullying
• Gender differences in bullying
• What schools can do to intervene and empower students

Relational Aggression: The Hidden Culture of Aggression in Girls
(for elementary through high school teachers)

They may not throw punches or shout out names in class, but girls can—and do—engage in bullying as much as boys … just differently.

This two-hour professional training covers relational aggression, which involves social snubbing and exclusion, whispering, gossiping, and other more covert forms of bullying among girls.

Participants will learn:

• The culture of relational aggression among girls
• Girls’ roles and relationships within peer groups
• Relational aggression in cyberspace
• Strategies to prevent relational aggression—in schools and in the community
Committee for Children School-Wide Violence Prevention Programs and Curriculum

Teaching Social and Emotional Skills Using the Second Step Violence Prevention Curriculum (for preschool through grade 5 teachers)

Second Step, a comprehensive school-wide social and emotional learning program developed by the Committee for Children, gives educators tools to help children become socially skilled, form healthy relationships, and develop strong bonds to school. These are key ingredients for creating a school culture that is safe, respectful, and most conducive to learning. The Second Step program has been shown to prevent physical, relational, and verbal aggression and bullying in the school environment. This hands-on training uses videos, group activities, interactive discussion, and role-playing exercises to prepare educators to implement fully this highly effective violence prevention program.

During this full-day professional training*, participants will learn:

- The research on social development, aggression prevention, and academic achievement
- Lesson plans and activities to teach students impulse control, emotion/anger management, empathy training, problem-solving, and behavioral skills
- Specific tools for reducing and intervening in aggression and bullying in the classroom and on the playground
- How to educate and communicate effectively with parents about children’s social and emotional skills and involve them in the program
- An achievable plan for sustaining the Second Step program

* Please note that this workshop can be divided into two half-days or three two-hour sessions.
Creating a Safe, Respectful, and Bully-Free School Using the Steps to Respect Model
(for teachers of grades 3 – 6)

*Steps to Respect*, a comprehensive school-wide program developed by the Committee for Children, has been deemed by experts to be one of the most highly effective bullying prevention models. This hands-on, interactive training in *Steps to Respect* methodology and implementation will give administrators, staff, and students resources needed to create a safe, bully-free school environment and provide participants with the opportunity to practice *Steps to Respect* lesson plans, activities, and coaching skills. Educators will leave the training with the knowledge and practical skills required to implement this bullying prevention program fully.

During this full-day professional training,* participants will learn:

- How to assess and monitor bullying at their school through the use of student reports
- Coaching techniques to help all students affected by bullying: those using bullying behaviors, those being targeted, and those witnessing bullying as bystanders
- Lesson plans and activities to teach students the friendship, social, and communication skills necessary to prevent bullying, along with the best ways to respond to and report it.
- How to educate and communicate effectively with parents about bullying and involve them in the program
- An achievable plan for sustaining a successful *Steps to Respect* bullying prevention program

* Please note that these workshops can be divided into two half-days or three two-hour sessions.
Workshops on Cyber-Bullying, Digital Literacy, and Online Safety*

Cyber-Bullying: Helping Schools, Parents, and Students Stop Online Social Cruelty
(for middle and high school teachers)

It’s no longer just in the classroom and schoolyard, on the playground, or in the street: Bullying is occurring 24/7, most often under the radar, over children’s computer and mobile phone screens across our country.

This two-hour professional training will feature:

- The many forms of cyber-bullying (including social networking sites, websites, texting, and emailing)
- The impact of electronic bullying on the target, the user, and the bystander
- What schools can do to address cyber-bullying—even when it occurs off-campus
- New legislation to protect those who have been cyber-bullied

Digital Elementary School Kids: Safe, Smart, and Responsible
(for elementary school teachers)

Children are using digital technology and accessing the Internet at increasingly younger ages. This training will give teachers an understanding of how elementary students are using digital technology, the opportunities and challenges of this technology, and its impact on children’s development. During this two-hour workshop, teachers will learn:

- What children are doing online and how they are using digital technology: games, social networking, visiting online worlds, downloading, and creating blogs and web pages
- The impact of media on children’s emotional, social, and physical health
- What constitutes a healthy media diet
- How to set limits
- Tools for teaching children Internet safety and cyber citizenship

* These workshops were developed in collaboration with Common Sense Media.
24/7 Digital Life: Understanding Teens’ Connected Culture
(for middle and high school teachers)

This workshop focuses on the developmental needs of youth in middle and high schools. Teachers will learn about the media landscape and digital culture of today’s youth, including Internet safety for pre-teens and adolescents; ways that young people are using social networking, online worlds, and games; ways to prevent Internet addiction; and what teens need to know about their digital reputation and virtual identities. During this two-hour workshop, teachers will learn:

- What youth are consuming and creating online
- The opportunities and risks of digital media
- Strategies for ensuring that youth are safe, smart, and responsible media users
- Tools for teaching youth Internet safety, cyber citizenship, and protection from cyber-bullying

* These workshops were developed in collaboration with Common Sense Media.

In addition to these trainings, Parents Place is pleased to work with you to combine elements of two or more workshops or to customize a training session that better meets your goals, philosophies, and needs. Call 650-688-3032 or email KarenFB@jfc.org to learn more.
Individual Consultation Services

The Parents Place Bullying Prevention Program provides individualized consultation services to school administrators and teachers to help schools develop a comprehensive bullying prevention policy and reporting procedure in compliance with California Legislation and Education Codes, assist with specific bullying situations, and provide booster sessions following teacher professional development training.

Parents Place Staff

Karen Friedland-Brown, MA, Director of Parents Place
Stephanie Agnew, BA, Parent Education Coordinator
Patricia Page, MA, Parent Educator
Since its founding more than 25 years ago in the Bay Area, Parents Place has taken a leadership role nationally in developing policies and programs to support families. Parents Place offers comprehensive, evidence-based programs to help schools and families create communities of kindness and respect where children can learn, grow, and thrive.

Our presenters and consultants are professional parenting educators and child and adolescent development experts who have extensive experience working with parents, children, teachers, and school administrators. Parents Place family resource centers in five counties offer counseling and consultation to parents and social skills groups for children, among other services.

For more information about how we can be of assistance to you with our Bullying Prevention Program and our fee schedule, please contact: Karen Friedland-Brown at 650-688-3032 or KarenFB@jfcs.org

To schedule a workshop, contact our office manager, Sandra Stein, at 650-688-3021 or SandraSt@jfcs.org

Our workshops are offered throughout the year at times that are most convenient to you.