

Anti-Bullying Workshop

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www.icnacsj.org/StopBullying



Students

What is Bullying?



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It is unwanted, aggressive behavior that includes three things:

1. Hostile intent not accident
2. Imbalance of power
 - a. Physical strength, access to embarrassing information, popularity, adults vs kids, etc.
3. Repetition



Types of Bullying



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Verbal

- Teasing, name calling, inappropriate comments, taunting, threatening

Social

- Leaving some out on purpose, spreading rumors, embarrassing someone in public

Physical

- Hitting, spitting, pushsing, tripping



Cyberbullying



- Bullying that takes place over digital devices like cell phones and computers
- Can be via
 - Social Media
 - Texting
 - Forums
 - Gaming
- Includes
 - Sharing personal or private information
 - Sharing false, negative, harmful, or mean content about someone



Students Most Risk of Being Bullied

- Students perceived to be different from their peers
 - Overweight, new, dress “uncool”
- Students belonging to an ethnic or religious minority
- Students perceived to be weak, to have low self-esteem, or to lack confidence
- Students who have few friends or who are unpopular



Why Kids Bully

- Lack of attention from parents at home so lashes out to get it
- Unstable home environment
- Victim of bullying themselves, maybe even from an older sibling
- Bad role models: Copying bad behavior
- Aggressive and dominating by nature
- To fit in or be accepted by friends who also bully
- Jealousy
- Keep others from bullying them (insecurity)
- View violence positively
- Have difficulty following rules



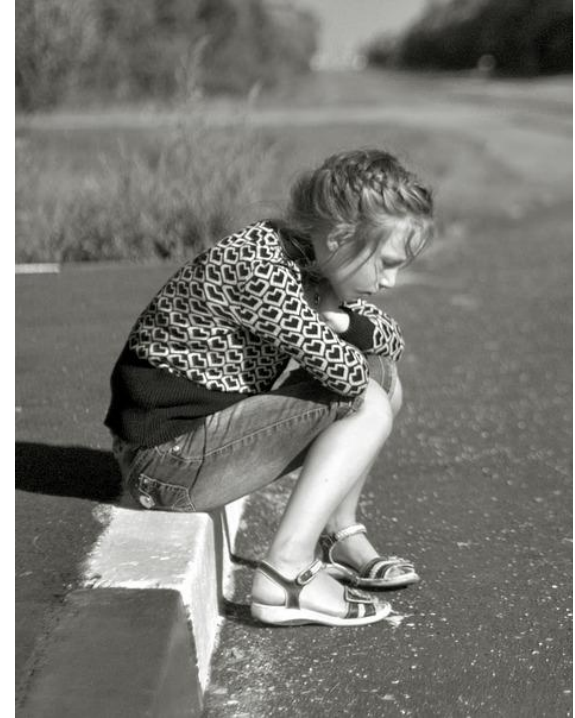
Effects of Being Bullied



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Can have physical, psychological, social, or educational harms, such as:

- Depression
- Anxiety - a feeling of worry, nervousness, or unease
- Feelings of sadness
- Loneliness
- Changes in eating and sleeping patterns
- Decreased academic performance
- Loss interest in activity they used to enjoy
- Small percentage also retaliate through extreme violence



What to Do If You're Bullied

- They want you to react and will often lose interest if you don't
- Tell bully to stop in a calm, clear voice
 - **Only if** you don't feel at risk, scared or physically threatened
 - You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard
 - If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot
- If bullying continues
 - Talk to a **trusted** adult
 - Especially if you are being physically bullied and are in danger
 - Teacher, parent, guidance counselor, or school psychologist
 - Avoid the bully
 - Stay away from places where bullying happens
 - Stay near adults and other kids if happens when alone
 - Use buddy system



What NOT to Do When Bullied

- Think it's your fault. Nobody deserves to be bullied!
- Fight back or bully a person back
- Keep it to yourself and just hope the bullying will "go away." Make sure you report the bullying.
- Skip school or avoid school or afterschool activities because you're afraid of the bully
- Don't be afraid to tell. Telling is NOT tattling! It's the right thing to do!
- Hurt yourself. Nothing is that hopeless that it can't be resolved. As painful as bullying is, NOTHING is ever that bad that you should hurt yourself in any way.



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If You See Someone Being Bullied

- Talk to a parent, teacher, or another adult you **trust**. They need to know so they can help
- Be kind to the kid being bullied
 - Try to include them: sit with them at lunch or on bus, talk to them, invite them to do something. Make them not feel alone.
- Get involved: Be on school safety committee, implement some sort of anti-bullying workshop or campaign, teach students how to get help, etc.
 - Incidents of bullying are reduced when students themselves disapprove of bullying

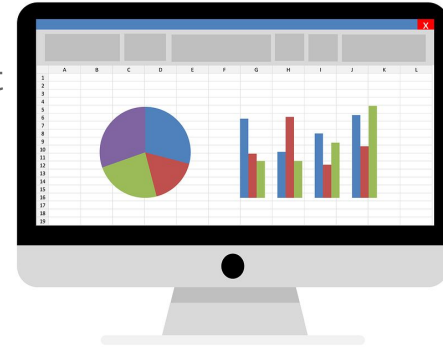


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Parents

Statistics on Bullying of Muslim Kids

- **53%** of Muslim students have experienced religiously-based bullying in school in California
 - Nearly twice the national average
- Verbal bullying was reported by **52%** of Muslim adolescents and was the most common form of harassment reported
- From 2014 to 2017, rates of Muslim adolescents reporting physical harassment and assault jumped from 9% to **19%**
- In a survey of California Muslim students, **38%** of the bullying incidents involved a **teacher** or **school official**
- Only **32%** of youth in a California survey said reporting a (bullying) problem to an adult made a difference
- From 2014 to 2017, rates of California Muslim students who reported being victims of cyberbullying jumped from 19% to **26%**
 - More than half (**57%**) also report viewing their peers making offensive online posts about Islam or Muslims



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If Your Child is Being Bullied

- **DO NOT** tell them to ignore it or suck it up
- Review the school or district policies on bullying and follow the procedures outlined in it
- Inform the school about your concerns right away
- If bullying does not stop or the authority does not do anything, keep going up the chain
 - Teacher -> Principal -> Superintendent -> School Board -> U.S. Department of Education's Office for Civil Rights and the U.S. Department of Justice's Civil Rights Division



If Your Child is the Bully

- Make it clear that their behavior is unacceptable, it will have consequences, and it needs to stop immediately
- Follow through with consequences
- Help them recognize how it is making the victim feel
- Encourage them to perform an act of kindness
- Ask them to reflect on why they are doing it
- If anger issues, teach them to control it
- If communication issues, teach them problem solving and communication skills including how to reach a compromise
- If low self-confidence, then help them feel better about themselves
- Know their friends



General Tips for Parents

- Lead by example and respect others
- Teach them positive, nonviolent responses to abusive behavior
- Build in them strong self confidence and positive self image
 - Enroll them into a self defense class
- Create a loving home and environment
 - Treat them with respect, no physical or emotional abuse, actively listen, do not allow mistreatment, allow expression of opinion, etc.
- Create culture of accountability
- Recognize and look for signs which may indicate that you're child is being bullied
- Get to know the staff of the school
 - Get involved with PTA
- Teach self-protection techniques and role-play them for practice



How to Raise Self-Confident Kids

- Help them develop competence
- Let them take healthy risks
 - Let them make their own age appropriate choices
- Make them feel loved and secure
- Do **NOT** overpraise
 - Offer appropriate praise - it should be specific and earned
 - Focus should be the effort **not** fixed qualities or results
- Let them help around the house
- Encourage them to pursue their interests
- If they fail or struggle, make clear you love them regardless
- Ban harsh criticism
- Let them help others and give



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Other Resources



- ICNACSJ.ORG/StopBullying
 - **SLIDES DOWNLOAD:** WWW.ICNACSJ.ORG/ANTI-BULLYING-WORKSHOP
- **KnowBullying App** by *Substance Abuse and Mental Health Services (SAMHSA)*
- StopBullying.gov
- NoBullying.com
- ING.ORG/anti-bullying/
- StompOutBullying.org

The End