We are excited to provide you with this updated edition of the online Bullying Prevention Resource Guide. It represents many hours of researching for the most effective, evidence – based information and resources to help parents, school staff, and child and adolescent professionals care for their youth.

Please understand that this resources guide is merely to be used as a tool. It is not meant to be a substitute for professional advice and services rendered by school personnel and other professional and legal services. If you determine that any of these resources is unsatisfactory, we would like to hear from you. In addition, if you locate other valuable resources, either locally or nationally, please let us know for possible inclusion.

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Introduction

Compiling a list of these available resources creates a tool to help parents and Child and Adolescent professionals provide effective bullying awareness and prevention services. This guide is designed to help people 1. Develop an understanding of Adverse Childhood Experiences (ACEs) and its potential effects on adolescent behaviors; 2. Understand the burden on the issue in Oklahoma and the process of creating a safer school climate; and 3. Gain insight on available local and national efforts and resources in preventing and addressing bullying behaviors.

Definition

As defined by the Centers for Disease Prevention and Control (CDC) "Bullying is **unwanted**, aggressive behavior among school aged children that involves a real or perceived **power imbalance**. The behavior is repeated, or has the potential to be **repeated**, over time. Both kids who are bullied and who bully others may have serious, lasting problems."

Bullying can be **direct** or **indirect** in nature. Direct bullying includes hitting, kicking, groping, obscene gestures, taunting, teasing, stealing, spitting, shoving, threatening, etc. Indirect bullying includes spreading rumors, getting another person(s) to bullying someone for you, deliberately excluding someone from a group or activity, and cyberbullying.

For More Information

https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

https://www.stopbullying.gov/

https://sde.ok.gov/bullying-prevention

Legislation

Oklahoma state laws, policies, and regulations require districts and schools to implement a bullying policy and procedures to investigate and respond to bullying when it occurs.

Oklahoma anti-bullying laws include the following definitions of bullying or harassing behavior:

"Bullying" means any pattern of harassment, intimidation, threatening behavior, physical acts, verbal or electronic communication directed toward a student or group of students that results in or is reasonably perceived as being done with the intent to cause negative educational or physical results for the targeted individual or group and is communicated in such a way as to disrupt or interfere with the school's educational mission or the education of any student. 70 Okl. St. § 24-100.3 (2014)

Overview of Oklahoma §70 24-100.3 - 5 (2014)

Oklahoma school districts must adopt a policy for the discipline of all children attending public school and for the investigation of report incidents of bullying. School district policies must contain key policy and procedural elements, including, but not limited to:

- Procedures for reporting and investigations, including procedures for reporting to local law enforcement;

- Statements of consequences for violation of the policy;

- Statements of how the policy will be publicized within the district.

- Procedures for notifying the parents or guardians for a victim and the parents or guardians of a perpetrator;

- Designation of the school official responsible for enforcing the policy;

- Requirements for annual training of administrators and school employees;

- Provisions for educational programming for students and parents in preventing, identifying, responding to and reporting incidents of bullying;

- Procedures for referral to delinquency prevention and diversion programs for students who bullying;

- Disciplinary consequences and remedial actions for persons who commit acts of bullying,

- Strategies for providing counseling or referral to appropriate services for both targets and perpetrators, and family members affected by bullying;

- Procedures for documenting and reporting the number of bullying incidents.

Oklahoma anti-bullying laws neither include protections for specific groups nor explicitly cover off-campus conducts, however, they do require districts to implement district policies throughout the school year and in a manner that is integrated with other violence prevention efforts.

For more information

- §70-24-100.1. Prevention of violence services.
- §70-24-100.2. Short title - School Safety and Bullying Prevention Act.
- §70-24-100.3. School Safety and Bullying Prevention Act - Definitions.
- §70-24-100.4. School Safety and Bullying Prevention Act - Discipline of child - Prohibition of bullying at school and online – Policy requirements.
- §70-24-100.5. School Safety and Bullying Prevention Act - Safe School Committees.
- https://sde.ok.gov/sites/ok.gov.sde/files/OSDE%20Model%20Bullying%20Policy%20Final.pdf

Data Report

Bullying is common:

The prevalence of having been bullied on school property during the 12 months before the survey was 21.3% in 2017, a statistically significant increase from 17.5% in 2009.

The prevalence of having been bullied electronically during the 12 months before the survey was 16.1% in 2017, which has seen no statistical change from 15.6% in 2011.

Females were more than twice as likely as males to have been bullied on school property at 29.7% and 13.1%, respectively. Females were four times more likely than males to have been bullied electronically at 27.2% and 5.6%, respectively. No differences were observed by grade or race/ethnicity.

Additionally, data from the YRBS 2017 show that students who were bullied on school property or bullied electronically were more likely than students who had not been bullied to report signs of depression, suicidal ideation, and current use of alcohol.

Four of the six categories of health risk behaviors monitored by the YRBS have improved over time: physical violence; tobacco use; alcohol use; drug use; and sexual behaviors. Although dietary behaviors and physical inactivity have not improved over time, they have not worsened either. However, bullying on school property and electronic bullying still remain highly prevalent and unchanged over time.

For more information

https://www.stopbullying.gov/bullying/what-is-bullying

https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf

Training and Development

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood between the ages of 0 – 17.

ACEs are common. About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

ACEs are costly. The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year

Some children are at greater risk than others. Women and several racial/ethnic minority groups were at greater risk for having experienced 4 or more types of ACEs.

ACEs are its associated effects are preventable. For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.

For more information

https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/

https://okpolicy.org/adverse-childhood-experiences-aces/

StopBullying.Gov

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

The CDC's Bullying Prevention Training Center offers training courses and toolkits for professional and non-professional community members. These resources provide guidance on how to take a public health approach to bullying prevention through the use of long-term, community-wide prevention strategies.

OK.Kognito.Com

This Kognito simulation suite, sponsored by the Office of Suicide Prevention at the Oklahoma Department of Mental Health & Substance Abuse Services (ODMHSAS), address topics of mental health, suicide prevention and bullying, and how to support especially vulnerable students (K-12) as a professional or peer. These research-proven simulations go beyond knowledge and awareness to build user's skills and self-confidence through practice talking with virtual students and parents. Kognito offers promotional flyers, talking points, and discussion guide.

Reports and Data:

- [CDC's fact sheet that includes definitions, consequences, and prevention strategies for preventing bullying.](#)
- [Oklahoma Youth Risk Behavior Survey (YRBS) Data and Reports](#)

- [Measuring Bullying Victimization, Perpetration, and Bystander Experiences: A Compendium of Assessment Tools pdf icon](#)[21.7 MB, 128 Pages, 508]
  This compendium provides researchers, prevention specialists, and health educators with tools to measure a range of bullying experiences.

- [Technology and Youth: Protecting Your Child from Electronic Aggression pdf icon](#)[161 KB, 2 Pages, 508]
  This tip sheet provides an overview of electronic aggression, any type of harassment or bullying that occurs through e-mail, a chat room, instant messaging, a website (including blogs), or text messaging. It provides parents and caregivers with strategies for protecting children from this type of violence.
- [The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools pdf icon](#)[4.78 MB, 10 Pages, 508]
  This document provides concrete, action-oriented information to help improve schools' understanding of and ability to prevent and respond to the problem of bullying and suicide-related behavior.

Additional Resources:

National Resources
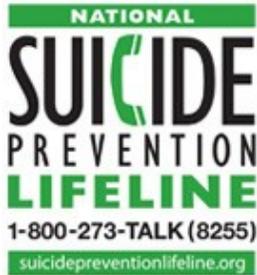
The National Suicide Prevention Lifeline

1-800-273-TALK (8255)
En español oprima el 2

The Trevor Lifeline

The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ youth.
1-866-488-7386

Half of Us

From mtvU and The Jed Foundation, Half of Us aims to decrease the stigma around mental health and encourage help-seeking among teens.

LIFT is an online stress and trauma curriculum for adolescents developed to support youth in areas with limited mental health resources, as well as to enhance trauma interventions already in place. LIFT aims to teach adolescents cognitive behavioral techniques to cope with symptoms of anxiety, depression, and trauma and to build resilience in their daily lives.

Treatment and Services Adaptation Center
Resiliency, Hope, and Wellness in Schools

The website serves as a portal for all of the Trauma Services Adaptation Center for Resilience Hope and Wellness in Schools initiatives. The website provides a descriptive overview of the key components of a trauma-informed.

Trauma Responsive School Implementation Assessment

The Trauma Responsive School- Implementation Assessment (TRS-IA) in an online tool designed to help schools and districts gauge their current level of trauma-responsiveness.

Cognitive Behavioral Intervention for Trauma in Schools

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a skill-based, group intervention that is aimed at relieving symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and general anxiety among children exposed to trauma.

Bounce Back

Bounce Back is a skill-based, group intervention that is aimed at relieving symptoms of Post-Traumatic Stress Disorder (PTSD), anxiety, and depression among elementary aged (K-5th grade) children exposed to trauma.

Support for Students Exposed to Trauma

Support for Students Exposed to Trauma (SSET) is a skill-based, group intervention that is aimed at relieving symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and general anxiety among children exposed to trauma.

stopbullying.gov

Oklahoma State Resources

Oklahoma Department of Mental Health and Substance Abuse Services

405-522-3650

This site maintains a list of the 14 Community Mental Health Services that serve all counties in Oklahoma. For more information, contact

Clifford Sipes - Youth (OYAY)
Youth Specialist- Oklahoma Young Adult and Oklahoma Department of Mental Health and Substance Abuse Services
Clifford.Sipes@odmhsas.org

Cell: 405-593-9043 Office: 405-248-9362

OKLAHOMA STATE DEPARTMENT OF EDUCATION CHAMPION EXCELLENCE

OSDE Suicide Prevention

OLWEUS BULLYING PREVENTION PROGRAM

OBBP is a comprehensive approach that includes school wide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. We have certified trainers in the state to help schools properly adopt and implement the OBPP.
For more Information, contact

Megan Pridgeon, BS Health Ed.
School Health Consultant
Oklahoma State Department of Health
Office: (405) 426-8085
Megan.Pridgeon@health.ok.gov

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PREVENT BULLYING tulsa.org

PreventBullyingTulsa.org is a resource website provided by the Anti-Bullying Collaboration (ABC), a program of The Parent Child Center of Tulsa. The ABC is comprised of 30 cross-sector partners including education, mental-health, advocacy, parent groups, and more. For more information, contact

Steven Hahn | Vice President of Youth Programs
The Parent Child Center of Tulsa
Office: 918-699-0533
Cell: 918-292-9313
Email: shahn@parentchildcenter.org
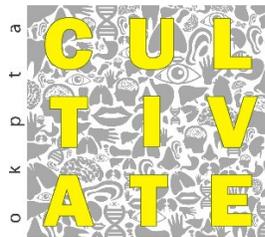
OKPTA Cultivate is a project of the Prevention and Safety Committee of the Oklahoma PTA. https://www.okpta.org/
Our mission is to provide effective strategies to cultivate school and community environments where children thrive.

YRBS Youth Risk Behavior Survey

Oklahoma Youth Risk Behavior Survey (YRBS) Data and Reports
https://oklahoma.gov/health/family-health/maternal-and-child-health-service/data-and-evaluation/ybrs.html