Bullying Prevention Resource Guide

Oklahoma State Department of Health

Megan Sylvester, School Health Consultant

Oklahoma State Department of Health

Maternal and Child Health Services

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.

Funding for development of this resource was provided by the Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, and the Maternal Child Health Services, Title V Program.

Table of Contents

Introduction

Compiling a list of available resources creates a tool to help parents and youth serving 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 their potential effects on adolescent behaviors; 2. Understand the burden of 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 any **unwanted** aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived **power imbalance**, and is repeated multiple times or is highly likely to be repeated." Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. 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 bully 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)

Prevention Services Guide (ok.gov)

For questions, comments, and/or to submit your resources, please email Megan.Sylvester@health.ok.gov

Oklahoma school districts must adopt a policy for the discipline of all children attending public school and for the investigation of incident reports on 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 bully;

- 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. Safe School Committees – Model policy

Data Report: Oklahoma Youth Risk Behavior Survey (YRBS)

2021 YRBS data on bullying:

The prevalence of having been bullied on school property during the 12 months before the YRBS was 18% in 2021, a decrease from 19% in 2019.

The prevalence of having been bullied electronically during the 12 months before the YRBS was 16% in 2021.

Females were more likely than males to have been bullied on school property at 22% and 15%, respectively. Females were twice as likely than males to have been bullied electronically at 22% and 11%, respectively.

Additionally, data from the YRBS 2021 show that students who were bullied either electronically or on school property were more likely than those who were not bullied to report signs of depression and suicidal ideation.

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

For more information

What Is Bullying | StopBullying.gov

Fast Facts: Preventing Bullying |Violence Prevention|Injury Center|CDC

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.

Protective and Compensatory Experiences (PACEs) are positive experiences that can increase resilience and protect against risk for mental and physical illness.

For more information
https://www.cdc.gov/violenceprevention/aces/index.html
https://okpolicy.org/adverse-childhood-experiences-aces/
https://extension.okstate.edu/fact-sheets/paces-for-children-overcoming-adversity-and-building-resilience.html
in person or virtual ACE's presentation, contact megan.sylvester@health.ok.gov
ACEs and Bullying https://www.stopbullying.gov/sites/default/files/2017-10/bullying-as-an-ace-fact-sheet.pdf

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.

PACER's National Bullying Prevention Center

PACER's National Bullying Prevention Center actively leads social change to prevent childhood bullying, so that all youth are safe and supported in their schools, communities and online. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students.

Reports, Data and Factsheets:

- CDC's fact sheet that includes definitions, consequences, and prevention strategies for preventing bullying.

- OSDH YRBS factsheets, infographics and reports

- What Is Cyberbullying | StopBullying.gov

- Prevent Cyberbullying | StopBullying.gov

National Resources

call or text 988 or chat 988lifeline.org 988 Suicide & Crisis Lifeline | SAMHSA

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.

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 school.

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.

Mental Health is Health

From mtvU and The Jed Foundation, Mental Health is Health aims to decrease the stigma around mental health and encourage help-seeking among teens.

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.

PACER's National Bullying Prevention Center actively leads social change to prevent childhood bullying, so that all youth are safe and supported in their schools, communities and online.

Oklahoma State Resources

Oklahoma Department of Mental Health and Substance Abuse Services

This site maintains a list of the 11 Community Mental Health Services that serve all counties in Oklahoma.

[Oklahoma Department of Mental Health and Substance Abuse Services](#)

[ODMHSAS Facilities (oklahoma.gov)](#)

OKLAHOMA STATE DEPARTMENT OF EDUCATION — CHAMPION EXCELLENCE

[OSDE Suicide Prevention](#)

PTA — every child. one voice.®

OKPTA Cultivate is a project of the Prevention and Safety Committee of the Oklahoma PTA.
https://www.okpta.org/
Their mission is to provide effective strategies to cultivate school and community environments where children thrive.

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.

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:

Kurt Bennett | Community and Family Outreach Supervisor
The Parent Child Center of Tulsa
Office: 918-699-0513
Cell: 918-714-6728
Email: [kbennett@parentchildcenter.org](#)

Oklahoma Youth Risk Behavior Survey (YRBS) Data and Reports

Factsheets/Infographics/Reports (oklahoma.gov)
Prevention Services Guide (ok.gov)

For more Information, contact:
Megan Sylvester, BS Health Ed. School Health Consultant
Oklahoma State Department of Health Office: (405) 426-8106
Megan.Sylvester@health.ok.gov