

Survey

If you don't
stand for
something
you will fall
for anything.

~Malcolm X
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Bullying, Disrespect and Mistreatment



Bullying, Disrespect, and Mistreatment

- When a person/group of people repeatedly and intentionally cause harm to another person/group of people who feel helpless to respond



Why are we here to talk about this?

1. We care about the school.



2. We care about safety.

3. These are our legal rights:

Safe Place to Learn Act: The School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived characteristics.



Bullying Quiz



How much do we actually know about disrespect?

- How often do people bully?
- Does it even happen much at Hercules?
- Do I sometimes disrespect others...

Question 1. True or False

- The amount of bullying and harassment reported at HHS has increased over the past 3 years.
- A. True
- B. False
- Answer: False – There has been a 104 point increase of students reporting “low harassment and bullying” based on the CHKS (2011-2013).

Question 2.

- _____% of California Middle and High School students have heard negative remarks about people who are gay, lesbian, bisexual, or transgender.
- A. 50%
- B. 76%
- C. 91%
- D. 96%
- Answer: C

Question 3

- Sexually harassing somebody could result in:

A. Being punished by the School

B. Being punished by the Police

C. Both of the above.

Answer:

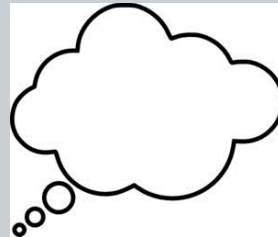
C. Both of the above.

Sexual Harassment is unwanted:

- Flirting 

- Touching 


- Sexual Comments
- Sexual Rumors




* Sexual harassment makes the receiver feel uncomfortable and is illegal.

* We can respect each other by respecting the human body.

Why do people bully, mistreat,
harass, or disrespect others?

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In what ways are people being disrespectful?

A decorative graphic consisting of several horizontal lines of varying lengths and colors (dark blue, light blue, and white) extending from the right side of the slide.

Types of Bullying Can Be:

- Sex/gender
- Social Class
- Physical Features
- Physical Ability
- Race



Cyberbullying: Based on Social Media

- Facebook
- Twitter
- Youtube
- Kik
- Vine
- Snapchat
- Instagram
- Hot or Not
- Tumbler



From a Hercules Student...

“Students are allies FOR bullying by watching it ... It would be rare to meet people here that wouldn't pull out their phone during a fight instead of doing something about it.”

The Effects of Being Bullied

- Low Self-Esteem: Feeling Worthless



- Depression: Feelings of sadness or hopelessness that lasts many days, weeks, or months.

- Retaliation: Doing something equally hurtful in response to what was done to you.



- Suicide: The act of someone thinking about or actually taking his/her life.



Bullying: What can we do to help?

1. WE can use empathy:

Empathy, noun: The ability to share and understand the feelings of others.



If you feel like saying or doing something hurtful, think about how it would feel if that were said or done to you.

The Bystander Effect

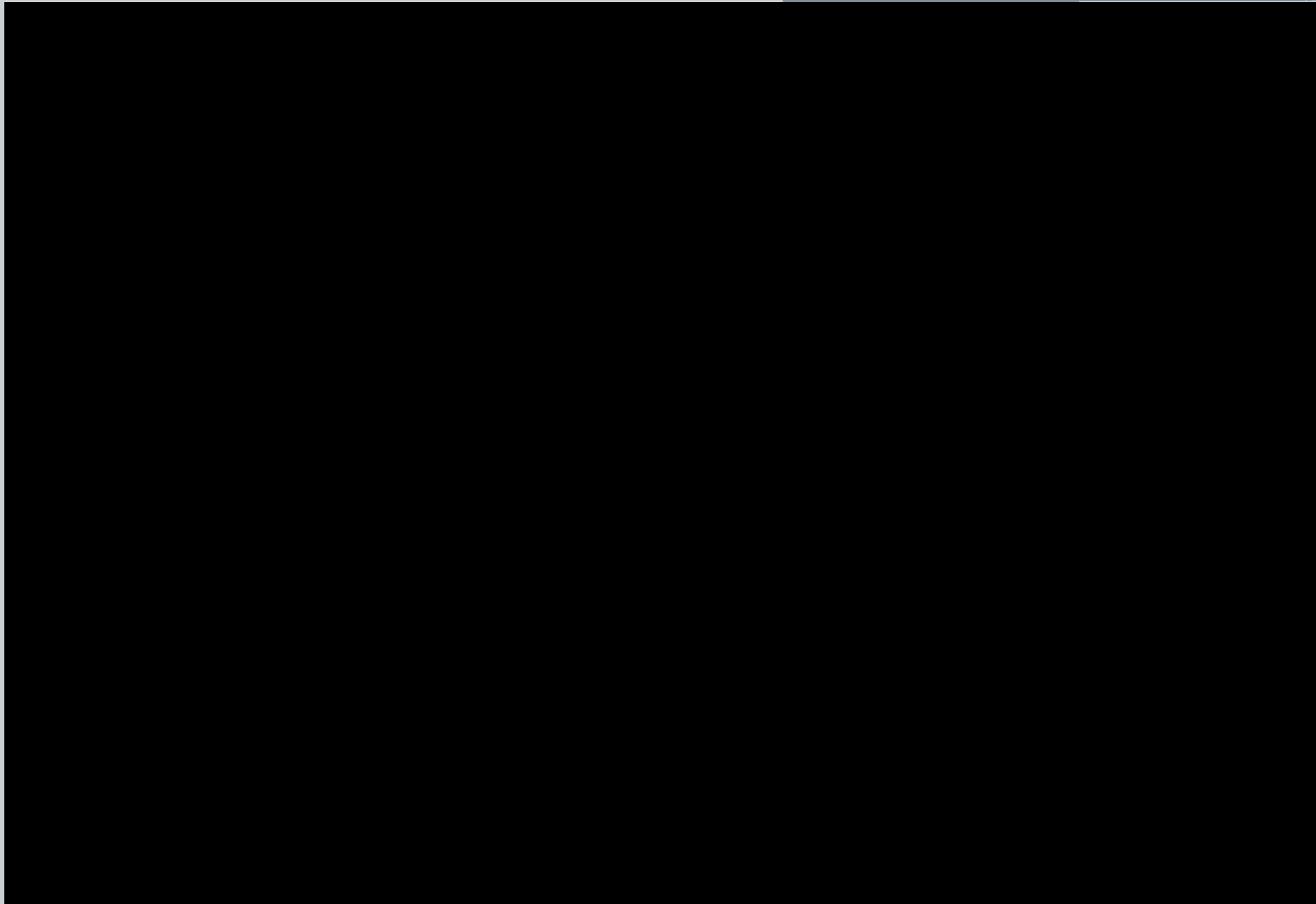
2. We can intervene!



The Bystander Effect:

Refers to cases in which individuals do not offer any help to a victim when other people are present. The greater the number of bystanders, the less likely it is that any one of them will help.

Now that you know this... Break the Silence!



What if you're getting bullied?

- Stop: Let the person know you are not okay being treated this way.



- Walk: Get away from the situation.



- Talk: Let an adult or other peers know.



Above All: Know when and who to get help from

- Peers
- Teachers/Adults
- Health Center



Remember

1. The law protects you (teachers and staff have to intervene and break the silence).
2. People don't get suspended right away. We give everyone the opportunity to work out their differences.
3. Reach out and support each other and our school.

WAYS to GET INVOLVED

- Talk to any Leadership Student/School Climate Committee
- Interact
- Kiwins
- Youth Advisory Board (YAB with the Health Center)
- Anti-Bullying Peer Educator Program
- Gay Straight Alliance (GSA)
- American Teenager Project (ATP)
- VOLUNTEER your TIME!

Hercules High is ...



Resolution of Respect

I pledge from this day forward to do my best to combat prejudice and to stop those who, because of hate or ignorance, would hurt people or violate their civil rights.

I will try at all times to be aware of my own biases and seek to gain understanding of those I perceive as being different from myself.

I will speak out against all forms of prejudice and discrimination.

I will reach out to support those who are targets of hate.

I will think about specific ways my community members can promote respect for people and create a prejudice free zone.

I firmly believe that one person can make a difference and that no person can be an “innocent” bystander when it comes to opposing hate, I recognize that respecting individual dignity, achieving equality and promoting intergroup harmony are the responsibilities of all people.

By signing this pledge, I commit myself to creating a community that is **NO PLACE FOR HATE.**



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