

Sacramento Promise Zone

Mind, Body, & Spirit
Health Series



Bullying
Prevention
Digital Guide



Samuel Merritt
University



Sacramento Promise

ZONE

Connecting partners and resources

Intro

The Sacramento Promise Zone has partnered with Samuel Merritt University to host a bimonthly *mind, body, & spirit* webinar series that features medical professionals sharing information focused on improving health outcomes and eliminating disparities.

This digital guide offers the valuable information from the webinar series in a convenient, accessible, and printable format. Just like the webinars themselves, the guide is completely free to download, re-upload, and share with others. We encourage you to share it with all of your networks, family, and friends. Together, we can make an impact on the health disparities that our communities face.

For more information, please visit the official website [here](#).

Presenter

Sam Alavi

Founding Director of the Center for Community Engagement at Samuel Merritt University



Sam Alavi has spent her career in all parts of education- from elementary schools to universities to educational nonprofits and educational policy advocacy. Currently, Sam serves as the Founding Director of the Center for Community Engagement at Samuel Merritt University. Prior to this she worked as the Director of Strategic Initiatives for University Development at UC Davis.

Sam has also spent over ten years in the nonprofit world, working with middle school and high school students all over the country to combat bullying, racism, homophobia, and transphobia. Sam has an undergraduate degree from UC Davis and a master's degree from Stanford's Graduate School of Education.

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[Click here to watch the presentation!](https://youtu.be/AEKeoo -kDE)



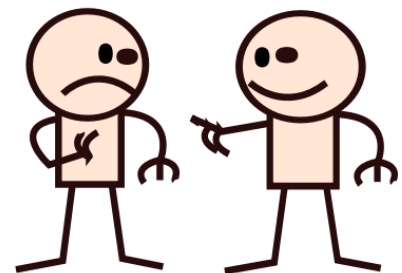
What is Bullying?

stopbullying.gov, the official US Government website on bullying, defines bullying as:

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.

How does this definition resonate with you?

*“This definition, being a U.S. government official definition, means that a lot of legislation is impacted by this definition. A lot of the ways that we think about bullying being portrayed in media might be impacted by this **narrow** definition.”*



People of all ages can be subject to bullying, not just school aged children. Types of bullying include (but are not limited to) physical, verbal, social, and cyber.



Where does bullying take place?

Kids spend over 1,200 hours at school and over 3,000 hours online each year. Both settings present unique opportunities for harm to occur.

School bullying most commonly occurs in the hallways/stairways and in the classroom, significantly impacting one's ability to learn in a comfortable environment. Online bullying, more commonly known as cyberbullying, affords anonymity to bullies and can cause public and permanent harm to those being bullied.

The Effects of Bullying

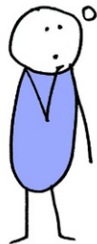
A study in the UK that followed almost 8,000 children until they reached the age of 50, found that:

"The adults who were bullied as children were more likely to be in poorer physical and psychological health and have worse cognitive functioning than people who had not been bullied. Victims of bullying were also found to be more likely to be unemployed, earn less and have lower educational levels than people who had not been bullied. They were also less likely to be in a relationship or have good social support.

People who had been bullied were more likely to report lower quality of life and life satisfaction than their peers who had not been bullied."

newsday.com/articles/283042#Victims-of-bullying-have-poorer-health-lower-income-lower-quality-of-life-as-adults

If bullying has such a lasting effect, then why do people bully?



- Attention seeking
- Replicating bullying they're experiencing at home
- Experiencing jealousy or feeling insecure
- Reinforcing learned systematic oppression
- I am a bully so I don't get bullied - needing to assert dominance first
- Trying to regain a sense of power or control after experiencing trauma

"The better we understand why it's happening, the more interventions we can identify to stop it."

How can we each do our part to prevent bullying?

Model Anti-Bullying Behavior

“How do we teach ourselves to ReThink before we say something that we might regret?”

“How do we teach our kids to take a minute, take a step back, and say ‘okay, maybe that’s going to hurt someone’?”



Education

1. “Stop, Block, and Tell” Method

1. Don’t engage
2. Limit future interaction
3. Report it

2. Create a safe space so that people feel comfortable reporting bullying

1. Talk to your kids BEFORE and incident takes place: What is bullying? How do you support someone who is being bullied?
2. Let resources be known ahead of time
3. Approach from a place of “I believe you”
4. Empower bystanders

Bystander to Upstander

Often times, bullying takes place in front of others

As leaders, educators, and parents, we can....

- Teach people to recognize what bullying looks like
- Distinguish between “tattling” and “reporting”
 - Tattling: telling on someone to get them in trouble
 - Reporting: telling someone to keep people safe
- Identify trusted adults and resources



As upstanders, we can...

- Distract
 - Change the subject, diffuse tension, draw attention elsewhere
- Directly intervene
 - Either in the moment, or after
- Delegate
 - Identify someone who can safely handle the situation ex. “Can you check on them?”
- Document the behavior
 - Record, Help file a report
- Support the person being bullied

Additional Resources

stopbullying.gov

stopbullying.gov

cyberbullying.org/resources

www.educationcorner.com



CYBERBULLYING
RESEARCH CENTER

“It is so important to provide people with the opportunity to unlearn biases and prejudices. If a lot of bullying is playing off some of those systematic oppressions that are already baked into our culture, how do we give people the opportunity to unlearn it?”

[UC Davis Transformative Justice in Education Center](#)

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Special Thanks



Dr. Alice Vestergaard
Instructor, Samuel Merritt University



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AmeriCorps



The Mind, Body, & Spirit series is also made possible by the AmeriCorps VISTA members of the [Sacramento Promise Zone](#).



Hannah Penner
Sustainability Coordinator
