



INTERNATIONAL BULLYING
PREVENTION ASSOCIATION

THE INTERNATIONAL BULLYING PREVENTION ASSOCIATION NEWSLETTER

WINTER/SPRING 2021

Influential Insight Wisdom by way of webinars

Here's some influential insight for you - did you know that IBPA hosts webinars? And that you have access to the full recordings of them right on the website (<https://ibpaworld.org/webinars-upcoming/>)?

Practitioners, researchers, and parents alike - we all know how exhausting reading can get (especially if you "read" for a living). Oftentimes, we simply don't have the time to sit down and stare at the pages of a book or article, but we DO have time to listen to something - while we're walking the dog, cooking dinner, watching the kids' practice, etc. It is for this very reason that podcasts and audiobooks have become so wildly popular over the last few years.

Our past webinars feature extremely relevant and engaging topics, and it is all thanks to partnerships with Microsoft and Facebook that they are now available to share with all of you. Here is a glimpse at a few of our most recent ones:

1. "It's Imperative! Headline to Homework - Sustainable Ways to Keep Current Events in the Classroom.": Are discussions about #BlackLivesMatter making their way into your classroom? Do you want to raise news topics like COVID-19, George Floyd, #MeToo, and the election, but not sure how? Young people hear about controversial issues in the news constantly; they want and should be part of the conversation and they hear our silence. Using ADL's anti-bias framework, interactive strategies and curriculum content about current events, gain confidence and skills to turn "teachable moments" into enriching classroom conversations.

2. "For Youth by Youth Webinar": In a partnership between Facebook and IBPA, youth from Alaska and Tennessee share what challenges they're facing during the pandemic, how they are coping, and what they need from other youth and adults in their communities to feel connected, engaged, and empowered to move forward.

3. "Bullying Prevention Strategies and Resources for Parents": Facebook Global Safety Policy teams and IBPA teamed up for Bullying Prevention for Parents, led by Kerry Gallagher, Director of K-12 Education at Connect Safely. This webinar for parents defines what bullying is and isn't and helps parents understand the nature and impact of bullying on children both in person and online. In partnership with Facebook.

So, have some laundry to fold? Gardening to do? Or just some extra time with your morning coffee? Take a listen to these webinars and so many more at the link above. May we never take for granted the opportunity to learn something new!



Bettering Communities

Youth Leadership Labs - IBPA's inspiring work with inspirED

IBPA partnered with the Yale Center for Emotional Intelligence's "inspirED" program to provide a once-in-a-lifetime, no-cost opportunity to talented and motivated world-changers in grades 6 to 12. IBPA opened applications to 20 teams of four to eight students to attend a virtual, day-long leadership development session focused on improving their own school climate and supporting healthy technology use.

Oftentimes, kids have tons of ideas to better their community, but no resources to do so. This event sought to change that by providing the tools and inspiration needed to measure school climate, plan and implement a team project to improve the school, and to measure the impact. All tools provided were evidence-based, created by the inspirED team. Perhaps the best part is that while the training was a one-day event, the support was not - students involved in the program are receiving on-going coaching over the entire course of the student-led project, as well as a \$350 gift card to be used in any way determined by the team as a whole.

Checkout the fantastic goals and objectives of the program here:

inspirED is a free program designed to elevate student voices and empower young people to positively influence their school climates through connection, collaboration, and creativity. Students use the inspirED Process of Assessing school climate, Brainstorming ideas, Completing a project, and Debriefing results.

Link: <https://inspiredstudents.org/>

GOALS AND OBJECTIVES

- To advance the knowledge and implementation of evidence-based strategies and programs through increased youth voice
- To provide tools to students and their mentors looking to be active in improving their school's climate and support health technology use
- To bring renewed awareness of and commitment to addressing bullying prevention and increasing social emotional learning in both schools and in the community
- To increase the capacity of attendees to develop, introduce, implement and advocate for effective, interventions in their schools and communities
- To provide a platform to strengthen the responses to incidence of bullying among the diverse populations impacted
- To provide opportunities for multi stakeholder dialogue to develop creative solutions based on awareness of local programs that have proven success with reducing the incidence of bullying and improving school climate

WE ARE CURRENTLY RECRUITING FOR SCHOOLS TO PARTICIPATE IN THE FALL SESSION

if you're interested in learning more, please contact news@ibpaworld.org



Personal Reflection

We need to be spending even *more* time on SEL during the pandemic.

This reflection will discuss the effects of masks on social emotional development/learning (SEL), and discuss ways that caregivers, teachers, and health-care providers can prioritize SEL during the pandemic.

Angela Tomlin, Ph.D., HSPP, IMH-E, professor of clinical pediatrics at the Indiana University School of Medicine, wrote a fantastic and insightful article (link provided below) titled "Masks and Social Emotional Development." In the article, she begins by addressing concerns about how widespread mask-wearing affects children's social development considering a wealth of research illustrating that facial expressions guide children in understanding ambiguous situations and making decisions around how to act.

Pause and think for a second - what are the ways, if any, that you've overcompensated in your day-to-day social interactions to account for a mask - do you smile extra hard/wide so that the mask raises and it's more obvious that you're smiling underneath it? Do you concentrate on smiling with your eyes? Use more hand gestures or focus on a relaxed and welcoming body language? If you answered yes to any of these questions, how effective have these actions been? Can YOU tell when other people are making these efforts, too? What about our kids?

Tomlin eases some worries by reminding readers that children will still be interacting with their close social circles, without masks, for the majority of the day. But still, she provides fantastic tips and activities to get a child more comfortable with mask-wearing and better at creating and reading some of the actions discussed earlier. An easy one is to have a child wear their mask in front of a mirror and practice their usual facial expressions to see how they are appearing to others. "Make a game of closing your mouth, making a face, and guessing what expression is under the cover," says Tomlin.

Daycare staff, healthcare workers, and school teachers can do their part by printing out pictures of themselves and pinning them to their name-tags - this way, children see a person with features and a smile, not just a scary figure under a mask. At the end of her article, Tomlin provided links to a number of other resources on this topic with tangible, easy-to-implement take-a-ways.

So, consider taking the time to try these activities with the children in your lives. If we all play our part, we can prevent any SEL-deficits from setting in during this unique time in history.

[Link to original article:](https://medicine.iu.edu/blogs/pediatrics/Masks-and-Social-and-Emotional-Development)

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Announcements

Dear all "fighters for children's rights," please make your way to WABF.

IBPA is proud to promote the World Anti-Bullying Forum, November 1-3, 2021 in Stockholm, Sweden and virtually around the world. While it is still hard to predict what travel will look like this year, we can join virtually to dialogue among researchers, practitioners, stakeholders, and decision makers from around the world this November.

"If research-based knowledge is shared among those who work with and for children, and those who influence children's living conditions, we have a better chance of effective bullying prevention." - WABF team.

The World Anti-Bullying Forum is a one-of-a-kind, multidisciplinary forum that exemplifies how collaboration, connections, and critical thinking can unlock new directions in the fight against bullying. Frida Warg, Managing Director for the WABF, and Magnus Loftsson, Chair of Scientific committee for the WABF, start their call for submissions: "Dear fellow fighters for children's rights..."

Take a second and let that sink-in - if you're reading this today, you are a fighter for children's rights: the right to true inclusion, the right to individuality, and the right to believe they are worthy of love and respect - where the actions of others only support and confirm that belief - rather than tear it down. We wouldn't call ourselves "fighters" if there wasn't something to fight for. Fighters are courageous: in our case, they take research or stories or experiences that are deeply personal to them, even when it is emotionally difficult to do so, and share them with others so that they may learn from them. Fighters are risk-takers: in our case, they put their work on display for others to challenge and critique, knowing it will only better their work and the greater field in the end. Fighters don't settle: in our case, if they're feeling "comfortable," it means there is more they could be learning or doing. They're not ok existing in echo-chambers - they thirst to discover how their theories and anecdotes hold-up in other cultures, and they actively seek-out spaces like WABF that provide platforms to do so effectively and impactfully.

"We want the World Anti-Bullying Forum to be the place where practitioners, researchers, and decision-makers around the world meet for dialogue and sharing of knowledge. Join us for an inspiring, three-day, bridge-building and knowledge-increasing World Anti-Bullying Forum!" - WABF team.

The abstract submissions deadline is coming up soon, April 11, 2021. Submitters will be notified of the outcomes of their submissions by Mid-May, 2021. The conference venue was changed to a larger venue so that social distancing can be observed if need-be. Delegates will have the option to participate physically on-site and/or digitally via the conference platform.

You can get more information here: <https://worldantibullyingforum.com/>.



International Bullying Prevention Association



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