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INTERNATIONAL BULLYING
PREVENTION ASSOCIATION

NEWSLETTER
Winter 2018

Standing up to Cyberbullying: Top Ten Tips for Teens

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
<https://cyberbullying.org/standing-up-to-cyberbullying-tips-for-teens>

Don't be a bystander—stand up to cyberbullying when you see it. Take action to stop something that you know is wrong. These Top Ten Tips will give you specific ideas of what you can do when you witness cyberbullying.

- 1. REPORT TO SCHOOL.** If the person being cyberbullied is someone from your school, report it to your school. Many have anonymous reporting systems to allow you to let them know what you are seeing without disclosing your identity.
- 2. COLLECT EVIDENCE.** Take a screenshot, save the image or message, or screen-record what you see. It will be easier for an adult to help if they can see—and have proof of—exactly what was being said.
- 3. REPORT TO SITE/APP/GAME.** All reputable online environments prohibit cyberbullying and provide easy tools to report violations. Don't hesitate to report; those sites/apps will protect your identity and not "out" you.
- 4. TALK TO A TRUSTED ADULT.** Develop relationships with adults you can trust and count on to help when you (or a friend) experience something negative online. This could be a parent, teacher, counselor, coach, or family friend.
- 5. DEMONSTRATE CARE.** Show the person being cyberbullied that they are not alone. Send them an encouraging text or snap. Take them aside at school and let them know that you have their back.
- 6. WORK TOGETHER.** Gather your other friends and organize a full-court press of positivity. Post kind comments on their wall or under a photo they've posted. Encourage others to help report the harm. There is strength in numbers.
- 7. TELL THEM TO STOP.** If you know the person who is doing the cyberbullying, tell them to knock it off. Explain that it's not cool to be a jerk to others. But say something—if you remain silent, you are basically telling them that it is ok to do it.

8. DON'T ENCOURAGE IT. If you see cyberbullying happening, don't support it in any way. Don't forward it, don't add emojis in the comments, don't gossip about it with your friends, and don't stand on the sidelines.

9. STAY SAFE. Don't put yourself in harm's way. When your emotions are running high, resist posting something that may escalate the situation. Don't hang out online where most people are cruel. Never physically threaten others.

10. DON'T GIVE UP. Think creatively about what can be done to stop cyberbullying. Brainstorm with others and use everyone's talents to do something epic!

Dr. Sameer Hinduja, Co-Director of the Cyberbullying Research Center, is a Professor in the School of Criminology and Criminal Justice at Florida Atlantic University. He received his Ph.D. and M.S. in Criminal Justice from Michigan State University (focus area: computer crime) and his B.S. in Criminal Justice (minor in legal studies) from the University of Central Florida Honors College.

Dr. Justin W. Patchin, Co-Director of the Cyberbullying Research Center, is a Professor of Criminal Justice in the Department of Political Science at the University of Wisconsin-Eau Claire. He received his Ph.D. and M.S. in Criminal Justice from Michigan State University and his B.S. in Sociology with an emphasis in Criminal Justice from the University of Wisconsin-Superior.

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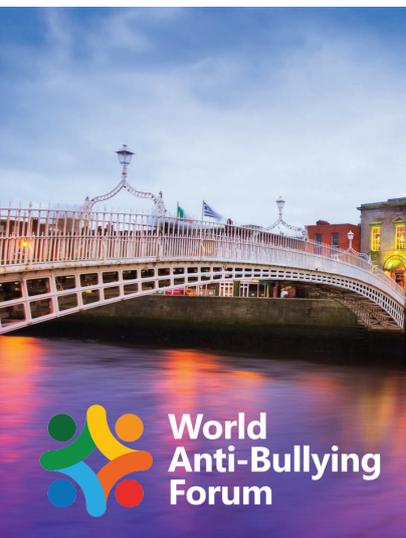
A Summary of the Olweus Bullying Prevention Program: Reducing Bullying and Creating Safer Schools

The largest study of bullying prevention efforts in U.S. schools has revealed significant, sustained positive impacts from the Olweus Bullying Prevention Program (OBPP). The study, which was published earlier this year in the *Journal of School Psychology*, evaluated nearly 70,000 elementary, middle, and high school students in Pennsylvania over two years. A companion analysis examined year-to-year changes in a subset of 95 schools over three years. The study of students in grades 3 through 11 documented reductions in students' reports of being bullied and bullying others, and estimated that 2,000 students escaped bullying and 2,000 more stopped bullying others over the course of two years. The findings also documented increases in students' expressions of empathy for bullied peers, decreases in students' willingness to join in bullying, and increases in students' perceptions that teachers were actively addressing bullying. "It's important to see how a bullying prevention program such as the OBPP can affect not only the behavior of students but also students' perceptions of the school climate that are related to bullying," said Susan Limber, a lead author on the study and professor in Clemson University's Institute on Family and Neighborhood Life, which is the training and consultation hub for the Olweus program in North, Central and South America." Positive program results were found for both boys, and generally were stronger the longer the program was in place. Although the program's effects took somewhat longer to emerge in older students, a positive impact was documented across elementary, middle, and high school groups. "It's encouraging to see that despite

some more ingrained behaviors in older students, we still see quite positive responses in later grades," Limber said. "Ideally, bullying prevention should be implemented K-12." Dan Olweus, co-author of the study noted that "this study clearly shows bullying prevention efforts can positively affect behaviors and perceptions of students of all ages." The research, which was funded with support from the Highmark Foundation.

The citation for the study: Limber, S. P., Olweus, D., Wang, W., Masiello, M., & Breivik, K. (2018). Evaluation of the Olweus Bullying Prevention Program: A large scale study of U.S. students in grades 3-11. *Journal of School Psychology*, 69(4). A copy of the full press release can be found [here](#).

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THE UPCOMING WORLD ANTI-BULLYING FORUM (WABF): KEYNOTE SPEAKER MARIA SANTOS PIAS

Now that the 2018 International Bullying Prevention Association National Conference has passed, the IBPA team looks excitedly ahead to continuing their role in supporting the upcoming **World Anti-Bullying Forum in Dublin, Ireland from June 4-6, 2019.**

In particular, IBPA is thrilled to share the news that "high level global independent advocate," Marta Santos Pias, will be a keynote speaker at the conference. Marta Santos Pias is a passionate, relentless voice for putting an end to violence against children across settings, regions, and cultures. Being appointed as "UN Special Representative of the Secretary General on Violence against Children (SRSG) on May 1st, 2009", Marta brings her vast expertise on both the prevention and elimination of violence against children to the conference.

In the pursuit of her work's mission, Marta undertakes the daily role of building bridges between leaders in different areas of the world; the World Anti-Bullying Forum (WABF) aims to do the same across professionals and practitioners in the area of bullying prevention. For more information on the conference's keynote speakers such as Marta Santos Pias, or how to register, you can visit <https://wabf2019.com>



IBPA's 2018 College Scholarship Winner: An Interview with Ashley Berry

Ashley Berry is an inspiring student leader and activist from Littleton, Colorado who has proven her commitment to bullying response and prevention through many avenues. To get to know her a little better, we asked her the following questions about her perspectives, her impact, and her plans for the future in regard to bullying prevention and response.

What would you say, out of all the experiences you've had in leadership and advocacy throughout your high school years, will you most value taking with you to the next chapter of your life? Why do you believe it will be valuable?

"Out of all my leadership experiences in high school, the one that I will carry with me most as I begin my college journey is that of creating my own organization alongside my mom (H.O.P.E.) to send care packages to kids and teens struggling with mental illnesses. This role of authority and leadership has taught me how to be organized, timely and driven which are all qualities that I believe will benefit me not only in my college experience but in life after college as well."

If you could give one piece of advice to other students trying to combat bullying in their schools, what would it be?

"My one piece of advice to students struggling with bullying would be to be persistent in keeping in contact with a trusted adult. No matter what the situation, having someone even to just talk to about how you feel will always be beneficial in the long run."

What, if anything, do you believe teachers or administrators can do to better assist student-led anti-bullying initiatives in their schools?

"School faculty, in order to be most effective with their students anti-bullying initiatives, need to work alongside their students as the student sees fit. When you have someone of authority acting as a

mentor in the process of trying to make a change in your school, you automatically are pushed harder to succeed in making an impact."

What direction do you see the organizations you have founded, GIRLS and HOPE, going over the next few years? What legacy do you hope to leave within these organizations?

"Within the next few years I am hoping to be able to adopt ambassadors for GIRLS and HOPE, allowing the programs to spread nationally and then eventually internationally by the works of other students with a passion for change. I am hoping to expand HOPE to serving young adults as well as kids and teens, as I have seen most recently the impact mental health can have on young adults as well. Overall though, I am hoping to simply reach people. One life impacted could be one life saved and for that I will continue to push GIRLS and HOPE in as many ways as possible."

What does receiving IBPA's College Scholarship for outstanding work in bullying prevention and response mean to you?

"To me, receiving the IBPA's College Scholarship means growth. This scholarship not only allows me to grow in my education but allows me to grow through my work as an advocate in a new part of the country. As I move to college from Colorado to Tennessee, my message of hope is only able to grow as I grow along side it."

Ashley epitomizes the power of student advocacy in this field, and we couldn't be prouder to have her as our 2018 IBPA College Scholarship winner.

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Volume 1 • Number 1
March 2019
**International Journal of
BULLYING PREVENTION**



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The 2018 International Bullying Prevention Association National Conference: A Reflection

Nicolette Grace Granata

Being my first time at one of IBPA's national conferences, I wasn't sure exactly what to expect from the experience. What I left with on Wednesday though, aside from journal pages filled with practical information and strategies, was a true sense of empowerment and community. There is no doubt in my mind that gathering hundreds of individuals from different walks of life in the same conference space - all working together to put an end to bullying in their respective communities across the world - is a magical experience.

Beginning early Monday morning with the Preconference Sessions, the "Putting the Pieces Together For Healthy Schools"-themed conference was in full swing. It was invigorating to see how many administrators and educators we able to attend the conference from the surrounding San Diego school districts, and inspiring to hear them swap ideas and best practices freely. Later that afternoon and into the evening, conference attendees were certainly not left searching for what to do with their time; the diverse set of Poster Sessions, the informative (and so tasty!) Exhibit Hall Reception, and the touching Circles: Film Screening kept everyone engaged and looking forward to the days to come.

Tuesday morning began bright and early with Sunrise Yoga. Led by one of the outstanding conference presenters, Kim DeMoss, the yoga sessions overlooked the beautiful San Diego marina. Occurring both Tuesday and Wednesday morning, the feedback from them was outstanding: conference attendees left feeling awake, collected, and ready to open their minds to the wealth of information available to them. After all had grabbed some Continental breakfast, attendees piled into the Grande Ballroom to take their seats for Monica Lewinsky's Opening Keynote: "The Price of Shame." Monica's message was highly impactful; earning a standing ovation from the conference audience that lasted over a minute long. The climate of the room was non-judgmental and welcoming; allowing IBPA board members, staff, conference attendees, and Monica the freedom to be vulnerable with one another. One of my favorite quotes of Monica's came at the very end of her talk, when she said, "A meaningful positive comment today erases a negative comment of the past." It allowed everyone in the room to focus on what they can do here-and-now, setting a powerful tone for the beginning of the conference breakout sessions.

Some of the most memorable breakout sessions at the conference were student-led: board member Eric Johnson's group "Move2Stand,"

Amy Jones Anichini's group from Theatre of Peace, and three groups from Alaska (Anchorage Youth Vote, Story Works Alaska's Youth Team, and Spirit of Youth) exemplified the power that Youth Voice can have at national conferences such as this one. Their perspectives and experiences reminded all the professionals in attendance of the importance of collaboration when it comes to bullying response and prevention.

Late Wednesday morning, conference attendees once again piled into the Grade Ballroom of the Sheraton San Diego. This time, it was for Dr. Eddie Moore Jr.'s Closing Keynote: "Times are Changing: Are You Ready?" With his own unique delivery, Dr. Eddie Moore Jr. rallied the crowd to feel inspired about their current and future role in the world's changing landscape in terms of diversity. Nicely tying together his message with Monica's, he passionately emphasized that "hate's best friend is silence." Just as Monica motivated us to think about the repercussions our silent "clicking" behavior on social media, Dr. Eddie Moore Jr. motivated us to think about the repercussions of silent voices when dealing with bullying, racism, and hate.

Overall, I think most would agree with me in saying that the International Bullying Prevention Association's 2018 San Diego National Conference had a lasting impact on them. While I couldn't cover all of the special moments here, what I do want to stress is what an encouraging and energizing space it truly was. From talking to many multi-year attendees, this positive, welcoming, supportive, and collaborative climate was not exclusive to this year's conference: IBPA has set itself apart by the intentional way it brings people together. And so, I look back at this year's conference already looking ahead to next year's with joyful anticipation.

Nicolette Granata is a student in her senior year at Vanderbilt University in Nashville, TN. She is double-majoring in Child Development and Psychology, with a minor in Special Education. Nicolette feels incredibly lucky that a semester-long Independent Study on evidence-based bullying literature, response, and prevention lead her to find IBPA. She feels truly blessed and grateful to be working with such an impactful, kind, giving, and gifted group of individuals as IBPA's Communications Coordinator.

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- *should attend, including:*
- Administrators
- Community agencies
- Education specialists
- Mental health coordinators
- Nonprofit organizations
- School counselors
- Social workers
- Teachers

GET INVOLVED

in activities like:

- Learning strategies for positive school climate
- Receiving tools to create or enhance your student engagement efforts
- Designing an inclusive school community program
- Discussing strategies to reduce social-emotional barriers to increase student learning
- Networking with like-minded youth-serving partners



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