

Central and Eastern European Schools Association

**Anti-Bullying:  
Creating a Pro-Active Plan**

Presented by: Dr. Fran Prolman  
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**Essential Questions:**

- What is bullying? Why does it occur?
- What are the effects of bullying upon its victims? To what extent can bullying have long-term effects upon an individual's psychological health and emotional well being?
- How can the victims of bullying find viable ways to overcome it and its effects?
- What are the responsibilities of students, educators, parents, and community members in relationship to the phenomenon of bullying and the need to prevent it in schools today?
- To what extent is the prevention of bullying the responsibility of the educational community?

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**Defining the Issue**

According to the National Centre for Education Statistics, about 32 percent of 12 to 18 years old students reported having been bullied at school during the school year.

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According to the U.S. Department of Health and Human Services :

- 56 Percent of students have personally witnessed some type of bullying at school.
- The overall percentage of students being bullied does not vary based on school sized
- Boys and girls are just as likely to be involved in bullying

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According to i-SAFE America:

- 42 percent of kids have been bullied while online
- 58 percent of kids have not told their parents or an adult about something or mean or hurtful that happened to them online

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According to its National School Climate Survey, the Gay, the Lesbian and Straight Education Network found that 38 percent of students experienced physical harassment at school based on sexual orientation and 26 percent based on gender expression

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**Effects on Bullying on Students:**

- Depression
- Low Self-Esteem
- Health Problems
- Physical Injury
- Increased Anxiety
- Suicidal Thoughts
- Lower Academic Achievements

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**Definition 1 :  
Merriam-Webster**

- To treat abusively.
- To effect by means of force or coercion

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**Definition 2 :  
dictionary.com**

- Habitually badgering and intimidating smaller or weaker people

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**Definition 3 :**  
**Encarta World English Dictionary**

- The process of intimidating or mistreating somebody weaker or in a more vulnerable situation.

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**“Bullying fosters a climate of fear and disrespect that can seriously impair the physical and psychological health of its victims and create conditions that negatively affect learning, thereby undermining the ability of students to achieve their full potential.”**

U.S. Department of Education ([www.ed.gov](http://www.ed.gov))

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What is Bullying?

Looks Like	Sounds Like	Feels Like

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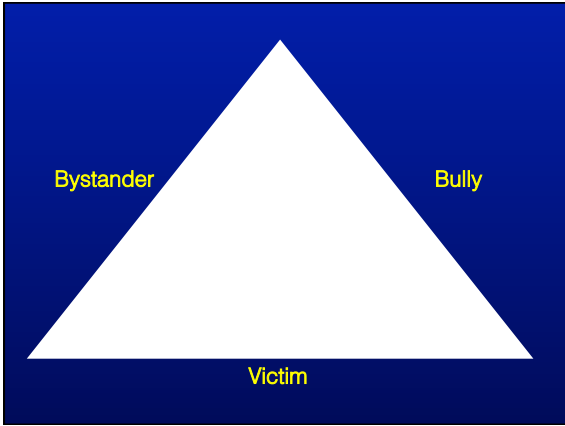
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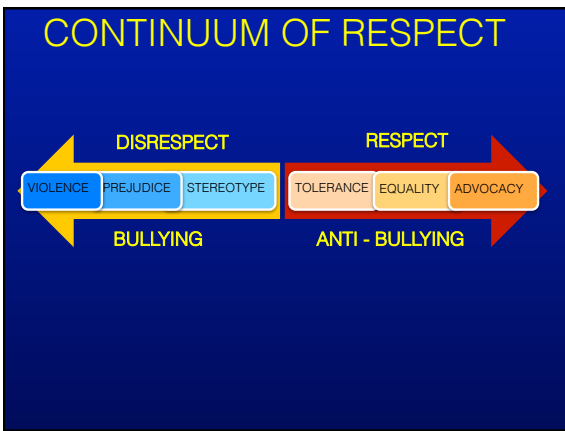
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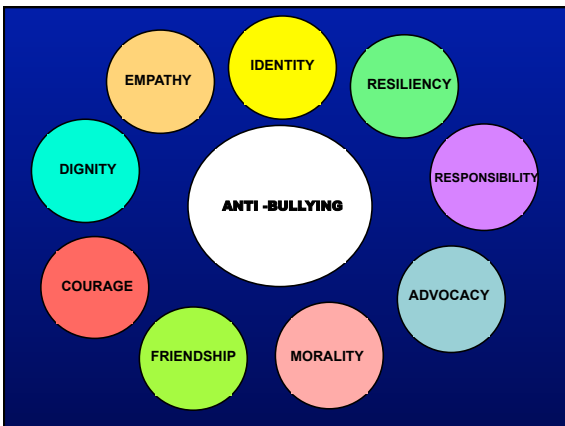
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“Human Dignity  
+  
Compassion  
=  
Peace.”

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I AM A STAR, THAT'S WHAT I AM!

My Strengths :

My Passion :

My Role Model :

My Uniqueness :

What I stand for :

Give a picture of yourself here.

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I DREAM A WORLD  
by Langston Hughes

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I dream a world where man  
No other man will scorn,  
Where love will bless the earth  
And peace its paths adorn  
I dream a world where all  
Will know sweet freedom's way,  
Where greed no longer saps the soul  
Nor avarice blights our day.

A world I dream where black or white,  
Whatever race you be,  
Will share the bounties of the earth  
And every man is free,  
Where wretchedness will hang its head  
And joy, like a pearl,  
Attends the needs of all mankind-  
Of such I dream, my world!

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“ Discover each other’s strengths—and capitalize on them...”

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“Believe in yourself—Tell yourself that you have the heart and soul of what you want to be.”

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Professional Development for True Success in Education

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