



October is National Bullying Prevention
Month



*What Educators and Students Need to
Know about Bullying*

1. *The Facts*

- Students with disabilities are much more likely to be bullied than their nondisabled peers.
 - 60% of students with disabilities report being bullied regularly compared with 25 % of all students.
- Bullying affects a student's ability to learn
 - School avoidance and higher rates of absenteeism
 - Decrease in grades
 - Inability to concentrate
 - Loss of interest in academic achievement
 - Increase in dropout rates

2. *The Definition*

- Bullying based on a student's disability may be considered harassment. The Office for Civil Rights (OCR) and the Department of Justice (DOJ) have stated that bullying may also be considered harassment when it is based on a student's race, color, national origin, sex, disability, or religion.
- Harassing behaviors may include:
 - Unwelcome conduct such as verbal abuse, name-calling, epithets, or slurs
 - Graphic or written statements
 - Threats
 - Physical assault and conduct that may be physically threatening, harmful, or humiliating

[Learn more about bullying and supporting students with autism in the Autism Speaks School](#)

[Community Tool Kit.](#)





Creating a Culture of Kindness

- Greet your students by name and call on them by name.
- Use the 3 x 10 strategy. Three minutes a day for 10 days in a row talk to a student one on one and really get to know them. The goal is to form a bond.
- Post positive sayings and pictures of kids or people being kind and helpful to each other around the room.
- Have a kindness station such as a pencil box with some notecards and gel pens to write encouraging and positive notes to other students and teachers.
- Make a classroom binder or notebook where students can record kind things others have done for them or that they have done for others.
- Begin the day with a positive story, quote or song.

The Power of Bystanders

- More than 50% of bullying situations stop when a peer intervenes. Most students don't like to see bullying but they may not know what to do when it happens.
- Peer advocacy – students speaking out on behalf of others – is a unique approach that empowers students to protect those targeted by bullying.
- The importance of self-advocacy
 - Speak up for yourself
 - Describe your strengths, disability, needs, and wishes
 - Take responsibility for yourself
 - Learn about your rights
 - Obtain help, or know who to ask, if you have a question

The “**Keeping It Real**” project is a partnership between NYU Steinhardt’s ASD Nest Support Project and self-advocates who serve as role models for adolescents with ASD. They developed strength-based modules for middle schools to nurture students’ self-esteem and foster self-advocacy skills.

[LEARN MORE](#)

Upcoming Free and Local Workshops by TMCSEA.

- ❖ [Breaking Bad: Top Down Executive Function Training to Enhance Learning and Motivation](#)
- ❖ [Executive Functioning & Self Regulation \(Elementary\)](#)
- ❖ [Executive Functioning & Self Regulation \(Secondary\)](#)
- ❖ [Behavior Problem Solving](#)

Please register soon at <http://www.tmcsea.org/inservice.htm>

