

Do You Know How to Develop an Effective Bullying Policy?

Bullying Prevention and Intervention Workshop

Learn How to Effectively Reduce Bullying in Your K-12 Environment

Participant Benefits:

- Learn how to write an effective bullying policy
- Understand the dynamics of bullying in schools
- Learn strategies for evaluating bullying in your school
- Learn about the links between coercive family cycles and bullying among school-aged youth
- Learn how school climate can support or inhibit bullying
- Identify critical components in a bullying prevention plan
- Learn how to implement practical strategies for reducing bullying in your school

Please See the Back Page for Registration,
Location, and Lodging Information

Six CEUs Available Per Workshop



Bullying Prevention & Intervention Workshop

PARTICIPANTS WILL LEARN HOW TO:

- Develop an effective bullying policy
- Define, recognize and assess bullying in schools
- Recognize developmental differences in bullying across the school years
- Understand the psychological consequences for bullying-victim subtypes (e.g. bully, victim, bully-victim, bystanders)
- Evaluate self-perceptions and attitudes toward bullying
- Apply a social-ecological framework for understanding bullying
- Understand how familial factors are associated with bullying
- Assess school climate related to bullying
- Identify critical components to be included in a bullying prevention plan
- Develop strategies for improving school climate
- Implement practical strategies for reducing bullying in schools

PROGRAM DESCRIPTION

There are 29 states in the United States that have enacted laws about bullying. In January 2007, Legislative Bill 205 was introduced in the state of Nebraska. If Nebraska mandates that each school should have an anti-bullying policy in place by July 1, 2007, will you be ready? One focus of this workshop will be to provide participants with the necessary strategies and tools to write an effective anti-bullying policy. In addition to anti-bullying policies, there are many bullying prevention and intervention programs on the market. What will work in your school? This workshop will help educators and school personnel develop an anti-bullying policy for their school, choose effective interventions, and determine the best practices in bullying prevention and intervention.

The Bullying Prevention and Intervention workshop will focus on helping participants identify, develop, and implement effective school-based interventions. An ecological framework underscoring the dynamic interplay of physical, social, institutional and community factors will guide participants' understanding of the bullying phenomenon. Intervention components that

Featuring a Special Guest Performance by R.E.S.P.E.C.T²

Relationship Empowerment for Students, Parents, Educators & Community Through Theatre

Two Performances Will Be Featured:

SPELLING IT OUT (Lincoln, Nebraska)

"Spelling it Out" addresses the issues of verbal, emotional and physical bullying. It emphasizes "strength in numbers: - the importance of kids standing together to stop bullying.

SCRAPS (Omaha, Nebraska)

Behaviors such as rumor spreading, innuendo and exclusion that many middle-schoolers engage in, as well as the role of the bystander, are addressed. "Scraps" focuses on specific abuse/bullying that girls impose upon each other as well as other types of bullying behavior.

increase participants' knowledge of anti-bullying policies and the selection/implementation of bullying prevention and intervention plans will form the core of the program.

MORNING SESSION

Workshop presenters will provide an overview of the bullying dynamic with an emphasis on how the selection, implementation, and evaluation of bullying prevention and intervention programs can be empirically-guided. The morning session will focus on:

- How to define bullying and identify best practices for accurate assessment
- An overview of the "ecological perspective" targeting individual characteristics, familial influences, environmental factors and specific attitudes and behaviors related to aggression
- Examination of psychological consequences across the bullying-victim continuum
- The transition from elementary to middle school and the importance of implementing programs during this period
- Discussion of school-based programs that recognize students' reluctance to intervene (i.e., the bystanders) and identify the barriers to intervention
- The critical components, including teacher training, parent training, and student training

AFTERNOON SESSION

The afternoon session will start with a professional theater performance by R.E.S.P.E.C.T.² in which participants will examine their own beliefs about bullying. Small and large group discussions will focus on:

- The nature and association between school climate and bullying
- Prevention efforts designed to create a positive school climate by involving students in the programs as key players
- Discussion of potential barriers to effectively reducing bullying in schools
- Learning and identifying critical components that should be included in bullying prevention and intervention plans
- Learning how to write an effective bullying policy
- Outlining specific strategies for improving school climate
- Distribution and review of resources workshop participants can use in the selection of bullying prevention and intervention plans

INTENDED AUDIENCE

Teachers/special education teachers, principals, administrators, guidance counselors, staff development coordinators, social workers, school nurses, special education supervisors/directors, school board members, community members and other professionals working in K-12 settings.

AGENDA

- 7:45–8:30
Registration
- 8:30–9:30
The social-ecological model of bullying
- 9:30–10:30
Effective anti-bullying programming
- 10:30–10:45
Break
- 10:45–12:00
How to enhance school climate
- 12:00–1:00
Lunch (on your own)
- 1:00–2:00
RESPECT2
Performance (large group activity and discussion)
- 2:00–2:45
Identifying critical components in bullying prevention
- 2:45–3:00
Break
- 3:00–4:00
Writing an effective anti-bullying policy (small group activity)

Workshop Presenter



Susan M. Swearer, Ph.D. is an Associate Professor of School Psychology in the Department of Educational Psychology at the University of Nebraska–Lincoln. She earned a Ph.D. in School Psychology from the University of Texas at Austin and completed her internship in Professional Psychology at Girls and Boys Town in Omaha, Nebraska. As a former high school special education teacher, Dr. Swearer has a unique perspective on helping schools address psychological issues in students. Additionally, she has worked as a therapist with children, adolescents, and families in residential treatment, inpatient and outpatient settings.

Dr. Swearer is a licensed psychologist in the State of Nebraska and is a supervising psychologist in the Counseling and School Psychology Clinic at UNL. As a member of the anti-bullying advisory board to the Nebraska Department of Education, Dr. Swearer has testified about bullying to the Nebraska Department of Education and to members of the Nebraska Legislature. Her work on bullying has been featured in numerous national and international publications and she has conducted numerous presentations and workshops with teachers, students and parents on bullying.

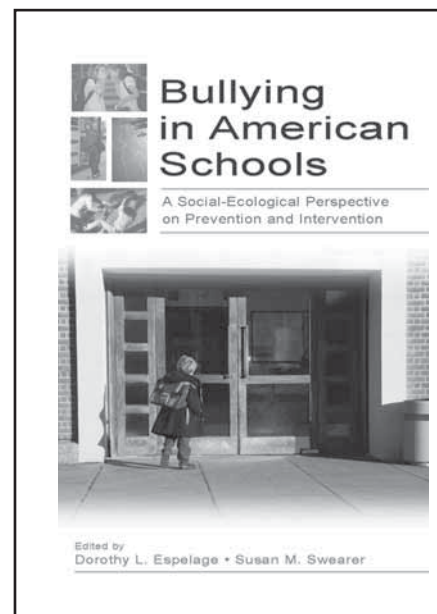
Bullying Prevention and Intervention Expert

Susan Swearer is co-editor of the book: “Bullying in American Schools: A Social-Ecological Perspective on Prevention and Intervention” (2004) published by Lawrence Erlbaum Associates and featured on “The Oprah Winfrey Show.”

“Bullying constitutes a scourge across our nation, not the least of which occurs in schoolrooms throughout America. No longer completely denied (thanks to this excellent volume), its systematic impact on millions of children—the growing reality that it consists of a “slippery slope” from psychologically hurtful language to daily physical violence—still eludes both public awareness and many scholars’ requisite understanding.

Bullying in American Schools is a beautifully edited volume which aims to remediate these scotomas in our knowledge base. Espelage and Swearer have combined the groundbreaking results of their own theoretical and research efforts with leading scholars and practitioners in the field to create THE state-of-the-art volume on understanding bullying with the depth and breadth of knowledge truly necessary to effect significant change.”

-William S. Pollack, Ph.D.
Author: *Real Boys, Real Boys Voices*, and *Real Boys Workbook*.
Department of Psychiatry, Harvard Medical School



BULLYING PREVENTION AND INTERVENTION WORKSHOP

A Program for Educators and
Administrators In K-12 Settings

Lincoln Workshop—Wednesday April 25, 2007
Omaha Workshop—Tuesday May 1, 2007

Register Online or mail/fax this registration form

Name _____

Organization _____

Title (including grade level taught if appropriate) _____

Address _____

City _____ State _____ Zip _____

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Registration Options

Choose a Location

Lincoln workshop

Omaha workshop

Total Payment: \$ 149.00

Method of Payment (check appropriate box)

Credit Card—Circle One: VISA MasterCard

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General Information

LINCOLN LOCATION AND ACCOMMODATIONS

The Lincoln *Bullying Prevention and Intervention* workshops will be held at The Cornhusker (a Marriott Hotel), 333 S 13th St, Lincoln, NE 68508. Rooms can be reserved by calling (402) 474-7474.

OMAHA LOCATION AND ACCOMMODATIONS

The Omaha *Bullying Prevention and Intervention* workshops will be held at the Embassy Suites Downtown (Old Market), 555 S 10th St, Omaha, NE, 68102. Rooms can be reserved by calling (800) 362-2779.

SCHEDULE

Registration will be from 7:45 a.m. to 8:30 a.m. The workshop begins at 8:30 a.m. and concludes at 4:00 p.m.

FEE

The workshop fee is \$149 which includes workshop materials and morning/afternoon refreshment breaks.

REFUND POLICY

If you register but cannot attend, you may transfer your registration fee to a colleague, or request a refund. Cancellations can be made by calling the Conference office at **(402) 472-5733**, or fax **(402) 472-9688**. Cancellations will be accepted until one week prior to the conference and registration fees will be refunded less a \$30 processing fee. **No refund requests will be accepted within one week prior to the conference.**

CONTINUING EDUCATION UNITS

The University of Nebraska's Department of Academic Conference Planning and Management is granting .6 CEUs (6 hours) for attendance at this workshop.

FOR MORE INFORMATION

Contact the University of Nebraska—Lincoln Department of Academic Conference Planning and Management at **(402) 472-5733** or **conferences@unl.edu** or visit the Academic Conferences website at **http://conferences.unl.edu**.

Fast, Easy
Registration



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