

Youth Summit 2019

Topic: Bullying

Please note at the bottom is the summary of text on from the flip charts.

Issues that were brought up for this topic?

(Adult scribes)

- See bullying in older grades, now sees it between grades.
- Smaller schools are having the same experience.
- Cliques
- Online bullying
- Got in trouble for standing up for friends.
- People say what they want on social media.
- Doesn't really see bullying in school, but sees more cyberbullying.
- Most bullying happens based on what someone does or how they look.
- Most bullying targeted at LGBT students.
- Need to learn where the line is between joking around with friends, and what's bullying.
- Don't always realize you are joking when you are being sarcastic.
- I didn't see that I was being bullied, it was just a normal day for me, I didn't see it. My friends told teachers.
- The longer it goes on, the harder it is to say something.
- If someone overhears things, people can take it the wrong way.
- People say what they want on social media.
- Has friends who's been bullied

Resources the students mention for getting help, both informal and formal around this topic.

(Adult scribes)

- Friends talk to friends.
- Guidance helps
- Need for guidance counselors.
- Friends are a resource and also can talk to teachers.
- They have a guidance counselor who doesn't do college counseling, but she'll deal with anything, mental health, etc.
- We have a mental health specialist at school that is always open.
- Smaller school, kids and teachers are closer. Not as many guidance counselors, but teachers who look out for them.
- Have a school social worker.
- If it happens to me, I'd go to my friends. They help me talk through it.
- Guidance counselors, very involved with students.
- Need a box for anonymous problems, where you can post a card. Like a suggestion box. Put someone's name and then say you think they are struggling.

(Student scribes)

- Guidance
- Friends
- Groups in school
- Teachers
- Siblings
- SAP (Student Assistance Program)
- Team/Club
- Peers

Ways they cope with this issue.

(Adult scribes)

(Youth scribes)

- Talk to somebody.
- Write it down to get it out.
- Talk to guidance counselor
- This is who I am.
- Find the source of the problem.

What they wish it was like.

(Adult scribes)

- Handling of social media, hard to control.
- Guidance counsellors are there for scheduling college. Can't really approach them. Need people who are more approachable. Have a mental health specialist, but isn't always around.
- Guidance counselors don't really know what we are going through.
- Need for more parent involvement.
- How do you reach out to others?
- Need to be honest with friends, let friends know if something bothers you.
- Say something if you see it.

(Student scribes)

- Find someone to talk to.
- Culture of school needs to change to change bullying.
- Have a peer mentor group.
- Provide better support system.
- Talk about it, be aware, not be embarrassed to go ask for help.
- Joking about serious topics:
 - That's gay
 - I'm going to kill myself
 - Big problem
- Picked groups in schools for projects.
- Someone to talk to about social media problems.
- Enforcement of anti-bullying policy.

Other feedback

(Adult scribes)

- Have ice breaker, favorite food, favorite type of music.
 - Moderator had them write: current experience, current resources, what is needed in a notebook.
 - Find a person in your group who looks most unlike you. Share your notes with them. Move around. Talk with someone you don't know.
 - Whatever you talk about, tell each other.
 - Then introduce your partner to the group. One person speak at a time.

(Student scribes)

- Cyber/social media is a HUGE cause
 - Relationship bullying
 - Friendship bullying
 - Pretend you don't exist
 - Bullying through social chain
 - Bullying through personal image
- Vocally harassed
- Body weight/height
- People ask the victim why the bully bullied them.
- People say they deserved it.

Notes from flip charts used in sessions:

Resources: parents, guidance, teacher, trusted adult/peer, friends, sibling, club, team.

What is needed:

Group 1:

- Need to decide if will stop bullies or not associate
- Parent education
- More black people
- ****Education on bullying
- People addressing issue
- **Psychologist/therapist
- Safe spaces
- Positivity
- Awareness to problems facing freshmen
- Cameras/surveillance
- Legal action
- Bully gets mandatory guidance visits

Group 2:

- Diligent administrators
- Utilize resources
- Peer support
- More resources
- Harder rules
- Less bad talk
- Funding for resources
- Skills to resolve conflicts

- Less groups
- Parenting
- Acceptance
- Communications
- Team effort

Current experience:

Group 1:

- Bullies don't know how to cope
- Reputation ruining
- Talking behind backs
- Freshmen haxing – behind scenes
- Slut shaming
- Drugs – if don't do them
- More bullying on social media
- Privately happening
- Social media
- Fights**
- Self appearance
- No follow up on bullying
- ****Not much bullying (social media or in person)
- Weight
- Mental illness / disability
- Gang up on minority
- Antagonize for long time
- Move schools
- Students not show up to school
- Revenge
- Racial
- Name calling
- Vandalism

Group 2:

- Intelligence
- Substance use
- Relationships
- Political
- Weight/look
- Sexuality
- Interest
- Social status – wealth/poverty
- Rumors/gossip
- Stocking up for self
- Grief
- Social media
- Sexual harassment
- Gender ID
- Pressure to be perfect
- Fights

Current resources:

Group 1:

- Advisors / mentor
- Admin**
- Parents**
- Guidance*****
- Therapist**
- Principals**
- Suspensions
- Teachers***
- Coaches
- Not much
- Awareness is being raised
- Learning team meetings

Group 2:

- Friends
- Dude be nice
- Bullying specific programs
- Student Assistant Program coordinator
- Diversity Student Alliance
- Youth Leadership Through Adventure
- Student advisory council with admin
- Not much
- Counselors/admin
- Teachers
- Coaches
- Parents

Question 1:

Causes-

- Gender
- Race
- Mentality
- Personality
- Disability
- Social status
- Religion
- Intelligence
- Upbringing
- Appearance

What we need:

- A voice
- Culture of the school
- Peer mentor group
- Support system
- To talk about it
- To be aware

Group 2:

- People can talk to counselors, trusted adults, friends, deans, etc.
- Social media can be toxic because of cyberbullying
- People judge race, sexuality, money, appearance, IQ, actions, likes/dislikes
- Are you the bully? Pay attention and be kind.

- Awareness and bullying campaigns
- Break the stigma!

Group 2:

Issues/What you see

- Sees bullying across grades.
- Social media – people say anything on social media
- In smaller schools see it more because people talk to each other
- Bigger schools feel there is less support
- Based on what to do
- LGBTQ – increased bullying

Resources:

- Guidance
- Teachers
- Friends
- Students assistance counselor
- Mental health specialist
- School social worker
- SRO
- “Drop box” – with student’s name who needs help

Needs:

- More resources
- Faculty more informed
- Involve parents
- Speak up to friends/how do you do this?/don’t be a bystander