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:
  o That’s gay
  o 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