

Bully-Free for Me



Newsletter

Parents United Against Bullying™ *Together we can make a difference*
October 2008 ♦ Vol. 1, No. 1 ♦ www.mwpuab.com

Help Prevent the Serious Problem of Bullying

National Crime Prevention Council

Reprinted with permission from the OPD Community Resource Center Newsletter

Bullying has become a tidal wave of epic proportions. Parents, educators and community leaders see bullying as a devastating form of abuse that can have long-term effects on youthful victims, robbing them of self-esteem, isolating them from their peers, causing them to drop out of school, and even prompting health problems and suicide.

A recent study by the Family and Work Institute reported that one-third of youth are bullied at least once a month, while others say six out of 10 American teens witness bullying at least once a day. Witnessing bullying can be harmful too, as it may make the witness feel helpless – or that he or she is the next target.

Children who are bullied are often singled out because of a perceived difference between them and others, whether because of appearance, intellect, or increasingly, ethnic or religious affiliation and sexual orientation.

And bullying can be a gateway behavior, teaching the perpetrator that threats and aggression are acceptable even in adulthood. In one study by Fight Crime: Invest in Kids, nearly 60 percent of boys whom researchers classified as bullies in grades 6-9 were convicted of at least one crime by the age of 24, while 40 percent had three or more convictions.

- Take complaints of bullying seriously.

- Praise your child for reporting bullying situations to you and assure your child you will take action.
- Talk to, and work together with, your child's teacher and counselor on reports of bullying.
- Ask your child specific questions about how they are treated by peers, who he or she eats lunch with, and how other children are treated.
- Teach your child to be assertive, without shouting.
- Provide opportunities for your child to make friends.
- Teach your child to identify bullying behaviors, including hitting, damaging possessions, threatening, name calling, excluding someone from the group, spreading rumors, and embarrassing others.
- Teach your child strategies for managing bullying: your child can walk away, tell the bully to stop, avoid the bully, or tell an adult.
- If your child sees someone else being bullied, he or she can help the victim walk away, invite the victim to come over to play or eat lunch, tell the bully to stop, or tell an adult.
- Tell your child that you do not tolerate bullying behavior. If your child has been bullying others, work with your child's teacher and counselor to end the bullying.
- Be a positive role model.

Bullying Facts & Myths

MYTHS:

- Most bullying is physical (hitting, shoving, kicking, etc.)
- Bullying isn't serious. It's just "kids being kids".
- Children who are bullied will almost always tell an adult.
- Targets of bullying need to learn how to deal with bullying on their own.
- Bullying is the same thing as conflict.
- *There's nothing we can do about bullying.*

FACTS:

- Bullying is about power and control.

FACTS (continued):

- Bullying hurts –physically and emotionally. Those who are targeted hate it. They fear it, dread it and try to avoid it.
- Targets of bullying often feel angry, upset, afraid, sad, embarrassed, ashamed, alone, isolated, miserable, small, worthless, unloved, stupid and unsafe.
- Bullying can be a sign of other serious anti-social or violent behavior. Left unchecked, bullying can escalate to teen dating violence, domestic abuse, bullying in the workplace, and other criminal activity.
- *We can all do something about bullying.*

This newsletter is provided to you courtesy of Parents United Against Bullying. Please feel free to share it with others. If you have received this newsletter from someone else and would like to be added to our mailing list, subscribe at www.mwpuab.com.

“Bullying Awareness Week” October 19-25, 2008

On August 25th, 2008 Governor Chet Culver signed a Proclamation declaring [October 19-25, 2008 “Bullying Awareness Week” in Iowa.](#)

September 11th, 2008 Governor Dave Heineman signed a Proclamation declaring [October “Bullying Awareness Month” in Nebraska.](#)

So what does this mean locally?

Parents United Against Bullying, along with Conference for Inclusive Communities (CFIC), and Citizens for Equal Protection (CFEP), are sponsoring “Bullying Awareness Week” October 19-25. Schools, students, parents and the community are showing support to those who are or have been targets of bullying, and are helping the community understand that bullying is everyone’s problem.

See some of the creative and fun ideas that are being implemented. www.wearpinkomaha.com Perhaps you’ll add a few of your own!

PARTICIPATING SCHOOLS

Duchesne Academy	Elkhorn Ridge Middle School	Elkhorn High School
Carter Lake Elementary	North High	Central High
Benson High	Bryan High	Burke High
Millard North	Millard West	Westside High
Florence Elementary	Fullerton Magnet Center	

Spotlight on Schools

Bullying in schools is a worldwide problem that can have negative consequences for the target, the bully, witnesses, faculty and staff, as well as the general school climate. Bullying can have negative lifelong consequences--both for students who bully and for their victims.

- Studies show that as many as 160,000 students miss school *every day* due to bullying.
- Students who are targets of bullying spend their energy at school being afraid and worrying about when and how they will be bullied again.

While some may feel that bullying in their school is being adequately addressed, overwhelmingly, research reflects a significant gap between educators’ perceptions and actual incidents of bullying at school.

Additionally, research shows that the most effective bullying prevention programs use the “whole school” approach. This means that everyone is involved: faculty and staff, students, parents and the community.

It’s our pleasure to share with you a different school each newsletter that is taking a proactive stance on bullying. Through the use of creative and innovative ideas, these schools are actively addressing bullying, and educating their faculty and staff, students and parents about bullying; why we should take it seriously and what each of us can do to make a difference.

If your school, organization or business is participating in “Bullying Awareness Week” but is not included in this newsletter, please contact us at stopbullyingnow@cox.net. We will be happy to include your participation on our web site and in the next newsletter!

Carter Lake Elementary School



Denise Beyenhof, Guidance Counselor at Carter Lake Elementary has a passion for children, and their physical and emotional safety. Her dedication to children and combating bullying is evidenced each day, as she works to teach students the importance of respect for themselves and each other, and involves them in the being part of the bullying solution. Denise includes the following creative ideas in her work with the students:

- Use of anti-bullying curriculum; students are introduced to friendship skills, social and personal differences and the acceptance of others.
- Utilization of R.E.S.P.E.C.T² programs
- Theme: 7-UP “I CAN” Make A Difference RIGHT NOW (7 “magic” words) Use of the 7-UP can as a symbol to remind kids to be the best person, friend and student they can be. Each week a student is chosen in every classroom that has “made a difference” in some way. Winners receive a can of 7-UP as a visual prize for their efforts.
- Student anti-bullying pledge poster to be hung in cafeteria
- “Bully Patrol” group in which 5th and 6th grade students are chosen to “watch” for bully type behavior and report it to the counselor. Students identities are kept confidential so they are not labeled in any way. All students have the opportunity to be on the patrol in order for those students “at-risk” of bullying or becoming bullies themselves to be proactive and feel like they are “making a difference”.

Kim Kazmierczak, School Principal, has also adopted the 7-UP theme, and has placed it on the top of the weekly parent newsletter.

THANK YOU MRS. BEYENHOF, MRS. KAZMIERCZAK & CARTER LAKE ELEMENTARY

You are “making a difference”!

This newsletter is provided to you courtesy of Parents United Against Bullying. Please feel free to share it with others. If you have received this newsletter from someone else and would like to be added to our mailing list, subscribe at www.mwpuab.com.

Know what bullying is and why it's so important for EVERYONE to take it seriously.

BULLYING Definition:

While there are many different definitions of bullying, the simplest and most inclusive definition is: "Bullying is repeated, aggressive behavior by one or more people, which harms others physically and/or emotionally."



Types of **BULLYING**

The following list will assist you in identifying behaviors that the term 'bullying' encompasses.

PHYSICAL BULLYING

- ~ Hitting, shoving, pushing, kicking, spitting at, or beating up others
- ~ Damaging or stealing someone's property.

VERBAL BULLYING

- ~ Name-calling, hurtful teasing
- ~ Insulting, humiliating, or threatening someone

SOCIAL BULLYING

- ~ Excluding others from "the group"
- ~ Gossiping or spreading rumors about others
- ~ Setting others up to embarrass them or make them look foolish
- ~ Making sure others don't associate with someone

ELECTRONIC BULLYING

- ~ Sending e-mail or phone text messages or pictures to threaten or hurt someone's feelings; to single out, embarrass, or make them look bad; or to spread rumors or reveal secrets about them

GENDER-BASED BULLYING

- ~ Leaving others out or treating them badly because they are a boy or a girl
- ~ Making sexist comments or jokes

RACIAL/ETHNOCULTURAL BULLYING

- ~ Treating people differently or badly because of their culture, their racial or ethnic background, or the color of their skin
- ~ Saying negative things about someone's culture, racial or ethnic background, or skin color
- ~ Calling someone by a racially derogatory term
- ~ Telling racist jokes

SEXUAL BULLYING

- ~ Making sexual gestures
- ~ Touching, pinching, or grabbing someone in a sexual way
- ~ Calling someone "gay" or "fag" or "lesbian" or something similar to upset them
- ~ Making crude comments or spreading rumors about someone's sexual behaviors

RELIGION-BASED BULLYING

- ~ Treating others differently or badly because of their religion
- ~ Saying negative things about someone's religion

WHAT'S WRONG WITH BULLYING?

Bullying is about power.

More than 160,000 students miss school *every day* to avoid being bullied.



Bullying hurts -physically and emotionally. Those who are bullied hate it. They fear it, dread it and try to avoid it.

Targets of bullying often feel angry, upset, afraid, sad, embarrassed, ashamed, alone, isolated, miserable, small, worthless, unloved, stupid and unsafe.

Students who are targets of bullying spend their energy at school being afraid and worrying about when and how they will be bullied again.

Bullying can affect the mental well being, academic work, and physical health of children who are targeted.

Children who are bullied are more likely than other children to:

- have lower self-esteem; higher rates of depression, loneliness, anxiety, and suicidal thoughts
- want to avoid attending school and have higher school absenteeism rates
- experience headaches, sleeping problems, and stomach ailments
- have long-lasting emotional scars

Bullying can be a sign of other serious antisocial or violent behavior, and can lead to teen dating violence, domestic abuse, bullying in the work place, and other criminal activity.

Bullies identified by age eight are six times more likely to be convicted of a crime by age 24 and five times more likely than non-bullies to end up with serious criminal records by the age of 30." (Maine Project Against Bullying, 2000).

Roughly two-thirds of school shooters had "felt persecuted, bullied, threatened, attacked, or injured by others. ...a number of the teenagers had suffered sustained, severe bullying and harassment." (Bowman, 2001)

Bullying also has an impact on other students at school who are bystanders to bullying. (Banks, 1997)

Bullying creates a climate of fear and disrespect in schools and has a negative impact on students' learning. (NEA, 2003)

Even students who are not directly involved in bullying are affected. Children and teens who regularly witness bullying at school suffer from a less secure learning environment, the fear that the bully may target them next, and the knowledge that teachers and other adults are either unable or unwilling to control bullies' behavior. (USDOE, 1998)

For more statistics and facts, visit www.mwpuab.com/statistics.html

HELP SELECT THE **WINNERS** OF THE
"POWER OF BYSTANDERS" POSTER CONTEST

VOTE ONLINE

www.MWPUAB.com

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Inspiration

"But where was I to start?

The world is so vast.

I shall start with the country I know best, my own.

But my country is so very large.

I had better start with my town.

But my town, too, is large.

I had best start with my street.

No: my home. No: my family.

Never mind, I shall start with myself."

-- Elie Wiesel

This quote comes to you from [Ouch! That Stereotype Hurts: Communicating Respectfully in a Diverse World](#)

INSPIRATION can be a powerful thing. It can keep you going when all around you cries out "quit!" It is even more powerful than motivation, as motivation gives you your basic reasons to keep going.

But just what does inspiration consist of? Two elements: vision and mission. A vision is the first step toward turning your motivation into inspiration. A person with a vision sees down the road. He can sense what it will be like six weeks, six months, a year, two years, five years and more ahead. Try to

decide what it is you are looking for, so you'll know it when you see it.

Try to locate and choose an opportunity, which you feel, is right for you. This may be easier said than done, as there are many choices that sound good. You may come upon an outstanding one right away, purely by chance. If so, latch onto it.

Once you have chosen your opportunity, stand behind it in every way and don't quit or change your mind. B.C. Forbes said, "Without loyalty, nothing can be accomplished in any sphere..." Think of yourself as being in it for the long haul, no matter what. And try to envision, based on what you know, how things will be down the road. Keep that picture before your mind, and never doubt. Napoleon Hill said "What the mind can conceive and believe it can achieve."

Once the vision is firmly implanted in your mind, let it become your driving force. Let the vision excite you with the possibility of its fulfillment and you will automatically begin the next step--you are on a mission. Your mission is to bring about the realization of the vision. If you keep the vision in mind, you will move forward in the mission, accomplishing enthusiastically step by step that which is necessary to bring the vision into reality. You will have developed a sense of excitement, importance and urgency, which will keep the fires of inspiration burning in your heart and moving you ever onward and upward

Excerpts taken from article written by James M. Becher, [Ezine](#).

October Volunteer of the Month

What a pleasure it is to acknowledge our volunteers who dedicate their time, energy and passion to the effort of allowing children to live, learn and grow without the threat of harassment, intimidation and bullying. We are grateful for the energy, enthusiasm, and dedication they bring to their roles. They set a wonderful example and demonstrate the power of individuals to effect remarkable change. We greatly appreciate their generosity and leadership, and cannot thank them enough for their invaluable contributions.

Thank you for all you do!

Together we ARE making a difference!



For information on becoming a volunteer with Parents United Against Bullying, visit our web site at www.mwpuab.com or email us at stopbullyingnow@cox.net

Judie Bolam, Parent POD Coordinator

Judie is the mother of 3, and grandmother to 5. She has been married to Dr. David Bolam for 43 years. Her eldest daughter, Sandra, is a teacher at Millard North High School. Doug, her middle child, is a computer programmer. Rebecca, her youngest is a recording artist, living in California.

Judie is very active in politics, working two days a week to assist with local political efforts. She loves doing photography, and has a studio in her home. Her work has been featured on magazines locally and nationwide. Judie is a 10-year cancer survivor.

As Parent POD Coordinator, Judie works to build, mobilize, train, coordinate and support Parent POD Leaders.

Additionally, Judie has been instrumental in working with government officials and the media on behalf of Parents United Against Bullying. She has graciously offered her photography services, and was key to the recent passage of "Bullying Awareness" proclamations in both Nebraska and Iowa.

THANK YOU JUDIE FOR ALL YOU DO!

Resource Center

When combating bullying, the use of reputable, reliable resources is imperative. The Midwest is a wealth of such resources; many of them located right here in Omaha. It's our pleasure to share with you a different resource each newsletter.

These organizations and programs are an excellent addition to the toolbox of schools, out-of-school programs, faith-based organizations, parent groups, businesses and others throughout the community. We are pleased to recognize their hard work and dedication, and to share with you the programs and services they offer.

R.E.S.P.E.C.T.²

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

Website: www.respect2all.org

Location: Omaha, NE

R.E.S.P.E.C.T.²'s mission is to work to bring together a community collaboration to build healthy relationships among children and youth through theatre. R.E.S.P.E.C.T.² encourages relationships which promote mutual understanding and respect among people of all ages to decrease, prevent & eliminate bullying & teen dating violence.

Through the use of theater, R.E.S.P.E.C.T.² provides a series of interactive, educational plays for Grades K - 12. These plays address the issues of bullying, harassment and dating violence. A professionally facilitated discussion with the students follows each performance. In addition, the R.E.S.P.E.C.T.² web site provides information and resources for students, parents and educators.

R.E.S.P.E.C.T.² is a best practices, research-based organization. The theatrical content they continually develop stems directly from the surveys collected from their audiences; they aim to be relevant at all times. Additionally, this survey data proves theatrical education has a place in the classroom and can over time make a meaningful impact on behavior.

Dr. Patricia Newman, clinical child psychologist and a nationally certified school psychologist, founded the idea and the model for what has become the R.E.S.P.E.C.T.² program in the spring of 2000. She developed a volunteer, community collaboration and the funding to bring educational theatre, for the purpose of addressing violence in the relationships of children, to Omaha.

Providing services to over 275,000 students in 2007 alone, R.E.S.P.E.C.T.² is "Making A Difference" in the lives of children nationwide.



Suggested Reading

My Secret Bully, Trudy Ludwig

Suggested age: 5 to 8 years

A girl confides to her mother that her best friend is treating her badly, and together they figure out what to do.

Nobody Knew What to Do, Becky Ray McCain

Suggested age: 6 to 9 years

When bullies pick on a boy at school, a classmate is afraid, by decides he must do something.

Say Something, Peggy Moss

Suggested age: 8 to 12 years

A child who never says anything when other children are being teased or bullied finds herself in their position one day when jokes are made at her expense and no one speaks up.

Saving Beauty from the Beast, Vicki Crompton Tetter

Suggested age: Teens & Parents

Dating violence affects a huge number of teenage girls - one in three girls between the ages of ten and eighteen reports having been assaulted by a boyfriend. Often it's the girls with the highest self esteem, those who believe they are in control of their lives and can bring out the best in their boyfriends, who find themselves in the grip of a violent relationship.

Saving Beauty from the Beast offers specific, usable tactics for confronting teen dating abuse. 1. What to say to your daughter before she begins dating. 2. Twenty-three warning signs that your daughter is in an unhealthy relationship. 3. Nine steps a best friend can take if dating violence is suspected. 4. Ten ways to intervene effectively and open up lines of communication with your child. 5. How to break the cycle of control.

The "Power of Bystanders"

"Bystanders can group up and tell them to stop bullying."

Noah, Age 9, Omaha, NE

"I think I can help by standing up for the person who is being bullied and letting them play with me."

Haley, Age 9, Omaha, NE

"Tell them to treat people the way you want to be treated."

Sarah, Age 9, Omaha, NE

"You can help stop bullying by sticking up for one another."

Thaknguan, Age 9, Omaha, NE

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Parents: Getting Connected, Staying Informed

Empowerment. What is it?

One aspect of power is characterized by collaboration, sharing and mutuality, and is called *empowerment*. Empowerment is a social process that helps people gain control over their own lives. It is a process that fosters power (that is, the capacity to implement) in people, for use in their own lives, their communities, and in their society, by acting on issues that they define as important.

To create change we must become partners in solving the complex issues facing us. In collaborations based on mutual respect, diverse perspectives, and a developing vision, people work toward creative and realistic solutions.

Empowerment is a process that is similar to a path or journey, one that develops as we work through it.

Empowerment is not something that one individual does for another. We cannot give people power and we cannot make them "empowered," we can provide the opportunities, resources and support that they need to become involved themselves.

WANT TO DO SOMETHING ABOUT BULLYING, BUT NOT SURE WHERE TO START?

Most of us, whose children have been the target of bullying, know what it's like to feel alone and helpless in the effort to protect and help our child. Parents United Against Bullying

understands that frustration, but we have come to learn that parents DO have the power to not only help our children, but also to effect positive change throughout the entire community.



Parent PODs, comprised of parents and grandparents who are determined to find effective solutions to bullying are addressing bullying in fresh and unprecedented ways.

- ✓ Parents in need of information and support are being empowered by the listening ear of fellow parents who know what it's like to have their child be the target of bullying.
- ✓ Parent PODs provide reliable information on how parents can best help their child who is/has been the target of bullying; the rights of their child and the existence of anti-bullying legislation; programs and resources available, and how to be part of the solution.
- ✓ Taking collective action to effectively address their concerns, Parent PODs work with their school's administration to put in place ways to raise awareness about the seriousness of bullying, teach children how about respect, tolerance and diversity, and involve youth in the solution.

This article includes excerpts from *Extension Journal, Inc.*

For additional information on Parents PODs, call Judie Bolam at (402) 333-1743 or e-mail her at jbolam@tconl.com.

Student Korner

BEING BULLIED?

You are not alone. Chances are, other kids around you are being bullied too. It's important that you talk to a trusted adult about it. Not only are you helping yourself by being willing to discuss it, but you will also be making a difference for others as well. [Learn what you can do about being bullied.](http://www.mwpuab.com/kidshelp.html) Visit www.mwpuab.com/kidshelp.html

If you don't know who else to turn to call the **Boys Town National Hotline**
1-800-448-3000
Open 24 hours a day/365 days a year

BULLIES

Treating others disrespectfully is a choice. You can choose to be part of the problem, or part of the solution. Make the right choice.

BYSTANDERS

Perhaps you're not the one being bullied or doing the bullying. Perhaps you're a bystander.

Do you know how much power bystanders have? They can encourage the bullying, or help in resolving it. Bystanders (other kids watching) are present most of the time (85%) when there is a bullying episode in the playground or in the classroom. Most kids feel uncomfortable witnessing bullying, but very few intervene. When peers step-in, the bullying stops within 10 seconds (57% of the time).

Bystanders are a powerful majority at any school. Learn how you can become an 'upstander'.



Learn about the "Power of Bystanders" and the "Pink Shirt Incident"
www.wearpinkomaha.com/thestory.html

October Happenings & Events

October 2, 2008

13th Annual Domestic Violence Awareness Candlelight Vigil “The Silence Stops Here”

Location: Heartland of America Park, 10th and Douglas, Omaha, NE

Time: 7:00 – 8:00 pm

Keynote Survivor Speaker, Kay

A mother speaks about the loss of her daughter, Kim, to domestic violence. This year marks the 10th anniversary of Kim’s death.

Songs and Music by:

Native American Drum Group, RJ Hadley of the “Fishheads”, Dave Minino and Company, Tina Cox (Kay’s surviving daughter), Jerry’s Mobile Karaoke and DJ services

Brought to you by: *Domestic Violence Coordinating Council, Omaha, NE* (<http://www.dvcomaha.org>)



October 7, 8 & 9, 2008

19th Annual Domestic Violence Awareness Month “Remember My Name”

Dating violence affects a huge number of teenage girls - one in three girls between the ages of *ten and eighteen* reports having been assaulted by a boyfriend. It may not be just happening to “someone else’s child”.

Vicki Crompton Tetter, author of *Saving Beauty from the Beast*, became an advocate for teen dating violence education after the murder of her daughter Jenny, age 15, by her boyfriend in Iowa in 1986. Since then, she has worked to educate teens, parents, and school officials nationwide on the warning signs and dangers of unhealthy relationships. She has appeared on national TV: The Oprah Winfrey Show, The Today Show, 60 Minutes II, MSNBC, Montel Williams, Sally Jesse Raphael, Geraldo, MSNBC and Inside Edition.

In 2003 Vicki co-authored a book “Saving Beauty from the Beast”, published by Little Brown & Co., an award-winning (“Books for a Better Life”) guide for parents and teens. The book features Jenny’s story and the stories/voices of many teenage girls and their parents. The book is an easy-to-read and compelling guide for anyone with a teenager in their life.

Vicki has served on several Boards for the State of Iowa: The Crime Victim Assistance Division Board, the Gun Control Panel, Prison Reform Panel, and most recently she was appointed to serve on the Juvenile Justice Advisory Council.

Vicki has presented her much-in-demand school presentations and parent workshops across the country. She has been presenting to the State of Illinois Family Violence Prevention Councils for several years. She has presented to the JWI Children and Family Violence Agency in Princeton, NJ. She was a speaker at the Prince Georges County, MD, Family Violence Workshop and a keynote presenter at Woodstock, VT High School. She travels frequently in the Midwest presenting to schools and parent groups. She has also traveled to San Diego, Arizona, Wisconsin, Missouri, New Jersey, New York and Florida.

October 7, 2008 Book Signing with Vicki Crompton Tetter, *Saving Beauty from the Beast*

Location: Barnes & Noble, Mall of the Bluffs, Council Bluffs, IA

Time: 7:00 – 8:00 pm

October 8, 2008 Parent Presentation by Vicki Crompton Tetter (open to the public)

Location: Council Bluffs Public Library, 400 Willow Ave, Council Bluffs, IA

Time: 6:30 pm

October 9, 2008 19th Annual Candlelight Vigil

Location: Bayliss Park, Pearl Street and 1st Avenue, Council Bluffs, IA

Time: 6:30 – 7:15 pm

Keynote Speaker: Vicki Crompton Tetter

Brought to you by: *Catholic Charities/Phoenix House* (www.dmdiocese.org/Index.aspx?menuitemid=605)

October Happenings & Events (cont.)

October 19-25, 2008

“Bullying Awareness Week”

See details on previous page

Brought to you by: *Parents United Against Bullying, Conference for Inclusive Communities, Citizens for Equal Protection*

Deadline: October 31, 2008

Teen Dating Violence Awareness Contest

With nearly 1 in 3 metro teens in abusive dating relationships, it's time to take a stand preventing escalating violence of any kind among your friends and peers.

CALLING ALL TEENS – A CONTEST JUST FOR YOU. What message would mean something to you regarding dating violence? What words or images of impact or encouragement could make a difference? Use your creativity and share your concerns to form a unique campaign idea. Work with a class, a club, a group, or by yourself.

R.E.S.P.E.C.T.² partnering with the Iowa West Foundation, Channel 94.1 and Lamar Outdoor Advertising will launch a multi-media advertising and publicity campaign in February 2009 with YOUR ideas to combat teen dating violence. Winners will enjoy prizes provided by Channel 94.1 and R.E.S.P.E.C.T.². Your message will be translated into a radio, print, and billboard campaign.

For details about the contest, as well as information and resources regarding teen dating violence, visit www.respect2all.org.

Community Involvement

Our children need the collaborative effort of the entire community to make a real and lasting change to the culture that tolerates bullying and allows it to exist.



A successful anti-bullying campaign has to involve youth, parents, schools, out-of-school programs, law enforcement, the faith-based community, businesses, mental health professionals, government, the media, and the entire community coming together. Each stakeholder group has a special role in the solution and a special perspective.

Out-of-school time programs fill the gap for working parents and communities concerned about how and where youth spend their free time. Professionals and volunteers in this field cover a diverse range of activities and organizations.

- They assist in extracurricular activities as coaches in sports and recreations; instructors of dance, art and music; advisers for academic clubs; and leaders of faith and worship groups.
- They work part-time or full-time to teach new knowledge and skills in after-school and tutoring programs; computer labs; homework centers; apprenticeships; entrepreneurial and job training; and in experiences in camping, scouting and service learning.
- Many are staff, volunteers, and youth leaders with large national and community-based organizations

(e.g., Boy Scouts, Girl Scouts, Boys and Girls Clubs, Big Brothers and Big Sisters, 4-H Clubs and YMCAs, along with many others) who enhance every aspect of children's lives - academics; social, artistic, and athletic skills; morality; and citizenship.

EASY WAYS EVERYONE CAN GET INVOLVED

- Talk to the youth groups you already work with
- Offer cultural perspectives on bullying problems
- Work with others to create and deliver an effective response to bullying
- Help monitor the effectiveness of a response program
- Serve on a committee
- Provide insight regarding bullying and matters of law enforcement or civil rights
- Identify students at risk, and provide additional supervision/support
- Provide support and work with parents
- Promote the norm for a community that does not tolerate bullying
- Volunteer to mentor bullies and targets of bullying
- Demonstrate to all children the concern and support of the community
- Help prevent future criminal activity by intervening with bullying now
- Contribute financially
- Volunteer with an anti-bullying organization or agency

About Parents United Against Bullying™

Parents United Against Bullying (PUAB) is a grassroots nonprofit, comprised of parents, youth, educators, organizations and community members uniting together to help stop bullying, providing our children with a safe environment in which to live, learn and grow.

MISSION STATEMENT

Our mission is to raise awareness of the serious and escalating problem of bullying in our schools and communities, and advocate for the implementation of effective bullying prevention and intervention strategies.

HISTORY

Pam Kruse, Project Coordinator/Founder formed Parents United Against Bullying in February 2008. Understanding the need for community-wide anti-bullying strategies based on her own son's experiences with bullying, Pam began with the idea of offering a web site of resources and educational material to other parents whose children were targets of bullying.

Soon after the publication of the web site, Parents United Against Bullying took the opportunity to enter the 'Pay It Forward' Challenge offered by First National Bank and WOWT. As one of six \$1,000 grant winners, Parents United Against Bullying designed pink T-shirts and buttons that boldly state

'Bullying Stops Here!' which we offer for sale throughout schools and the community.

In conjunction with the 'Bullying Stops Here!' T-shirt campaign, May 14th was Designated 'Bullying Stops Here!' Day across the Omaha/Council Bluffs Metro.

A kick-off breakfast was held at Westside Community Conference Center the morning of May 14th, at which presenters Senator Gwen Howard, Dr. Susan Swearer, R.E.S.P.E.C.T.² and a local parent whose child has been the target of bullying presented varying aspects of the bullying problem as well as solutions to approximately 50 attendees.

As parent and community interest continues to grow, Parents United Against Bullying continues to grow. Hits to our web site exceed 114,000 since its inception in February 2008, spanning the globe with visitors from: the United States, Italy, Canada, Netherlands, Australia, Japan, Bulgaria, Mexico, Bandar Seri Begawan Brunei and Muara Brunei Darussalam, Germany, India, Philippines, Spain, United Kingdom, Sweden, Argentina, Thailand and Singapore.

"Together we can make a difference" is more than just our motto. It's our guiding principle. It's underlies all we do and how we go about doing business.



Sponsor Recognition



Parents United Against Bullying would like to extend a sincere 'thank you' to the following partners & supporters who are helping to make a difference in the lives of children.

Your financial support and generosity allow us to continue to help make it possible for children to live, learn and grow in an environment without fear of harassment and bullying.

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Senator Gwen Howard

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Parents United Against Bullying™ is a 501(c)3 nonprofit organization. We rely on your donations and generosity to continue to work throughout the community to provide an environment in which children can live, learn and grow without the threat of harassment, intimidation and bullying.

Thank you for thinking of us the next time you consider which of the many worthy causes to support.

Donations can be made safely and securely online at www.mwpuab.com/donate.html

Your donations are tax deductible to the full extent of the law.

'Bullying Stops Here' T-shirts and Buttons



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