

Title of Session: School Counselors Resources - Bullying

Moderator: Barbara Muller-Ackerman

Title of File: 20071023counselorsbully

Date: October 23, 2007

Room: School Counselors Group

BJB2: I think counseling is considered crisis intervention...

BJB2: when it should be used for proactive prevention

JeffC: yup

JeffC: a shame since school counselors on an elem. level used to spend 90% of their time with 10% of the students and now are working toward the opposite

BJB2 nods...but do most teachers know this?

JeffC: I've been trying to get into my son's middle school to do a proactive piece on Myspace and netsafety etc... climbing uphill to get in there though.

JeffC: elementary counselors still have the biggest opportunity for this in terms of not having scheduling to deal with or testing

JeffC: What I often do is to tie into what is already being celebrated in the school so, for example Jeff, when it's math and technology month, I would go in

JeffC: set it up ahead...tho it's incredible to wait for spring for that!

JeffC: this is another month- that it would be great- but they have to acknowledge that it is violence prevention /school safety month and use the internet safety focus

BJB2: let's remind Brian to go to Actions in the top right of the chat and click on detach

BJB2: and perhaps start with introductions?

BJB2: I am in Pennsylvania and teach communication

BrianGst2: NJ and School Social Worker

JeffC: Tonight is the school counselor chat on bullying prevention. I was a school counselor for 13 years at the middle and elementary level. Also in NJ

BJB2: glad you could join us, Brian!

JeffC: are you at multiple levels Brian?

BrianGst2: K-8 charter school, 300 kids

JeffC: ok- thanks

JeffC: SO, in the introduction, I sent out a url for a video clip. Did anyone get to see it?

JeffC: If not, I think, like Sue, I should leave it till the end though it's a really compelling starting point.

JeffC: Brian- are you in the elementary counselor group?

BrianGst2: yes..been in it for the last 3 yrs

BrianGst2: Great Resource, check it daily

JeffC: Ok- so I am guessing that you have seen Hero in the Hallway that has been so much of our discussion?

BrianGst2: I have seen bits and pieces of it

BrianGst2: powerful song/message

BJB2 would like to learn more about Hero in the Hallway

JeffC: http://www.thespiritdesk.com/images/hero_in_the_hallway_1.wmv

JeffC: Its a you tube or alternately is on The Spirit Desk website

BJB2: not getting wmv.

JeffC: Brian- if you click the link it will open and play=

BJB2: oh...getting music but no video

JeffC: need to see both...there is a you tube link- hang on...

JeffC: <http://www.youtube.com/watch?v=PtFtbaKIYyg>

BJB2: thanks!

JeffC: I was wondering if your charter school is doing anything this month to raise awareness specifically around Violence Prevention Week?

BrianGst2: we did a poster contest this past week

JeffC: I was thinking about the bullying topic and thinking that there is so much packed into this month for counselors...

JeffC: ending with Red Ribbon Week from today till the end of the month

JeffC: The bullying prevention week is sponsored by PACER and if you go to the site, the webisodes are very good under WATCH THIS

JeffC: <http://www.pacerkidsagainstbullying.org/>

JeffC: They would be good for a classroom lesson or left behind after a counseling lesson for the teacher to follow up with

BrianGst2: I am looking at the web site...it's good

BJB2: Brian, Barbara has a lot of great resources in this group room....

JeffC: There is a lot more information now about the whole bully-victim-bystander triad. I like that they have changed the "victim" word to target, or "the bullied"...

BJB2: you might want to get a free Tapped in membership and join the group

BrianGst2: I will do that after the chat

JeffC: Intervention Central, which has a lot of wonderful resources for our work, also has a good article on the dynamics at play with the 3 groups.

JeffC: <http://www.interventioncentral.org/htmldocs/interventions/bully/bystander.php>

BrianGst2: I find that bullying in my school is more of a problem in the upper grades, is that true for most schools?

JeffC: I think that there are kindergartners who will be very in touch with being bullied so I think that it starts very young...I would imagine that it is more covert, as well as nastier, as the kids age

JeffC: which is why I really wanted to include cyberbullying tonight

JeffC: Russ Sabella has an awesome list of sites and links at his site <http://www.schoolcounselor.com/safetynetlinks.asp>

JeffC: It encompasses a lot about internet safety in general but then has some very specific bullying and cyberbullying resources.

BJB2: does labeling a targeted student of bullying as a potential shooter make the

incident a self fulfilling prophecy?

JeffC: The initial lead in to his listing also includes some powerpoints which might be helpful in putting together a lesson or in-service

JeffC: <http://www.schoolcounselor.com/safety/index.asp>

JeffC: Interesting question BJ

BJB2 . o O (probably spoken like a non-counselor :-())

JeffC: I think that we label the kids as "at risk"....probably very early on in their school careers.

CarolhoGst4 joined the room.

BJB2: hi, Carol. Welcome!

JeffC: After Columbine, we posted all kinds of resources which came out of the Dept. of Ed. which sought to identify who was potentially violent

JeffC: Hi Carol

BJB2: whose job is it to do that at risk labeling?

CarolhoGst4: Hello, just remembered this when looking at the list. First time here!

JeffC: officially?!

BJB2 smiles...yeah, officially

BJB2: glad you could join us, Carol

JeffC: Thanks for coming Carol- much appreciated. Brian, Carol, if you want to join in to BJ's question, that would be great!

CarolhoGst4: I think I missed the question, what was it?

BJB2 . o O (as a truth in advertising comment, I should mention that I teach in a male juvenile correctional facility)

JeffC: I think that the school psych's get called in a lot...but if the school has any doubt, they request an outside eval....usually after finding a drawing or some other documented threat

BJB2: the question was...

BJB2: does labeling a targeted student of bullying as a potential shooter make the incident a self fulfilling prophecy?

BJB2: and whose job is it to do that at risk labeling?

BJB2: are you a school counselor, Carol?

CarolhoGst4: Yes, I am, at the elementary level.

BrianGst2: they just suspended a 7 yr in a local school for drawing a pic of him shooting his friend with a watergun

JeffC: Brian is K-8 in NJ - I was mostly Pre-K-4 but also started in MS

BrianGst2: made a lot of the local/national news

BJB2: yes, I saw that on the news...incredible!

CarolhoGst4: I would hope not to get to that stage of identifying at my level,

JeffC: I think that the whole reactive stance of schools is unfortunate.

BJB2 agrees about the reactive stance

JeffC: We practiced lockdown drills and had monthly crisis team meetings after Columbine. But, when the shootings quieted, the meetings and drills were suspended over the next years

CarolhoGst4: as for the suspension, it would be better to know the details, not just what's in a paper, unfortunately I can see a school suspending, but then what does that mean? in house? one day? lot to know

BrianGst2: my principal just bought all the teachers a copy of the book "terror in beslan" and sent us cnn documentary for us to watch in the past wk

JeffC: With the college shooting in Virginia and then with Cleveland bringing it back into the public schools, all of a sudden kids were being asked to leave and get mental health clearances right and left.

BrianGst2: the problem with mental health clearance is that in my area there are not enough psychiatrists and the waiting list for mental health agencies is 2 to 3 months

JeffC: Again, I think that the elementary level is the best place to be. To give kids the lessons on empathy

BJB2: I find that most LD kids can be identified in early elementary as "at risk". Are these the same kids who eventually bully and/or are bullied?

CarolhoGst4: the Va Tech shooting is close to home for me, the shooter went to my elem school, I don't remember him, but my friend, who was his teacher, said he was quiet,

CarolhoGst4: not one that would have been picked up that early, but yet was in hs for an IEP

CarolhoGst4: we do a lot of bullying lessons, required, at the beginning of each year,

BJB2 . o O (I'm just playing devil's advocateI know there are no simple/easy answers)

JeffC: BJ- I don't know if you can limit it to LD kids (though you see that the bullying week is sponsored by an LD organization)

JeffC: When you go into a class and every child raises their hand that they have been bullied, you can't exclude anyone

BJB2: is it better to teach kids how to avoid bullying or teach them how to treat each other with respect and empathy, as Barb mentioned

JeffC: I think the statistics are one in 4 but it is significantly higher

JeffC: I was just going to post one empathy program- Walk in My Shoes from the 4-H <http://www.urbanext.uiuc.edu/wims/wimsproject.html>

JeffC: They have a whole unit on empathy which is quite good.

CarolhoGst4: I'm focusing this year on the bystanders, trying to convince them they have power in the situation, and it's more than just telling, which many won't but standing up for another

BJB2: cool. Thanks

BrianGst2: Barb, can u put that link on the yahoo group

JeffC: It is

JeffC: in the link section

BrianGst2: part of the problem is that a lot of these kids are taught at home and in the media not to "snitch"

CarolhoGst4: true

BJB2 nods...snitches get stitches

BJB2: big issue with the gang problem also

CarolhoGst4: I also think a lot is a consistent program of dealing with bullying, when it happens, consistently

CarolhoGst4: it amazes me when students ask me what to do when the adult doesn't do anything.

JeffC: "if someone is bothering you, tell an adult" has become so meaningless....

JeffC: and the kids know it

BrianGst2: I think what occurs is that the adult talks to the student and then eventually their parent, but changing the student is a long slow process

JeffC: we have left them in a position that they feel they have to fend for themselves.

CarolhoGst4: it is also the issue of different values of how to handle it, parents say defend yourself, hit back, we, in the school say you're in trouble if you hit back.

BrianGst2: a lot of my kids are taught to "fight to survive" survival of the fittest mentality

JeffC: We had one grade that was really rough on each other. As a counselor, I asked the principal to call in the parents and kids together and engage both groups in helping us. The idea was totally dismissed.

BrianGst2: sounds like this one class I have this year..all it takes is one or two kids to ruin a class

CarolhoGst4: many times I will outright say that I cannot speak for what parents say, but while they are in school, these are the rules.

JeffC: I wanted to put up some good interactive sites for the kids- again- as kick offs to lessons, or small group anger management or social skills sessions - or for teacher to follow up with

JeffC: <http://www.talk-helps.com/>

JeffC: That one is "Lets Talk About Bullies" and is in English and French

CarolhoGst4: I'm not telling a student their parent is wrong, but I can say we have rules

and consequences for what happens at school.

JeffC: But often Carol, the justice is handed out unevenly and the consequences only experienced by some

JeffC: The slow process really needs a careful examination of our own internal procedures and what they convey to the kids

BrianGst2: I agree with that 100% Barbara. I see that all the time at my school

BJB2 . o O (and an invitation to you too, Carol, to get a free Tapped In membership...)

BJB2: with a membership, when you log out you automatically are emailed the transcript of the discussion

BJB2 stops interrupting...sorry, Barbara

JeffC: Another good site with webisodes for the kids to watch is the governments site launched a couple of years ago, <http://www.bam.gov/>

JeffC: Another site with posters you can download, as well as powerpoints about cybersafety/cyberbullying is <http://www.ctap4.org/cybersafety/>

BrianGst2: thanks for all the great resources

JeffC: The Committee for Children, which has Second Step (for violence) and Steps to Respect for bullying has a lot of good information, handouts and other resources <http://www.cfchildren.org/>

BJB2 . o O (school counselors rule!)

CarolhoGst4: yes, thank you, I don't post, but do enjoy so much on the yahoo group.

CarolhoGst4: have used and love 2nd Step

JeffC: Sorry for speeding up, but the time is growing short and I wanted to get these into the transcript for tonight.

BJB2: Barbara, are you interested in trying another discussion in November?

BrianGst2: November sounds good

CarolhoGst4: Need to go now myself. I'm glad I found this and will try to watch for another time.

JeffC: I also really love the NYU Children's Study center and, since we have to write

newsletter articles for the school newsletter, they have incredible resources, in English and Spanish - these specifically on bullying

BJB2 . o O (November 27?)

JeffC: <http://www.aboutourkids.org/aboutour/articles/bullies.html>

JeffC: Yes

JeffC: Would like to do Attention Deficit kids

BJB2: oh, great!

CarolhoGst4: good!

JeffC: though the Aspergers population will follow quickly behind that one!

BrianGst2: sounds good

CarolhoGst4: I would like that too, as it's such an issue now

JeffC: Ok- so, I think that we are fortunate to work with the younger ones- before they get to where BJ is working

CarolhoGst4: I agree, definitely like seeing what interventions we can offer

BJB2 appreciates the intervention that you provide!

BrianGst2: Barbara, thank you very much for the chat and to everyone for their knowledge.. Must go now

JeffC: We have the opportunity to teach the skills of conflict resolution, respect and empathy...and specific skills and strategies around the bully, the bullied, and the bystander.

JeffC: ok- thanks Brian

CarolhoGst4: thanks for the time, need to go

BJB2: Thanks, Barbara!

JeffC: So long

BrianGst2: Thank you, have 4 IEP meetings tomorrow...Thank you once again and have a great night

JeffC: have a great week

JeffC: g'night

CarolhoGst4: good night.

BJB2 . o O (go to www.tappedin.org and fill out that membership form)

BJB2 waves goodnight

JeffC: You are funny!!!

JeffC: I was going to write a little more but can be done....

BJB2: I'll add the counselor's session to November

JeffC: great

JeffC: thanks BJ

BJB2 smiles...thank YOU!

JeffC: will keep trying to get counselors to participate

JeffC smiles

JeffC: gnight again