

**An Introduction**  
**TO**  
**Teasing**  
**and**  
**Bullying**

**Training** for  
**School Safety**  
**and** **Climate Teams**



*Offered by:*

**New Jersey State Bar Foundation**

**New Jersey Law Center**

**One Constitution Square**

**New Brunswick, NJ 08901-1520**

**www.njsbf.org • 1-800-FREE-LAW**

## What is Bullying?

Bullying involves an imbalance of power. That imbalance can be physical in nature or it could be gender, cultural or racially-based. According to researchers, "bullying occurs in school playgrounds every seven minutes and once every 25 minutes in class."

The National Center for Victims of Crimes stresses that anyone can be a bully, and bullying can be carried out in different ways. Physical bullying may include shoving, pushing and hitting. Words and non-verbal behavior can also be used to hurt someone by spreading rumors, taking part in gossip, or threatening someone with looks, notes or pictures.

**Bullying**  
is **also**  
**spreading rumors,**  
**gossiping,**  
**threatening** with  
**looks, notes &**  
**pictures**

Behavior has been linked to other problem behaviors such as vandalism, shoplifting, truancy, dropping out of school, fighting, and tobacco, alcohol and drug abuse.

## New Jersey's Anti-Bullying Bill of Rights

In January 2011, New Jersey enacted the Anti-Bullying Bill of Rights, believed to be one of the toughest state laws regulating student-related bullying, harassment and intimidation. The new law requires school districts implement policies preventing bullying including having their teachers and other school employees trained. Under the new law, schools must appoint safety teams and an anti-bullying specialist.

**Bullying**  
**involves**  
**an**  
**imbalance**  
**of power.**

According to the National Center on Addiction and Substance Abuse, children and teens who are bullied are at greater risk of suffering from depression and other mental health problems. Further, the Center contends that bullying

## New Jersey State Bar Foundation Teasing & Bullying Program

While the Foundation's teasing and bullying training session, An Introduction to Teasing and Bullying Training for School Safety and Climate Teams, will address the new law, its main focus is to emphasize the importance of a school changing its culture and climate, developing a school-wide approach and being proactive in combatting bullying. Under the new law, schools are required to have a program in place that includes lessons taught to students. The Foundation's training is curriculum-based and provides K-12 lessons that educators should use with their students.

The training also dispels the many myths about bullying, such as bullies have low self-esteem. Research has consistently shown that is not the case and bullies actually have an average or above average sense of self. Another critical component in addressing bullying effectively is being able to identify normal conflict versus bullying. The Foundation's training provides attendees with concrete examples of normal conflict and bullying.

**the key is**  
**to promote**  
**a**  
**positive**  
**learning environment**

Experts agree that the key to combatting bullying is changing a school's culture and climate to one that promotes a positive learning environment. As with the success of any program, this change must emanate from the top and it is the administrator that sets the tone for the building.

**new law**  
**requires**  
**schools**  
**to have a program**  
**in place**

Schools are required to send **two to four people per building** to the Foundation's training and **are strongly encouraged**

**to have an administrator as part of the team.**

## Materials Included

All attendees to An Introduction to Teasing and Bullying Training for School Safety and Climate Teams will receive the Bar Foundation's anti-bullying curriculum guide, as well as posters that correspond to the lessons. Titled *Bully-Busting Curriculum: Six Essential Lessons for Grades K-12*, the curriculum complements the training and tailors each lesson to the elementary, middle and high school grade levels. In addition, the curriculum contains valuable resources for educators.

Posters available through the program include:

- **Definition of Bullying** — a complete definition to help your students identify bullying.
- **Dr. Martin Luther King Jr. Quote** — this quote from Dr. King addresses the importance of the bystander in bullying situations.
- **Bullying Behavior Chart** — gives definitions of physical, emotional and social bullying and provides examples of each at three different levels.
- **Creating a Positive Classroom** — provides 10 examples of keeping a positive classroom, inspiring your students to brainstorm their own ideas.
- **Having Fun vs. Making Fun** — explains the difference between good-natured joking and harmful teasing.
- **My Heart Feels Your Pain** — explains the difference between sympathy and empathy.
- **Bullying Concept Web** — gives examples of completed concept web and will encourage your class to develop a web of its own.
- **Teasing vs. Bullying** — explains the difference between teasing and bullying with words, gestures and physical acts.

*Due to the sensitivity of the subject matter, **only those who attend** An Introduction to Teasing and Bullying Training for School Safety and Climate Teams will be allowed to order the materials that complement this training.*

## How to Register

The teasing and bullying training sessions are free of charge; however, a refundable \$20 security deposit check, made payable to the New Jersey State Bar Foundation, is required for each registrant and must accompany each registration. Money orders or purchase orders **will not** be accepted. Deposit checks will be returned by mail to those who give 72 hours' notice of inability to attend. Checks from registrants who do not give at least 72 hours' notice of their inability to attend will be used to defray the expenses related to no-show registrants, and therefore will be forfeited.

Space in the teasing and bullying training sessions is limited. Registrations will be accepted on a **first-come, first-served basis**. To register for the training, call 732-937-7528 to request a registration form, leaving your email address (preferable) or your fax number. When we receive your registration and deposit check, you will be sent either a confirmation letter if you have been successfully registered or a letter advising that the training has been closed.

Trainings are conducted at the New Jersey Law Center in New Brunswick.

## Questions

Questions regarding the content of An Introduction to Teasing and Bullying Training for School Safety and Climate Teams may be directed to the program's director Leisa-Anne Smith, Esq. at 732-937-7517 or [lasmith@njsbf.org](mailto:lasmith@njsbf.org). For questions regarding the registration process, you may call 732-937-7528.

# Facts About Bullying

- A United States Secret Service study of school shootings found that almost three-quarters of the attackers felt persecuted, bullied, threatened, attacked or injured by others prior to the incident.
- According to a GLSEN National School Climate Survey, more than 64 percent of lesbian, gay, bisexual and transgender students say they feel unsafe at school because of their sexual orientation.
- The National Association of School Psychologists (NASP) said bullying is the most common form of violence in our society. Between 15 and 30 percent of students are bullies or victims, according to NASP and over two-thirds of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective.
- According to the National Association of School Psychologists, direct physical bullying increases in elementary school, peaks in middle school, and declines in high school. Verbal abuse, on the other hand, remains constant. The U.S. Department of Justice reports that younger students are more likely to be bullied than older students.