

BULLYING...We're Kickin' It Together!

Bullying and negative behavior has become an epidemic in our schools and is a terrifying experience many American school children face every day which has a long lasting detrimental effect on our youth and community.

Negative behavior takes on many forms being as direct as teasing, hitting, threatening, or as indirect as exclusion, rumors, or manipulation. It affects every race, religion, gender, social and economic status in every urban and suburban community.

During the past decade, bullying has become more lethal and has occurred more frequently than it has in the previous two decades resulting in the rise of teen suicide. Drug and alcohol abuse are only two of the negative outlets students are now using to deal with stresses, aggression and unhealthy behavior.

Bullying has only harmful and negative effects, not only for those directly involved but on the entire social community. Students in our nation's schools are robbed of the opportunity to excel academically because they are not balanced emotionally and socially due to negative encounters and interactions.

Kickin' It has created the only aggressive and effective course of action that is reducing the impact that negative behavior has on the school and social climate; supporting schools, coaches, parent/guardians, law enforcement and any community members that interact with students, and working together to help young people develop into positive, healthy, and productive members of society.

There is not one solution so in order to be effective Kickin' Its services, programs and resources are as unique as each school and each student. Kickin' It works with the schools to develop the most effective course of action in helping to reduce bullying and create a positive learning environment.

Kickin' It provides hands on in-service conferences providing comprehensive tools for understanding, reducing and intervening when various negative situations arise. Kickin' It presents effective techniques that can be used by principals, counselors, school psychologists, social workers, teachers, coaches and all other support staff that bring permanent help in reducing the epidemic of bullying in our schools.

Kickin' Its lessons, projects, tasks and activities are created to keep a bully proof school climate throughout the school year, long after an initial conference. Kickin' It provides daily anti-bullying tips, support, assistance and resources each day that school is in session.

Kickin' It is designed to meet the needs of any school with conferences and projects specifically developed for each grade level, elementary through high school. Kickin' It helps the schools deliver lifelong lessons in a manner that influences students making them feel excited to be involved in the anti-bullying movement. This approach makes students more receptive to supporting the administration's goal to reduce bullying in the overall school environment.

It is not only the schools responsibility to address and remedy negative situations, parents, guardians and community members must unite in the fight and deliver the same clear and consistent message. Kickin' It can help lead this charge with numerous tools and resources.

Kickin' It can offer a one-time presentation to personnel and provide on-going support quarterly, monthly, weekly or daily and work to combine in-services, conferences, lessons, projects, activities and events which will be created by a trained Kickin' It Specialist in collaboration with the school.

Kickin' Its in-service conferences can be presented in 4 or 6 hour segments covering multiple aspects of improving the school climate or customized to meet the needs of individual schools.

In-Service Conferences will answer the following questions:

- What is bullying?
- What are the characteristics of bullies and targets?
- How prevalent is bullying?
- What actions and behaviors constitute bullying?
- What are the early warning signs of troubled children and those at risk for bullying behavior?
- How can we help the students cope and deal with a bully?

In-Service Conferences will provide:

- Ideology: Hazing, Harassment, Intimidation, Bullying terminology and definitions
- How to develop respect, responsibility and compliance in all students
- Foundations of good character; teaching students life-long character qualities
- Strategies and specific lessons that teachers can utilize to create bully-free classrooms
- Strategies that help bullies and targets improve their coping skills
- Format that schools can use to facilitate formation of groups comprised of at-risk students
- Develop a code of conduct, that can effectively communicated to all students

Additional In-Service Workshops

Coaches: 2 hour interactive workshop, open discussion: Strategies and tools re-enforcing and emphasizing the importance of being a healthy positive leader and mentor that will create a respectful and productive team

- How to encourage and motivate students in a positive manner
- How to create a unified team effort
- How to create respect for teammates and opposing teams
- How to deal with a competitive guardian/parent
- How to address a student with an over inflated ego
- How to deal with a win or loss
- How to reduce hazing and negative traditions

Bus Drivers: 1.5 hour interactive workshop, open discussion: Strategies, Tools and Resources to reduce bullying and negative behavior, keeping students respectful and safe during transportation:

- How to keep order and respectful behavior while the bus is in motion
- How to intervene when negative behavior and outbursts occur
- How to address students
- How to report an incident to the school
- How their role is impacting and effecting the student

Guardians/Parents: 1.5 hour seminar and open discussion: Strategies to assist in managing bullying and/or negative behaviors of their children and their friends:

- How to open a dialog with their child
- How to recognize and monitor behaviors
- How to react and respond to various situations
- How to report an incident to the school
- How a guardian/parent powerfully and deeply impacts their child socially & emotionally

BULLYING...We're Kickin' It National Campaign

Kickin' It Programs are specially designed, yet easily adaptable to best suit each schools and student's needs. Kickin' It will work with the schools to help provide a safe and healthy school climate therefore reducing incidents provoked by negative behavior.

Services can be selected individually or as packages, from a one time introduction to ongoing annual support, assistance and guidance. Below are outlines of some popular school program packages.

Contender Tier:

- ✓ 4 Hour In Service Conference - Administration
- ✓ Anonymous Teachers Poll – To Help Ensure the Staff has a Clear Understanding of Policies and Procedures and Knows How To Re-enforce a Clear and Consistent Message
- ✓ The Anti-Bullying Tip of the Week – for Administration and Guardians
- ✓ Quarterly Anti-Bullying Lesson – Grade Level Appropriate
- ✓ Awareness and Information about Signs of Depression and Suicide
- ✓ A School Wide Anti-Bullying Project

Victory Tier:

- ✓ 6 Hour In Service Conference – Administration
- ✓ 1.5 Hour In-Service Conference - Guardians
- ✓ The Anti-Bullying Tip of the Day
- ✓ Anti-Bullying Lesson of the Month – Grade Level Appropriate
- ✓ Dealing with Suicide – Educators Curriculum Prevention and Intervention
- ✓ Teachers Pledge – To be Displayed Visibly in Each Classroom
- ✓ Creating Peaceful School Environment - Anti-Bullying Intervention Procedures and Guidelines
- ✓ Quarterly School Wide Anti-Bullying Projects
- ✓ Anonymous Student Poll – To Ensure Students are Receiving a Clear Consistent Message
- ✓ Anonymous Teachers Poll – To Help Create a Dialog and Understanding of Policies and Messages
- ✓ Kickin' It can be listed as a support system for the parents/guardians. Kickin' It will be the resource for the parents/guardians and students to rely on or help vent an issue or share their concerns. Kickin' It will help convey the message to the schools, to help ensure a positive healthy line of communication.

With the Tiers Students are provided with:

- ✓ Campaign Role Model Cards
- ✓ Pledge Cards
- ✓ Annual Access to Kickin' Its Support Center
- ✓ Access to Unique Campaign Incentives and Resources.

School Are Provided:

- ✓ Campaign Banners (2 per School)
- ✓ Incident Report Forms
- ✓ Bully Boxes (3 per School)
- ✓ Message Center Board (1 per School)
- ✓ Kickin' It Specialist to review the appropriate programs, projects and support best suited for the school.
- ✓ Kickin' It introduction letter to guardians, stressing the importance of positive support and reinforcement from the family unit.

Kickin' It mentors, leaders and specialists consist of former educators, law enforcement officials and humanitarians uniting together to help improve and preserve our most precious resource...our youth.

Kickin' It in-service conferences are led by the organizations Director of School Programs; author, renowned educator, anti-bullying consultant and positive behavioral activist, Jim Burns, who has been working to provide students with a positive school experience since 1977.

Mr. Burns has educated and worked with student of all grade levels with and without learning disabilities and behavioral problems. He has over 35 years of experience and has worked as a teacher and as an administrator. He currently is a college instructor, and seminar leader. Mr. Burns is committed to helping teachers and administrators establish standards of excellence and help them build successful relationships with their staff, students and guardians.

Mr. Burns has written and co-designed The Bully Proof Classroom, a graduate level course that is currently offered at The College of New Jersey in partnership with The Regional Training Center.

Contact Kickin' It to create the most powerful, effective and supportive assistance for your school:

732-409-1132

office@werekickinit.org

***Kickin' It is a certified 501c3 organization.*

***Kickin' It offers the financial support to assist schools in gaining grants, donations and sponsorships to help implement anti-bullying resources and/or positive outlet programs.*



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