Discovering Your Positive Power to Prevent Bullying

Terry W. Neu
The Human Journey Colloquia Series Presents:

**DISCOVERING YOUR POSITIVE POWER TO PREVENT BULLYING**

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The act of manipulating another into an emotional or physical state not of their choosing there by causing them to respond in a manner not of their choosing.
So what is bullying or inappropriate behavior? According to Public Act 11-232 (July 1, 2011)

Repeated written, oral, and electronic communications by
*one or more students directed at or referring to another student
*and physical acts and gestures by one or more students that are repeatedly directed against another student and that:
Definition of bullying continued

- cause the student physical or emotional harm or damage his or her property,
- put the student in reasonable fear of harm or property damage,
- create a hostile school environment for the student,
- infringe on the student's rights at school, or
- substantially disrupt the education process or a school's orderly operation.
Defining a Hostile School Environment

- as one in which bullying among students is so severe or pervasive that it alters the school’s climate.
- It also specifies that the student against whom the bullying is directed must be attending school in the same district as the students engaged in the bullying.
This include behavior that is consider to be:

targeting a student’s actual or perceived possession of, or association with others possessing or perceived as possessing, any differentiating characteristic based on race; color; religion; ancestry; national origin; gender; sexual orientation; gender identity or expression; socioeconomic or academic status; physical appearance; or mental, physical, developmental, or sensory disability.
Cyberbullying:

which is defined as acts of bullying carried out through mobile electronic devices or electronic communications, the Internet, interactive and digital technologies, or cell phones.
3 Important Keys to Dealing with Cyberbullying

- Identify inappropriate behavior or comments
- Document the reception of anything that could be Cyberbullying
- Notify the appropriate authority
The shape of the body has power.
Ancient Chinese Proverb

- Align the spine like a string of pearls.
- Head up as if suspended by a cable.
- Eyes alert and making contact with others.
- Feet connected to the earth.
- Develop the belief in your personal power.
Keys to Use Your Positive Power to Prevent Bullying:

The need to create a positive, caring environment

- The power of the smile
- Acceptance of others
- Respect for others
- The support of a community
Keys to Use Your Positive Power to Prevent Bullying:

The need to develop social competence skills for engaging in healthy relationships
- Building self efficacy
- Communication
- Use of humor
- Developing personal boundaries
References