



Afterschool Safety: Integrating Cyberbullying with the Using the Emergency Operations Plan



U.S. Department of Education
Office of Safe and Healthy Students

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Meeting Purpose

Bullying: An Introduction

Incorporating Bullying into the School Emergency Operations Plan (School EOP)

Measuring School Climate and Promoting Safe and Healthy Learning Environments as part of Step 2

Hearing Insight from a District Practitioner on Integrating Bullying Prevention Efforts within a School EOP

Agenda

1. Introduction to Bullying and Cyberbullying

2. Integrating within an EOP

- Measuring School Climate
- Identifying Cyberbullying
- Responding to Cyberbullying

5. Resources and Tools

6. Q&A Session

What is Bullying?

*Bullying is **unwanted, aggressive behavior** among school aged children that involves a real or perceived **power imbalance**. The behavior is **repeated**, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group **on purpose**.*

-- **stopbullying.gov**

What is Bullying?

Types:

Physical

Verbal

Relational

Modes:

Direct

Indirect

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What is Cyberbullying?

- *Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.*
- *Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.*

-- **stopbullying.gov**

Cyberbullying

- Bullying that takes place over **digital** devices like cell phones, computers, tablets, and gaming devices.
- Most commonly found in social media, text messages, web chats, websites and gaming sites.
- Distinct from other types of bullying:
 - **Persistent**
 - **Permanent**
 - **Hard to notice**
- Many state anti-bullying laws **do not** apply to cyberbullying

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Who Is Bullied?

Who is bullied?

- ~ 20% of US youth experience bullying ^{1, 2}
- ~ 15% of US youth experience cyberbullying ^{1, 2}

Disabilities and Special Health Care Needs

- Learning Disabilities, ADHD, and Autism Spectrum Disorder
- Chronic Illness
- Overweight or Underweight

Gender Identity & Sexual Orientation

- LGBTQ
- Gender non-conforming youth

Socio-economic Factors

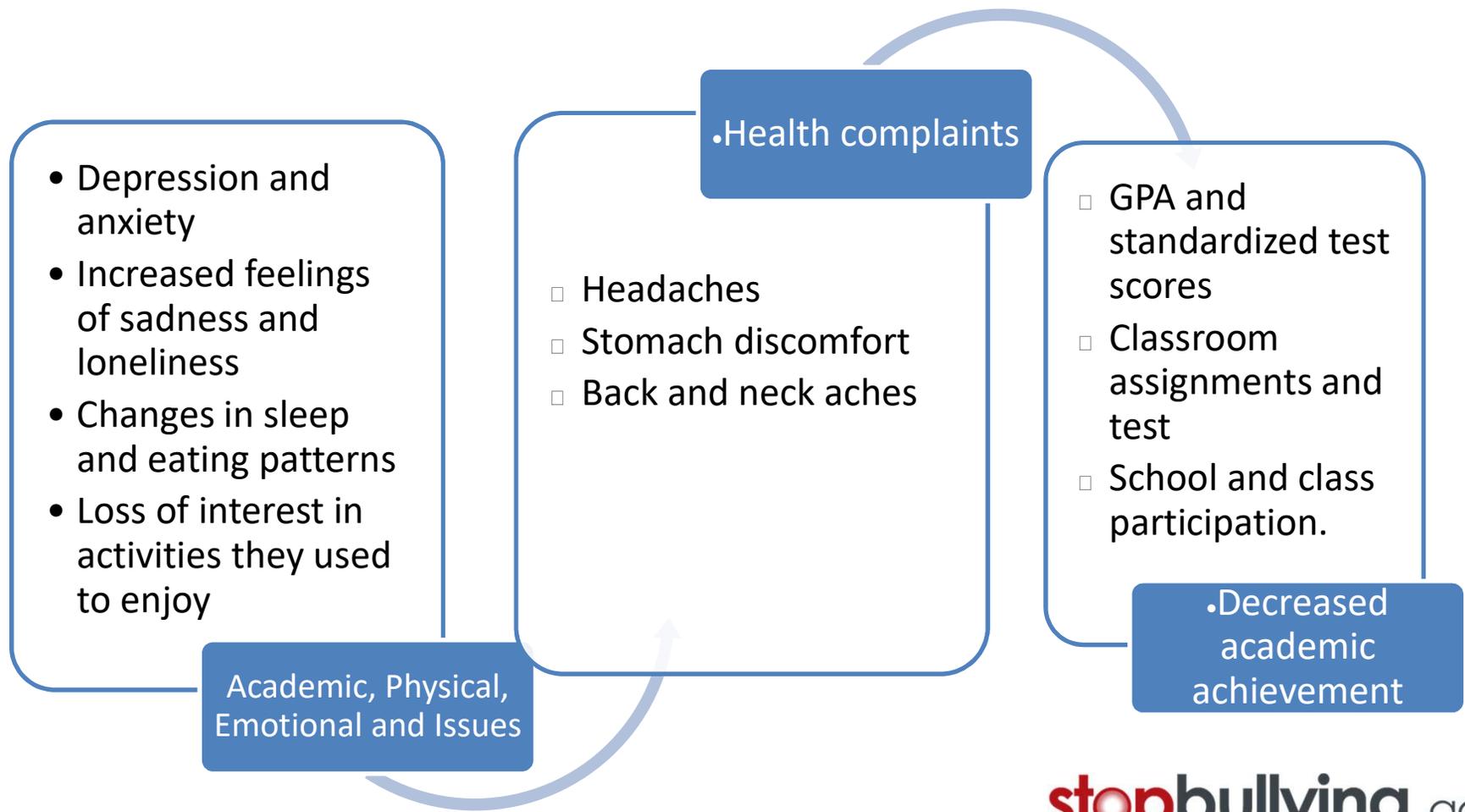
- Children whose families speak a language other than English at home

Recognizing Cyberbullying Tactics

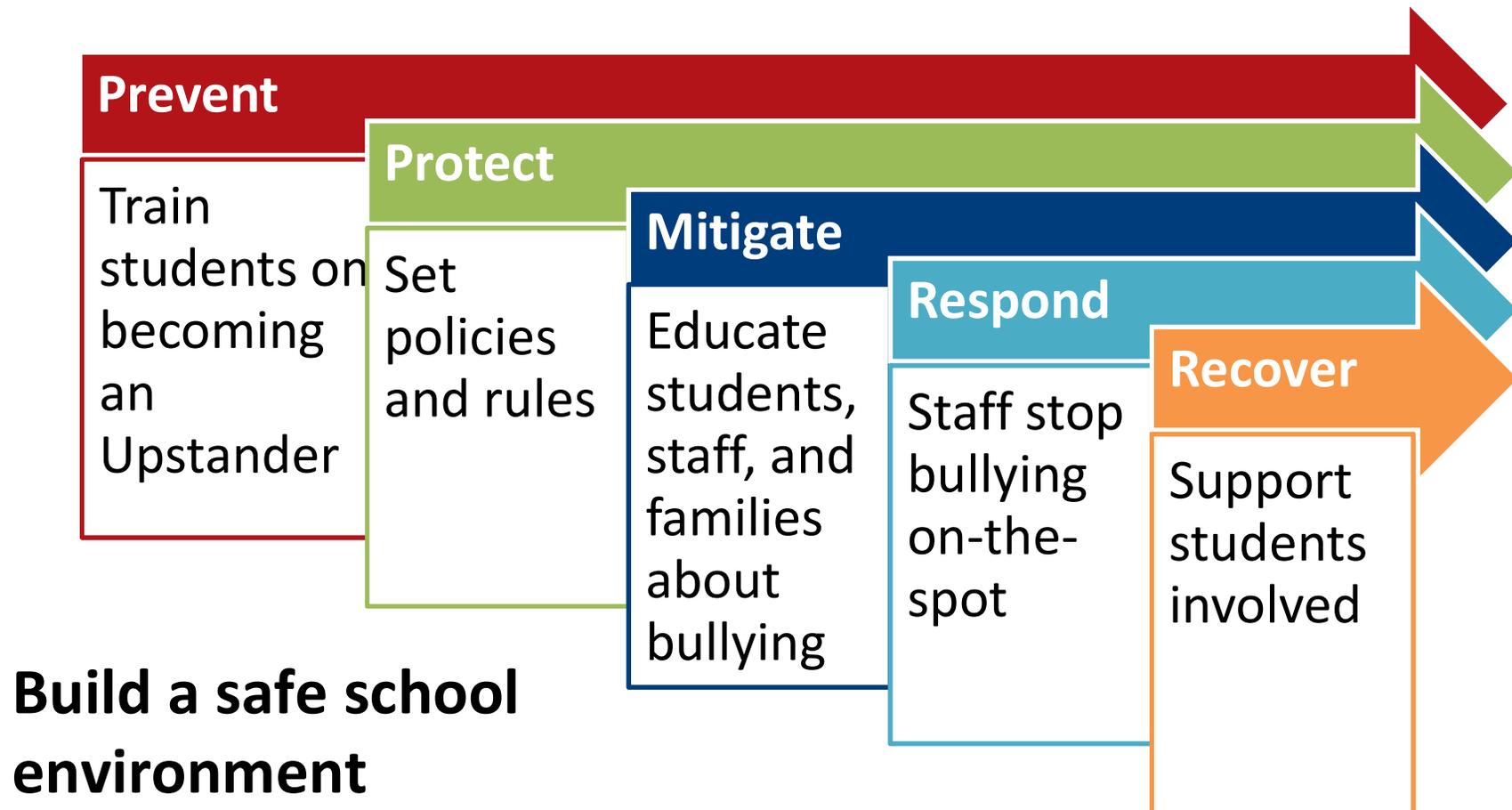
- Posting online mean, hurtful, or embarrassing comments, rumors, photos or videos
 - targeting any race, religion, ethnicity, or
 - Sharing personal information or characteristics.
- Threatening to hurt someone or telling them to kill themselves.
- Pretending to be someone else online in order to solicit or post personal or false information about someone else.
- Posting mean or hateful names, comments, or content
- Creating a mean or hurtful webpage about someone.
- Doxing, making personal information public, including addresses, social security, credit card and phone numbers, links to social media accounts, and other private data.

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Effects of Bullying



Action Bullying Initiatives in Schools



Agenda

1. Introduction to Bullying and Cyberbullying

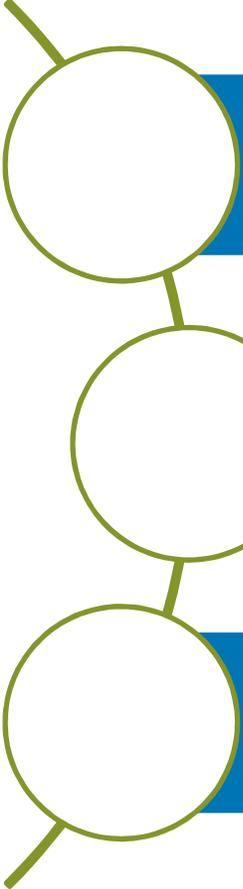
2. Integrating within an EOP

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Why Integrate Bullying Within a School EOP?



All schools have an Emergency Operations Plan (EOP)

The goal of an EOP is to keep the whole school community safe at all times & in all settings

EOPs address more than hurricanes and earthquakes

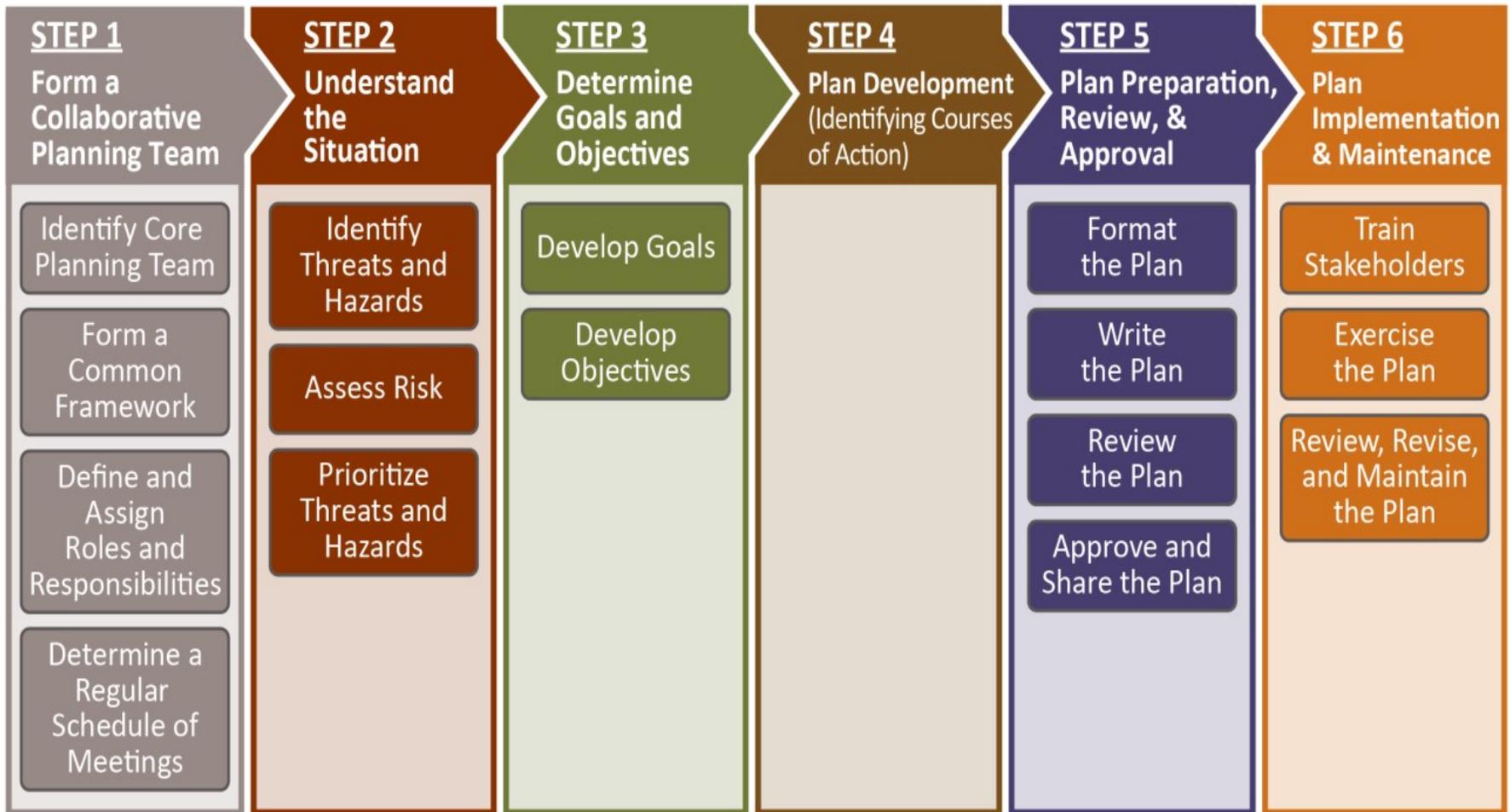
Common Threats and Hazards

Natural Hazards	Technological Hazards	Biological Hazards	Adversarial, Incidental, and Human-caused Threats
<ul style="list-style-type: none"> ➤ Earthquakes ➤ Tornadoes ➤ Lightning ➤ Severe wind ➤ Hurricanes ➤ Floods ➤ Wildfires ➤ Extreme Temperatures ➤ Landslides or mudslides ➤ Tsunamis ➤ Volcanic eruptions ➤ Winter precipitation 	<ul style="list-style-type: none"> ➤ Explosions or accidental release of toxins from industrial plants ➤ Accidental release of hazardous materials from within the school, such as gas leaks or laboratory spills ➤ Hazardous materials releases from major highways or railroads ➤ Radiological releases from nuclear power stations ➤ Dam failure ➤ Power failure ➤ Water failure 	<ul style="list-style-type: none"> ➤ Infectious diseases, such as pandemic influenza, extensively drug-resistant tuberculosis, <i>Staphylococcus aureus</i>, and meningitis ➤ Contaminated food outbreaks, including <i>Salmonella</i>, botulism, and <i>E. coli</i> ➤ Toxic materials present in school laboratories 	<ul style="list-style-type: none"> ➤ Fire ➤ Active shooters ➤ Criminal threats or actions ➤ Gang violence ➤ Bomb threats ➤ Domestic violence and abuse ➤ Cyber attacks ➤ Suicide <div data-bbox="1514 1097 1829 1235" style="border: 1px solid red; border-radius: 50%; padding: 10px; text-align: center; margin-top: 20px;"> <ul style="list-style-type: none"> ➤ Bullying </div>

Planning and Programming



Steps in the Planning Process



Connection to the Six-Step Planning Process



Step 1: Form A Collaborative Team

Form a Common Framework



Define and Assign Roles and Responsibilities



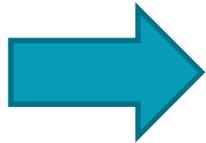
Determine a Regular Schedule of Meetings



Step 2: Understand the Situation

There are numerous types of assessments the planning team may use, including:

- **Site Assessment**
- **Behavioral Threat Assessment**
- **Capacity Assessment**
- ***Culture and Climate Assessment***

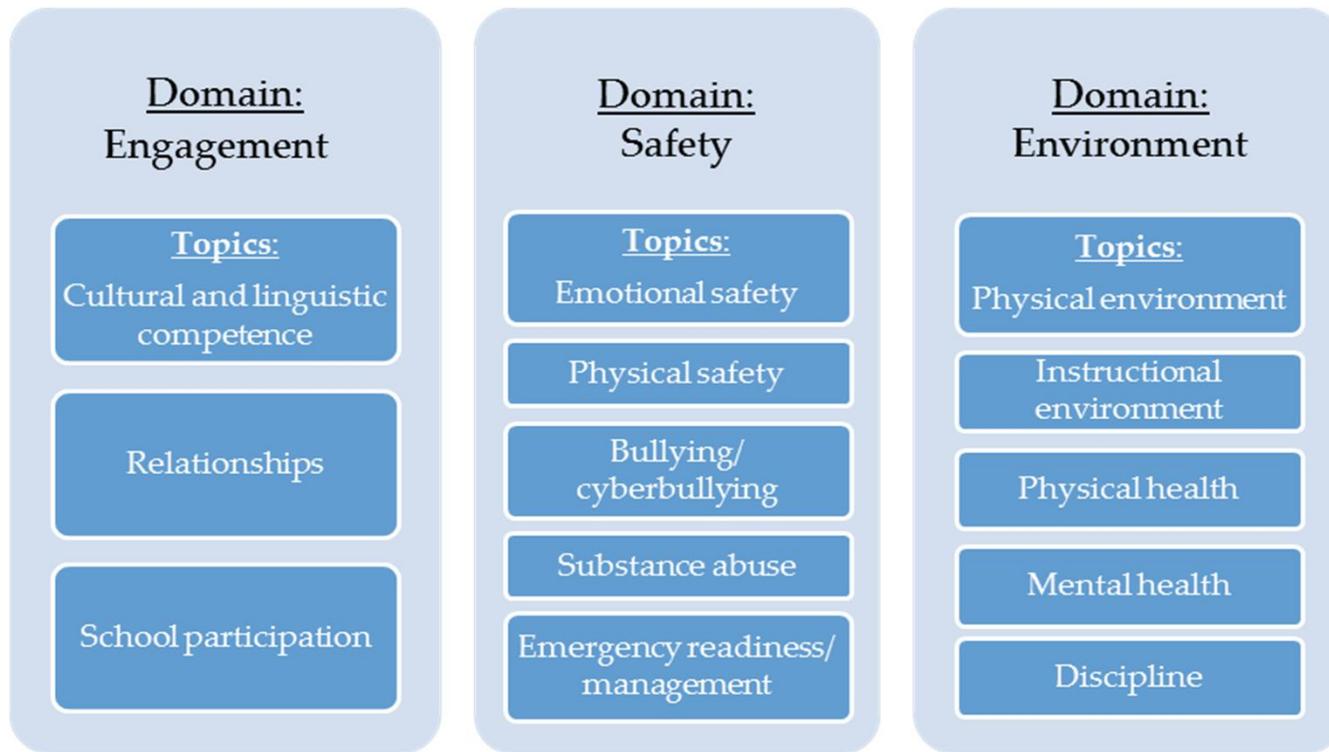


What is School Climate?

- “School climate” describes a range of campus conditions, including safety, relationships and engagement, and the environment, that may influence student learning and well-being.
- Positive school climates are inclusive and promote student learning and well-being.
- Effects include
 - Increased achievement, attendance, and graduation rates
 - Enhanced safety by increasing communication between students, families, and faculty.
 - Reduced harm to students that can stem from negative school climates, including violence, bullying, and even suicide.

ED School Climate Surveys (EDSCLS)

Safe Supportive Schools/EDSCLS Model



School Climate Improvement Resource Package (SCIRP)

Content of Resource Package

- 1 Quick Guide
- 2 Reference Manual
- 3 Action Guides for a Range of Stakeholders
- 4 Data Interpretation Guides
- 5 Online Modules
- 6 Customized List of Resource Package Items Based on an Assessment
- 7 Pointers for Improving School Climate Based on an Assessment

Step 3: Determine Goals and Objectives

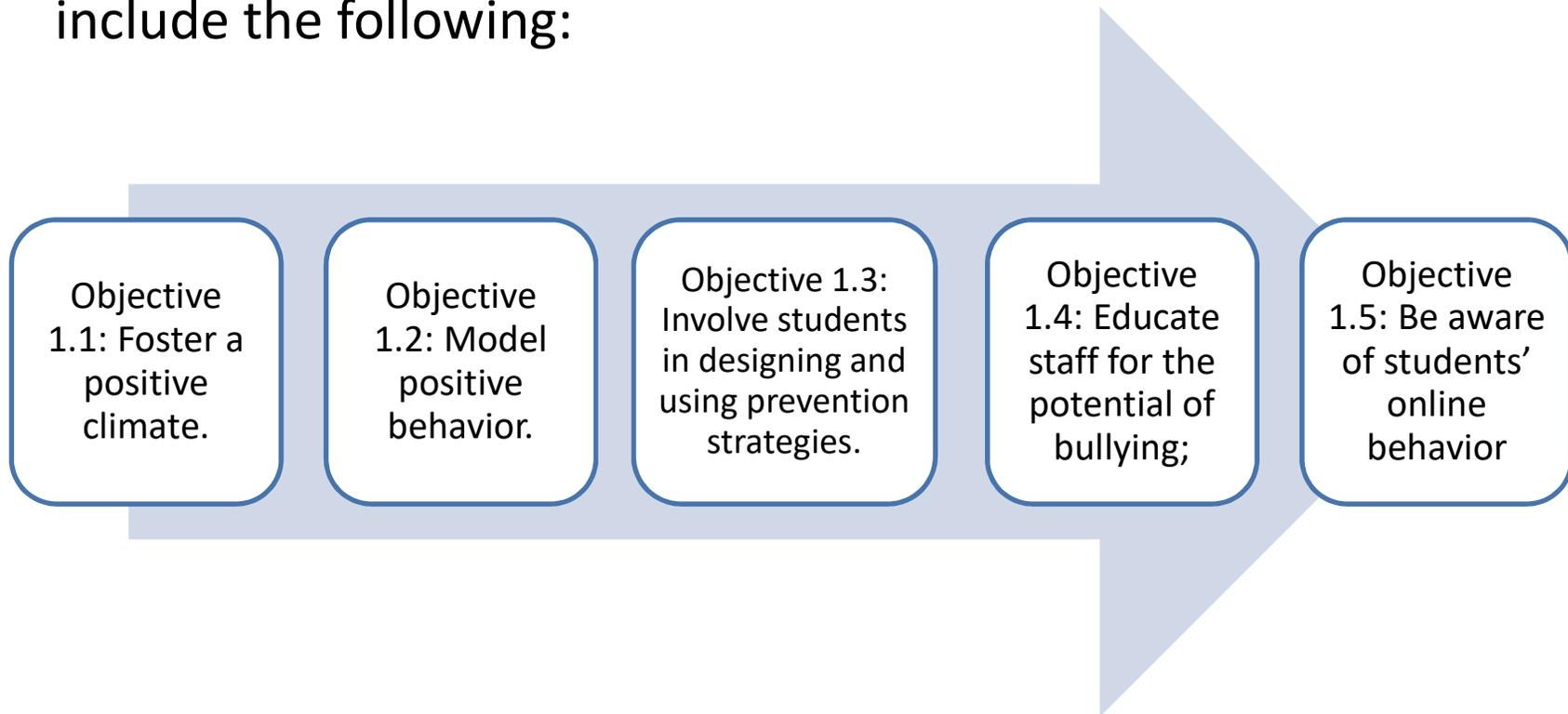
After assessing the level of risk posed by possible bullying, the planning team determines goals and objectives to achieve the best outcome for before, during, and after an incident.

For example, when developing goals for addressing bullying, three of them may be as follows:

- Before: Prevent bullying and cyberbullying from occurring.
- During: Respond to bullying as it occurs.
- After: Offer recovery support to individuals who was bullied

Step 3: Determine Goals and Objectives

Using the goal of preventing bullying as it occurs as an example, possible objectives for the afterschool setting could include the following:



Step 3: Determine Goals and Objectives

Using the goal of responding to bullying as it occurs as an example, possible objectives for the afterschool setting could include the following:

Objective 1.1:
Support the child
being bullied

Objective 1.2:
Address the
bullying behavior of
a participant

Objective 1.3: Show
children that
cyberbullying is
taken seriously

Warning Signs

Noticeable increases or decreases in device use, including texting.

A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.

A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device.

Social media accounts are shut down or new ones appear.

A child starts to avoid social situations, even those that were enjoyed in the past.

A child becomes withdrawn or depressed, or loses interest in people and activities.

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What to Do When Cyberbullying Happens

If you think that a child is involved in cyberbullying, there are several things you can do:

.Notice

.Talk

.Document

.Report

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Psychological First Aid: Listen Protect Connect/Model and Teach

Listen

Connect

Protect

Model
& Teach

Step 5 & 6



During Step 5: We learned the importance of:

- Using a format that is user friendly and is compatible with state and local plans
- Gaining appropriate approvals
- Sharing and securing the plan with stakeholders

During Step 6: We will learn the importance of:

- Training for implementing and maintaining the plan
- Exercises to support and train staff

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What is the REMS TA Center?



Phone: (855) 781-7367 (REMS)
Email: info@remstacenter.org
Web: <http://rems.ed.gov>
Twitter: @remstacenter

The nation's hub for information and services supporting

- The development of high-quality emergency operations plans (EOPs), and
- Comprehensive higher ed and school safety, security, emergency management and preparedness planning efforts!

REMS TA Center

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READINESS AND EMERGENCY MANAGEMENT FOR SCHOOLS
REMS
TECHNICAL ASSISTANCE CENTER

HOME K-12 SCHOOLS & DISTRICTS HIGHER EDUCATION TECHNICAL ASSISTANCE ABOUT US

PREVENT PROTECT MITIGATE * RESPOND RECOVER

QUICK LINKS

- Request a Live Training
- Take a Virtual Training

DEVELOP A HIGH-QUALITY EOP

An at-a-glance version of the Federal guides that help school, district, and higher ed emergency management

NEWS & HIGHLIGHTS

Juvenile Justice Grant Opportunities Available

NATIONAL & COMMUNITY SERVICE FUND | SOCIAL INNOVATION FUND

REMS: Free Planning Tools

The U.S. Department of Education and the REMS TA Center present
A Free Web-Based App to Create Your EOP

Our nation's schools and districts are entrusted to provide a safe and healthy learning environment for approximately 55 million elementary and secondary students each school day, and communities expect schools to keep children safe from threats and hazards. For school administrators and emergency management personnel, creating a comprehensive emergency operations plan (EOP) can be a challenging task.

What is EOP ASSIST 4.0?

To help school administrators and emergency management personnel create or revise their EOPs, the Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center has recently updated its free plan development software application (app), EOP ASSIST, and is pleased to announce the release of **EOP ASSIST 4.0**. This user-friendly app walks school and district emergency management personnel through the six-step planning process for creating a customized school EOP recommended in the *Guide for Developing High-Quality School Emergency Operations Plans (School Guide)* and includes a number of enhanced features and functions.



National Center on Safe and Supportive Learning Environments (NCSSLE)



Training and TA

Events

Topics & Research

States and Grantees

Stay Connected

About



Help Reduce the Potential Risk for Zika Virus Transmission on School Premises and Among Students

Upcoming Event

Engaging Educators in School-Justice Partnerships

September 27, 2016 - 12:00pm EDT

[Learn More](#)

DO YOU HAVE A QUESTION?

TOPICS

Education Levels

- Pre-K/Elementary School
- Middle/High School
- Higher Education



Voices From The Field

In your opinion, what is the BEST way to reduce bullying? — August 2016

[Learn What Experts Think](#)

[Share Your Experiences](#)

StopBullying.Gov

The screenshot shows the homepage of StopBullying.gov. At the top, there is a navigation menu with links for 'What You Can Do', 'Blog', 'Newsroom', 'Images', 'Videos', 'Resources', 'Policies & Laws', and 'Español'. The logo 'stopbullying.gov' is on the left, and a search bar with a 'SEARCH' button is on the right. Below the navigation is a dark blue bar with six white text buttons: 'WHAT IS BULLYING', 'CYBER BULLYING', 'WHO IS AT RISK', 'PREVENT BULLYING', 'RESPOND TO BULLYING', and 'GET HELP NOW'. The main content area features a 'FEATURES' section on the left with links for 'New Online Course', 'StopBullying.gov on Instagram', 'Report Cyberbullying', and 'Be More Than a Bystander'. To the right is a large banner with the headline 'Get a new perspective on bullying.' and the subtext 'Take a walk in your kid's shoes and learn how they can safely stop bullying.' The banner image shows three young women in a school hallway, one holding a yellow backpack. Below the banner is a 'WHAT YOU CAN DO' section with a row of small thumbnail images.

StopBullying.Gov Resources

Bullying Prevention **Continuing Education Courses**

Bullying Prevention Training Module **Presentation**

Organizing a Community Event: Community Action **Toolkit**

Working with Stakeholders: User **Guides**

And much more!

Thank you for all you do each
and every day to address
bullying and support your
students, staff and programs!

Questions & Answer Session

Please pose any questions using the Q&A Tool on the lower right side of your computer screen.