



Family
Resource Centre
Cayman Islands Government

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

October is **Anti-Bullying Month**

KINDNESS IS CONTAGIOUS

#CyberKindnessKY

Learn More

frc.gov.ky | frc@gov.ky | 949-0006



What is Bullying?

R - It is REPEATED. Happening more than once.

I - It is INTENTIONAL. Done on purpose to be harmful.

P - It has to do with POWER. The target feels the bully has power over him or her, such as being bigger, stronger, older or more popular.



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Roles in Bullying

Upstanders

Someone that intervenes or seeks help in support of the target.

This can include reporting, taking victim to a safe adult, disarming the bullying behaviour.

Bystanders

Someone that stands by and watches bullying or cyberbullying happen, or someone that encourages mean behaviors while not doing anything to help the person being harmed.

Target

Someone that is impacted by bullying behaviour in person or online.



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Bullying Vs Conflict

Conflict

Conflict is when people can't agree on something but they want to work it out.

Examples of conflict:

- Arguing with a sibling.
- Disagreeing with parents about rules.
- School drama, such as people gossiping.
- Disagreements during class projects.

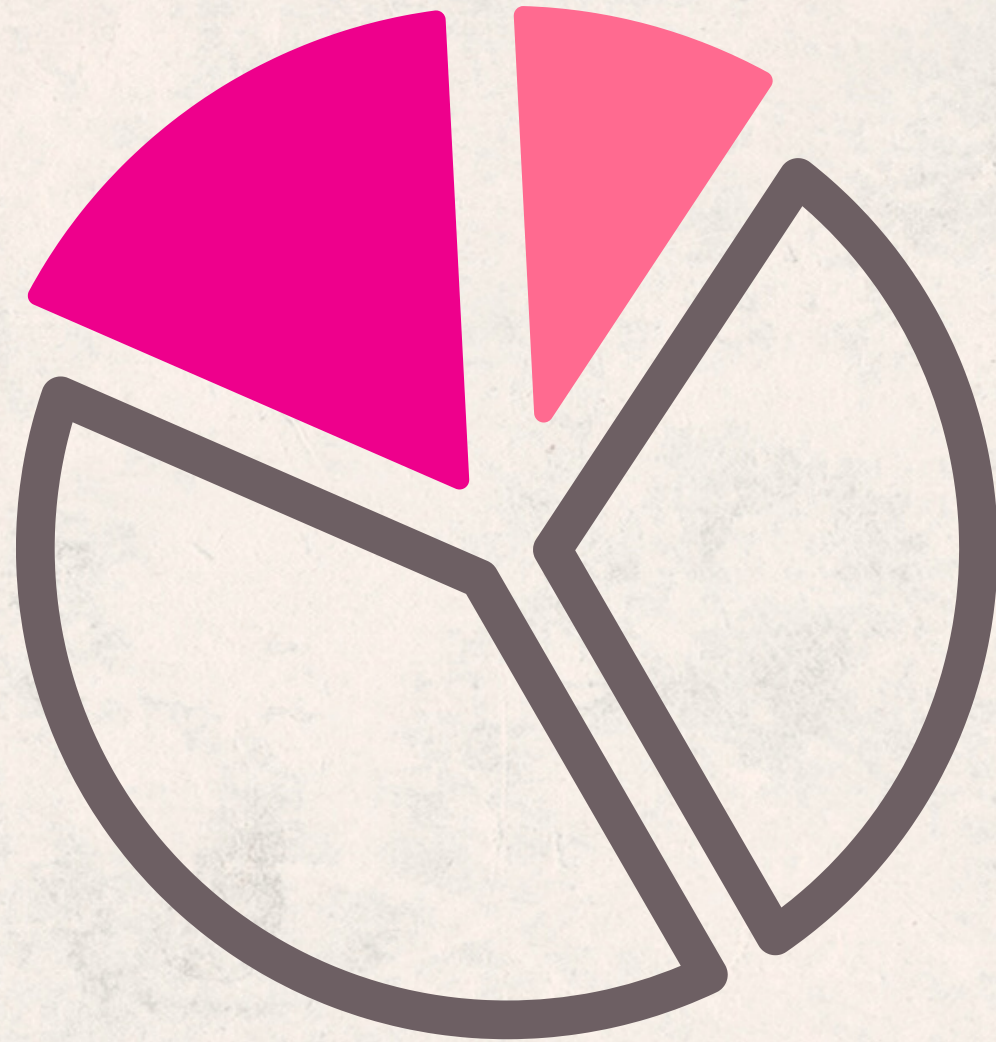


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What Do Young People Say?

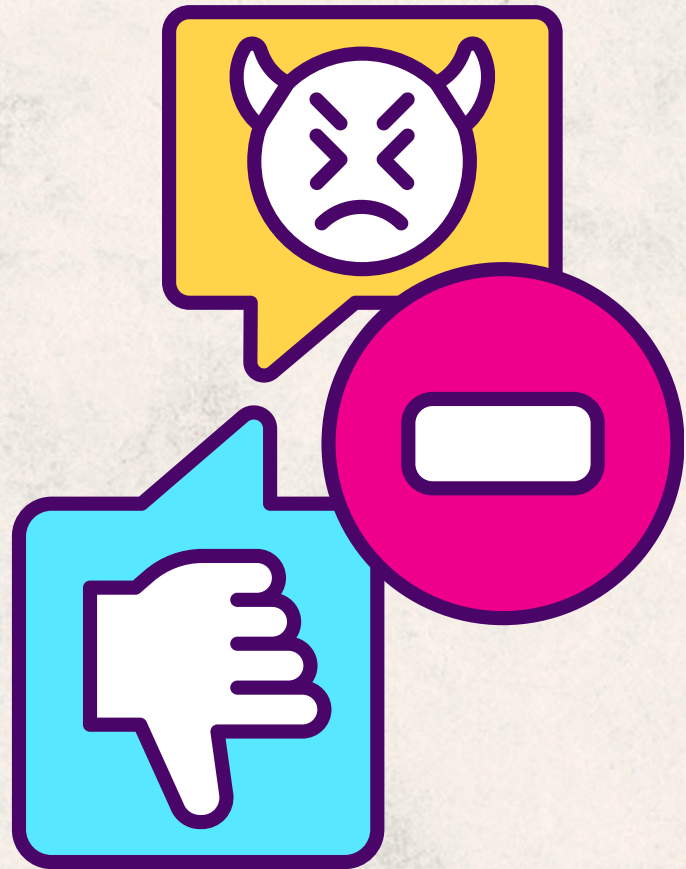


- Almost half of all secondary-school students (47.7%) reported having been bullied at some time in their life.
- The proportion of those being bullied in the past 12 months and 30 days prior to the survey was notably lower
 - 23.1% reported past year bullying – about 1 in 4 students
 - 12.1% reported bullying in the last 30 days – about 1 in 8 students
- Girls (52.9%) were significantly more likely to report bullying at least once in their lifetime when compared to boys (42.3%).
- There was no statistically significant difference between boys and girls for past year bullying, bullying in the last 30 days, or bullying someone in the community.
 - *This means that there was not strong enough evidence to conclude that boys and girls differed in terms of bullying others or being bullied themselves.*
- The highest proportions of having ever been bullied was reported by students in grade 11 (53.6%). However, past year and current bullying (last 30 days) seemed to decrease as grade level increased.

Warning Signs

Red Flags:

- Someone being left out or no longer being interested in hanging out.
- Someone who doesn't have friends.
- Someone always sitting or walking alone.
- Someone constantly making fun of others.



Cyberbullying can include:

- Spreading rumors or posting false information
- Sending harassing messages
- Posting compromising or altered images
- Persuading others to act in this same manner
- Posting private information
- Bullying others while impersonating the victim

The Information and Communications Technology (ICT) Law

The law allows for legal actions against behaviors and actions that can be categorized under this umbrella, such as **harassment, defamation, and unauthorized access to personal information.**

PENALTIES:

The law categorizes certain online actions as cybercrimes, **imposing penalties via fines or imprisonment for offenses** such as online stalking or the distribution of harmful content.



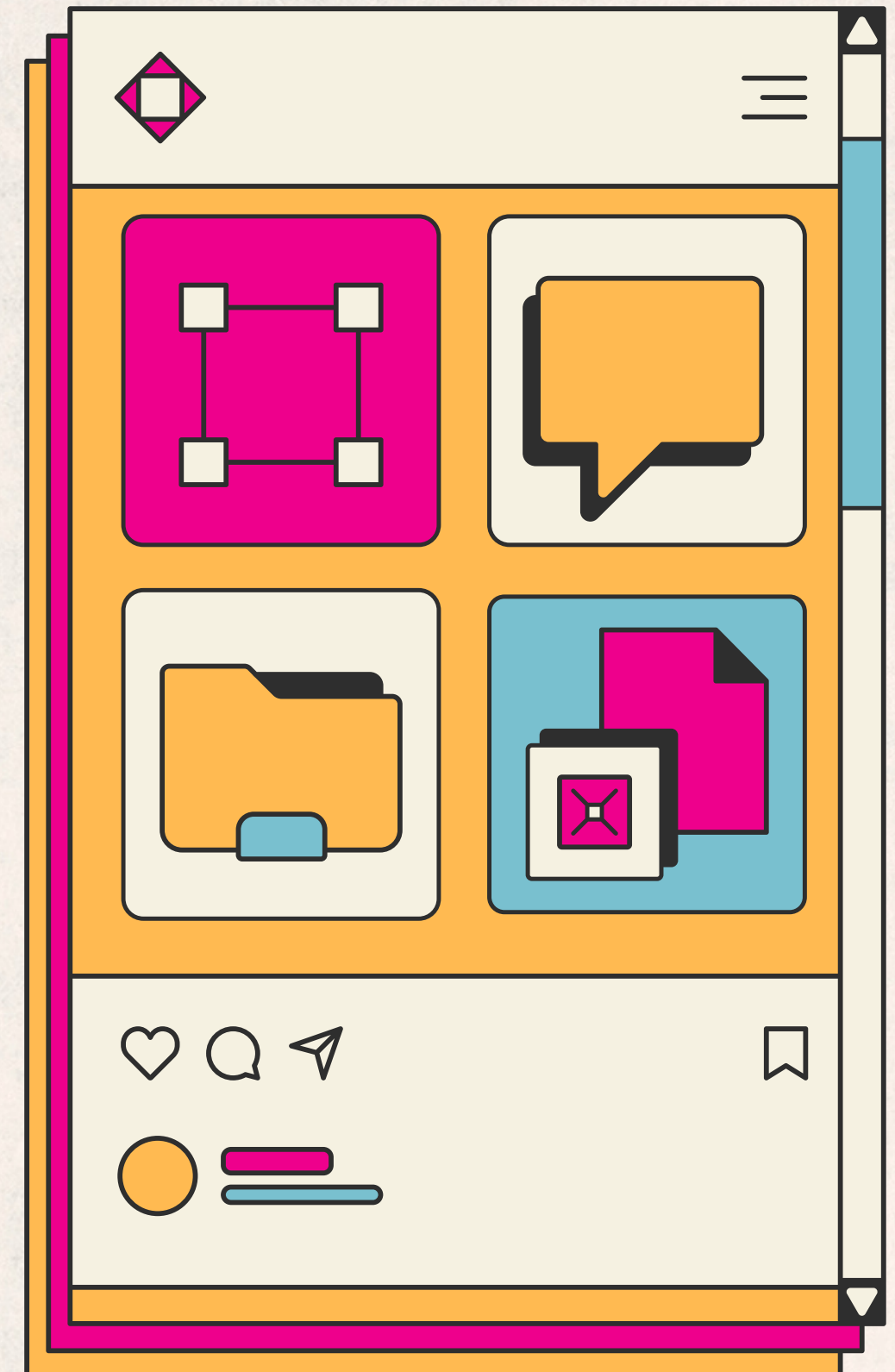
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Rules of Engagement Online

- **Don't Overshare.**
- **Don't share your itinerary.**
- **Be Kind and Think About Your Future.**
Commenting harmful things (also known as **Cyber Cruelty**) can inflict mental and emotional damage
- **Going viral is not always a good thing these days! You don't have to look very hard to see how past cruel and inflammatory social media posts have been used against people in the current tense.**
- **THINK before you post.**



What to Do?

GET AWAY & STAY AWAY from unsafe situations.. Find your safe adult and report it.

Practice **BEING AN UPSTANDER OFFLINE AND ONLINE.**

Screenshot or save evidence of cyberbullying, including as much details as possible. Block and report to the social media or website hosting and to authorities if it is criminal including threats of harm or death.



Assert Yourself

Use an **ASSERTIVE** voice when setting a boundary. Practice with a safe adult to get comfortable.

This simply means speaking confidently. It doesn't mean yelling or being mean.

- Make Eye Contact.
- Use upright posture. (Try the Superman/woman pose)
- Use "I Statements".

"I will not come here any longer". "I will report this behaviour". "I can only play with you when you're kind".
"We are kind at this school".

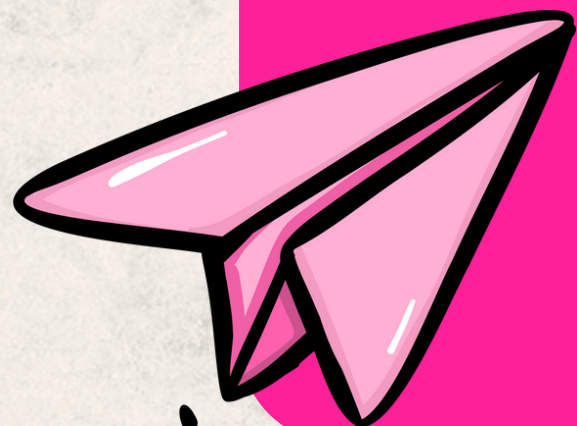


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School Bullying Policies & Expectations



Kindness

Kindness

Kindness includes
being helpful,
supportive and
encouraging, honest,
positive in your words
and actions, a good
listener.

Kindness Matters

Research shows that in over half of bullying situations (57%) when someone intervenes, the bullying stops within 10 seconds.

Empathy

Acceptance

Inclusion



Kindness Activity

Consider some ways to create
a culture of kindness in our
school.

Large Group, breakout sessions or individual projects



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Let's Prepare

Large Group or breakout sessions of role play or discussions

Scenario 1: How would you handle it?

A kid in my class has been getting targeted by another kid. I am not friends with either of them and nothing seems to be helping. Teachers have tried to help but I found the target crying by themselves and they are scared to report it.

What can I do?



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Scenario 2: How would you handle it?

I keep getting picked on by a bigger kid in my class and no one seems to care. I feel alone and like there is nothing I can do. I want to just hit them and make them feel what I have been feeling.

What do I do?



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Scenario 3: How would you handle it?

I am having a hard time and struggling at school. My parents are always mad at me and so I have been picking on this kid at school who doesn't have any problems like me and its not fair. Him and his friend are calling me a bully and telling me they are going to report me to the principal?

What do I do?



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STOOD UP FAIR

Share your
bullying-prevention brilliance

NEW DATE: Friday, October 31st
8:30am to 12:00pm

DEADLINE EXTENDED!

Ages
10 – 16

KINDNESS IS CONTAGIOUS Competition Steps

1. Register your school by scanning the QR code and completing the application form in the appropriate category.
2. Attend the fair to showcase your project and **JOIN THE MOVEMENT** to make your school and the Cayman community bully-free online and in person!

Registration Deadline
FRI | OCT 17



Educational & Inspiring
Amazing prizes for 1st, 2nd & 3rd place
winners included per category!



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