



Proactive Bullying Prevention through SEL and Literacy: Using Chicken Soup for the Soul Stories

Talk about bullying itself - use these facts:

- There is bullying in every school and classroom and about 64% of bullying is NEVER reported – that leaves 36% actually report it
- The Fed Gov't started collecting bullying info in 2005 – and the prevalence bullying was about 28%
- Rates of bullying vary across the country – and that includes regular bullying 35% and 15% is cyber bullying. FYI – Melania Trump's cause is to cyberbullying - <https://arstechnica.com/tech-policy/2016/11/melania-trump-picks-her-cause-if-shes-first-lady-cyberbullying/>
- One out of 5 students are being bullied– and remember there are 2 parts to bullying: the one who bullies or exhibits bullying behavior and the victim or person who is the object of bullying behavior.
- Most bullying subject matter is – 55% is about one's looks; 37% is about one's body shapes and race comes in as 16%
- More than 57% of bullying is stopped when a peer intervenes
- School based bullying decreases by 25% once a program had been put in the school system

<http://www.pacer.org/bullying/resources/stats.asp>

With this info – and there plenty more of it out there – there are 3 ways to put a program in your school

- Use the internet and use those programs – such as www.Kidsagainstbullying.org or www.Teensagainstbullying.org
- Use a program that is directed to teachers/ administrators, and staff development – such as Hazelden Publishing – and they publish Olweus - <https://www.hazelden.org/web/public/olweus.page>
- Use a program that reaches students – both the bullier or the person who exhibits bullying behavior and the victim or the person who is the object of bullying behavior such as **Chicken Soup for the Soul Hallway Heroes** - <http://www.chickensoup.com/hallwayheroes>

With that being said...the program that's the most effective, and proactive is **Chicken Soup for the Soul – Hallway Heroes** . They reach both the bullier or the person who exhibits bullying behavior and the victim or the person who is the object of bullying behavior and they teach the students to

CHANGE THE CONVERSATION BEFORE IT EVEN GETS STARTED -

Behavior in lower elementary can change for the better and is easy to teach right from wrong - using storytelling as a method to improve young minds

They teach bullying behavior is NOT accepted - in the classroom, on playgrounds, in homes, on line, and even in our communities.

The lower levels of the program are more bully light – but as the program increases in grades it gets more 'bully heavy' ...in that it goes into more depth of bullying and why using literature to get the message across

Not to be forgotten, as the students get older the program then addresses the cyberbullying that is needed in middle schools.

It also focuses on not only the victim or the person who is the object of the bullying , but also why the bullier, or the one how exhibits bullying behavior, did it in the first place – so both aspects of a bullying behavior is addressed....that is the only way to combat the situation.

To reinforce the message...this program uses the 5E learning cycle – engage, explore, explain, elaborate and evaluate – but then it adds elicit and extend to reinforce the message – in all levels of the program.

There are several video clips on the **Chicken Soup for the Soul** website

[<http://www.chickensoup.com/hallwayheroes>] that can be used for **FREE** in teaching bullying behavior is not an accepted behavior – here's just one:

<https://vimeo.com/187208742>