Bullying and ASD

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Agenda

- ASD Specific information
- Discuss Anti-Bullying Curriculum

ASD: Rates of Bullying

- Higher than general population
- Higher than other DD
- Higher than other at-risk groups
- Highest rates are verbal
- At least one form
  - 46% once a week
  - 35% every day

ASD: Outcomes of Bullying

- Internalizing, anxiety, depression, suicide, other health issues
- Academic performance, feelings of safety at school, fit at school
- Medium to large effect sizes
- Verbal most impactful
- Self reports largest effects

ASD: Implications of Research

- Proactive in addressing the issue
- Mindful of possible impact
- Ask the adolescent
    - Perception
    - Adults might not know

GIRLS GUIDE
TO END BULLYING

Girls Guide to End Bullying

Anti-bullying curriculum for teen girls

GIRLS GUIDE
TO END BULLYING

girlsguidetoendbullying.org

boysguidetoendbullying.org

GIRLS GUIDE
TO END BULLYING

Girls Guide to End Bullying
(GGEB; The Guide)

A web-based intervention for teen girls meant to develop strategies for dealing with and preventing bullying.

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Underlying Principles:

- Most students are against bullying but..
  - often do not know what to do to stop it
  - don't recognize that it is bullying occurring
- Help both the target and bystanders to stop it
- Provide multiple options so individuals can choose what works best for them

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Underlying Principles:

- Most curriculums
  - Comprehensive but are for entire schools
  - Accessed by individual students, but is not comprehensive
- As a result there is no comprehensive curriculum assessable to individual students, teachers, or parents.

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Girls Guide to End Bullying

- Comprehensive Curriculum
  - Based on empirically tested anti-bullying principles
  - Provide specific actions for specific types of bullying
- Accessible to individuals
  - Free, web-based
  - Targets teens
  - Support material for teachers and parents

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Program Aims

- Teach bystanders and victims strategies to effectively to stop bullying
  - Many strategies
  - Specific to the type of bullying
- Empower students to take positive action
- Develop:
  - Students' empathy and self-awareness
  - Students' sense of self-efficacy for taking action

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Girls Guide to End Bullying

[Start Guide](#)

Addresses multiple types of bullying

- Physical
- Verbal
- Sexual
- Relational
- Cyber

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TO END BULLYING

Girls Guide to End Bullying

- Five separate modules for each type of bullying

  - **Recognize Bullying** (You can't stop bullying if you don't know what it looks like)
  - **After the bullying** (The consequences of bullying to motivate girls to act to stop bullying)
  - **If you see bullying happening** (Specific actions to do and not do when you see bullying happen)
  - **If bullying is happening to you** (Specific actions to do and not do when bullying is happening to you)
  - **Bring it Together** (Highlights and things to think about)

GIRLS GUIDE
TO END BULLYING

Girls Guide to End Bullying

- Five separate modules for each type of bullying

  - **Recognize Bullying** (You can't stop bullying if you don't know what it looks like)
    - Bullying vs Peer Victimization
      - Who defines it
      - Once is enough
      - Anyone can do it
      - Do not need to tag someone as a bully
      - Stopping the behavior

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Website Layout

[Girls Guide to End Bullying](#)

1. Types of bullying
2. Different sections

Physical	Verbal	Relational	Sexual	Cyber
Recognize	Recognize	Recognize	Recognize	Recognize
After	After	After	After	After
See it	See it	See it	See it	See it
Happen to you	Happen to you	Happen to you	Happen to you	Happen to you
Bring it together	Bring it together	Bring it together	Bring it together	Bring it together

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Girls Guide to End Bullying

- Each module covers principles and actions for addressing bullying. To support these lessons, each module provides…
  - Videos
  - Activities
  - Additional support material
  - Parent and Teacher Manuals
  - Lesson Plans

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Videos:

Give examples of Situations (32)

Verbal Bullying | Recognize Bullying

Activities:

Think about and practice strategies (Over 25)

Understanding Fogging

Physical Bullying | Action Plan

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Girls Guide to End Bullying

Other support materials:

How to Talk to an Adult

Quizzes: Each section has it's own quiz on whether your not you might be a bully.

– Cyber | Bully Quiz

PDF's: Cover topics that surround bullying (over 10)

– Controlling Emotions
– Tattling v. Telling

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Girls Guide to End Bullying

- Teacher Manual
  - How to use the site in the classroom
  - Address bullying when they see it
  - Encourage bystanders to end bullying
  - End bullying in the classroom and schools

- Lesson Plans (6)
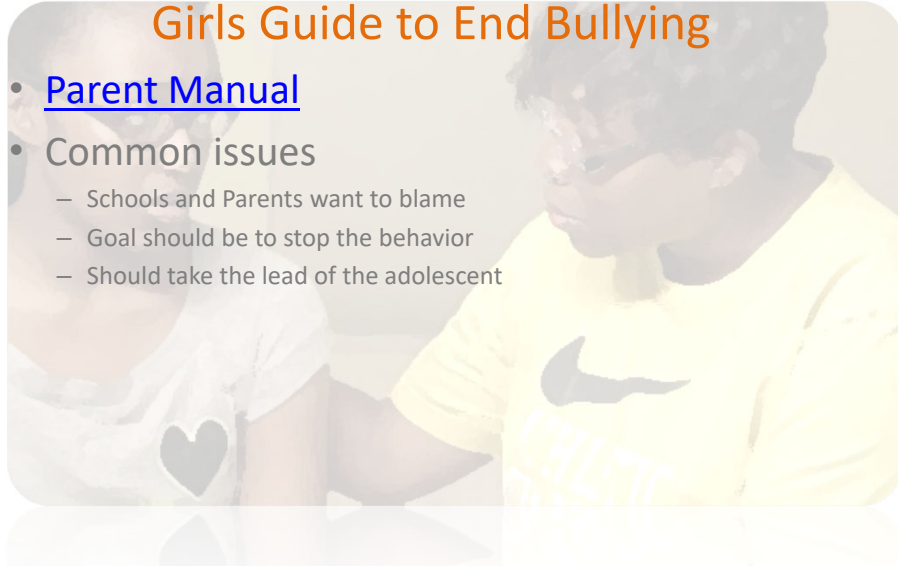 - Cyber Bullying Lesson Plan

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Girls Guide to End Bullying

- Parent Manual
- Provides strategies for parents to:
  - Use the website with daughter
  - Learn to control own emotions
  - talk to daughter about being bullied
  - talk to daughter's school about bullying
  - help daughter if she is bullied
  - talk to daughter about being a bystander

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Girls Guide to End Bullying

- Parent Manual
- Common issues
  - Schools and Parents want to blame
  - Goal should be to stop the behavior
  - Should take the lead of the adolescent

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How is GGEB being used by schools?

- Incorporating in classes such as:
  - Women's History
  - Health/Wellness/Disease Prevention (2 week unit)
  - Psychology
- Part of weekly homeroom
- Tool for student mentors
- Freshman orientation
- School psychologist and counselors

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Thank You

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Thank you

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