Victims to Victors

HELPING STUDENTS OVERCOME BULLYING

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Overview

- Strategies for
  - Victims
  - Educators
  - Administrators

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My Story

- **Effects of Bullying:**
  - Self-loathing
  - Low self-esteem
  - Stunted Social development

- Bullying behavior is **learned**, therefore it can be **changed**.
Victims

- Do not isolate yourself.
- Make sure you tell someone.
- Recognize that you have value as a person.
- Make an effort to overcome fear of social situations.
Educators

- Do not expect students to automatically **tell you** about bullying.

- Do not treat bullying as a **conflict**.

- Do not **blame** the **victim**.
Administrators

- Do not bully the bully.
- Show your students that you C.A.R.E.
  - Confront the issue
  - Address the behavior
  - Reverse the pattern
  - Empower your students
Summary

- My story is not uncommon
  - 1 out of 6 American kids are regularly bullied
  - 160,000 kids stay home daily to avoid bullies at school

- Good news: We can change this
  - Properly dealing with bullies and victims
  - Providing resources to Educators and Administrators
  - Showing them that we C.A.R.E.

- Transform our kids from Victims to Victors

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