



Frequently Asked Questions

What is BullySafeIndiana?

BullySafeUSA™ is launching **BullySafeIndiana**, a statewide public education outreach campaign in collaboration with The Villages and Prevent Child Abuse Indiana to distribute an effective anti-bullying curriculum to public and private schools and Indiana communities. BullySafeIndiana's training system teaches teachers and parents how to empower students, and it teaches students how to police themselves, stand up to bullies and protect each other. Student Empowerment and Train the Trainer sessions are supported with ongoing in-school curriculum and web components, including a BullySafe-Haven online forum. Other collaborating partners include the National Council of Jewish Women – Indianapolis Section and Tracie Wells and Company/TVWebCity. The BullySafeIndiana program will expand its pilot in Metropolitan School District of Pike Township in the 2012-2013 school year. The first pilot with Prevent Child Abuse Indiana was in the Metropolitan School District of Washington Township in Indianapolis in the 2011 school year. The program's curriculum is being expanded to address cyber-bullying, social media and development of student ownership tools through social media and online video, and student testing of knowledge in partnership with Butler University College of Education before being introduced statewide, and eventually, rebranded for other states.

What is BullySafeUSA™ and what does it do?

BullySafeUSA™ has trained students, school personnel and parents across the United States to use proven techniques at school and home to prevent bullying. The BullySafe curriculum is designed to "Train the Trainers" and provide "Student Empowerment Sessions," shown in course evaluations to have long-term positive benefits to prevent bullying behavior in schools. The program is research-based and designed to engage students, parents, teachers, school officials and the community to change the culture of bullying in schools into a long-term culture of kindness. BullySafeUSA™ recognizes bullying as peer or child-on-child abuse that is an indicator of future domestic abuse. This program is designed to help prevent abuse by educating and empowering students and parents through the schools. More than 70,000 students in 36 states nationwide have adopted the curriculum of BullySafeUSA™ program since 1997, created by expert and author, SuEllen Fried. More information about the program is available at www.bullysafeusa.com.

Who is SuEllen Fried?

SuEllen Fried, the founder of BullySafeUSA™, is a passionate advocate for children who has devoted her career to reducing the cruelty of children to each other. SuEllen and her daughter, Paula Fried, Ph.D., co-authored "Bullies & Victims: Helping Your Child Through the Schoolyard Battlefield" in 1996, three years before the Columbine tragedy and "Bullies, Targets & Witnesses: Helping Children Break the Pain Chain" in 2003. She has been a national and international speaker on the topic of child abuse and bullying and has appeared on Good Morning America, the TODAY Show, MSNBC, and was featured on an A& E Documentary, Bill Kurtis Reports, "Bullied to Death". She has been interviewed on countless TV and radio stations and written about in

numerous newspapers and magazines. She travels extensively, speaking with students, educators and parents on the topic of bullying. More information about SuEllen is available at www.bullysafeusa.com.

What is Child Abuse?

Child abuse is the physical, sexual or emotional mistreatment, or neglect, of a child.

What is Bullying?

Bullying is a form of aggressive behavior that frequently manifests as abusive treatment, and can be classified as child abuse. It is the use of force or coercion to affect others, and often involves an imbalance of power, which can be social and/or physical. Bullying can occur in any context in which human beings interact with one another. The five types of bullying include physical, verbal, emotional, sexual, and cyber (online).

How is Bullying different from teasing?

Teasing is when two (or more) people are laughing. **Bullying** is when only one person is laughing. Teasing is not bullying when there is mutual give and take, sometimes affectionate, sometimes humorous, a bantering style of communication where there is equal power. Bullying is when one person does all the giving and one person does all the taking. In a bullying situation, there is no fun for the person on the receiving end.

What does “changing the culture of bullying” really mean to schools and students?

The bullying disorder that ravages many schools requires two approaches. We must find a way to identify and treat afflicted children, both the targets and the bullies, who are in pain. At the same time, we must create a system to address the widespread causes of the problem, which is to change the culture of the school community. Targets of bullying commonly report that school personnel, parents and other students were aware of the bullying behavior, but failed to take action to stop it. These situations occur in environments that have become accustomed to tolerating a culture of bullying, or just don't understand the culture. **Changing the culture of bullying** means changing the societal “norms” and creating a “new normal” where bullying behavior is not tolerated, and where a culture of kindness and empathy is taught and nurtured.

What is Peer Abuse?

Peer abuse is bullying that takes place among peers, typically in schools and in places of work. Peer abuse can also be described as child-on-child abuse.

What is a Bullier?

A **bullier** is someone who takes part in bullying, or peer abuse. Bullies can be single actors, or carry out their behavior in groups.

What is a Target?

A **target** is the object of an attack by a bullier.

What is a Witness?

A **witness** to bullying will often experience severe psychological distress and anxiety from feelings of guilt for not interceding on a bullying target's behalf. Witnesses to bullying behavior are at risk for many of the same behavioral and psychological issues as the targets of bullying, including poor school performance and substance abuse.

What is a Champion?

A **champion** takes action to relieve the target's pain, either through challenging or changing the culture of bullying, reporting the incident or befriending the target. A champion can be a fellow student, parent, teacher or other school personnel.

What role does bullying play in family and domestic violence?

Studies strongly correlate bullying behavior with **domestic violence**, showing that children who are bullies and many who experience bullying develop into abusers as adults. Adult abusers often focus their attention on family members and in settings where imbalance of power exists, increasing the likelihood of violence at home.

What is the "Train the Trainers" element of the BullySafeIndiana Program?

Train the Trainer sessions are designed to teach school personnel, parents and students to recognize bullying behavior and stop it in its tracks. Since a bullying specialist can't possibly be present in every school, Train the Trainers aims to make everyone an expert on detecting and stopping bullying behaviors so a culture of kindness and empathy can be created.

What is a "Student Empowerment Session?"

The goal of **Student Empowerment Sessions** is to empower students with their own collective wisdom. By the end of an hour children have a clearer picture of why students become bullies, how some students are singled out for taunting, strategies for dealing with bullying behavior and the role of the witness in the daily power struggles that permeate our schools. Children also want to discuss sibling bullying, the special ways that girls bully each other and opportunities to make amends with students they have hurt. They have profound insights about this subject and are eager to share their thoughts and feelings.

What is Prevent Child Abuse Indiana and Prevent Child Abuse America?

In 2009, **Prevent Child Abuse America** adopted a policy declaring that bullying is a form of child abuse, specifically, peer abuse. A more recent decision in 2011 by the Board of Directors identified bullying/peer abuse prevention as a program priority. Prevent Child Abuse Indiana is a Division of The Villages and one of the 48 state chapters of Prevent Child Abuse America (formerly the National Committee to Prevent Child Abuse). Prevent Child Abuse America was founded in 1972 in Chicago, IL. State chapters in 48 states engage in various programs and services including parent support groups, resource referral lines, fathering and parenting programs, shaken baby prevention programs, sexual abuse prevention services and its signature voluntary home visitation service, Healthy Families America.

How can I reach BullySafeIndiana or BullySafeUSA?

Postal mail:

BullySafeIndiana
Prevent Child Abuse Indiana
c/o The Villages
3833 North Meridian Street
Indianapolis, IN 46208

Phone: 317.775.6500

Email:

info@bullysafeindiana.com

Web:

www.bullysafeindiana.com

www.bullysafeusa.com