

A New Hampshire e-Learning for Educators Online Professional Development Self Paced Tutorial

Self Paced Tutorial: ST-01 New Hampshire Bullying and Awareness

Tutorial Description

In an effort to assist schools in providing training for ALL school related employees, volunteers, substitute teachers and others, the Safe and Drug Free Schools and Communities Program and the NH e-Learning for Educators Project, both programs of the New Hampshire Department of Education, have developed this short and simple tutorial training for bullying awareness. This tutorial is divided into three sections: Understanding Bullying, the Impact of Cyberbullying, and Understanding the New Hampshire Pupil Safety and Violence Prevention act. As you complete each unit of the tutorial, you will be asked to submit an online assessment. Once your assessments for all three units are submitted and evaluated, you will receive a Certificate of Completion for 3 hours of professional development for this tutorial training. This certificate can be used to demonstrate to your school(s) that you have satisfied the required basic training in bullying awareness and prevention. Additional professional development opportunities should be offered through your school, district, or SAU, annually.

Unit 1	Understanding Bullying	
<p>Bullying impacts a large portion of our children and young adults today. These events cause physical, psychological, and/or emotional harm to these victims and limit their ability to study and learn in a safe and supportive environment. Bullying includes actions motivated by an imbalance of power based on a pupil's actual or perceived personal characteristics, behaviors, or beliefs; or are motivated by the pupil's association with another person and based on the other person's characteristics, behaviors, or beliefs. In this unit, you will review the basics of bullying behaviors in order to gain a deeper understanding of what constitutes bullying and be able to identify bullying events when they occur. Through the process, you will be exposed to some of the myths regarding bullying and bullies so that you can better understand the realities and consequences of bullying for our children, our schools, and our society.</p>		
Unit 2	The Impact of Cyberbullying	
<p>While bullying incidents have been going on throughout our history, the latest generation of bullies have been able to use technology to expand their reach and the extent of the harm they can do to our children. Bullying through the use of electronic devices, usually cell phones and computers, or other digital technologies, is referred to as cyberbullying. Cyberbullying occurs most often where children tend to congregate online, in chat rooms and social networking sites. Instant messaging via cell phones, or text messaging, is also a widely common means by which cyberbullies reach their intended victims.</p> <p>Cyberbullying is often considered a grey area for educators since most events take place outside of the school day and off school property. Yet, cyberbullying greatly impacts the culture and climate of schools as victims of cyberbullying often attend school with their tormentors. Likewise, any event that effects a student's emotional well being will most likely interfere with the student's ability to learn and achieve in school.</p> <p>In this unit you will, explore some of the ways in which our children are cyberbullied and be able to help intervene in cyberbullying situations and prevent others from happening. You will look at some of the characteristics that victims of cyberbullying may exhibit and understand how to better identify them.</p>		
Unit 3	The New Hampshire Pupil Safety and Violence Prevention Act	
<p>All pupils have the right to attend public schools, including chartered public schools, that are safe, secure, and peaceful environments. One of the legislature's highest priorities is to protect our children from physical, emotional, and psychological violence by addressing the harm caused by bullying and cyberbullying in our public schools. In 2010, the New Hampshire legislature expanded the anti-bullying legislation enacted in 2000 to include and define cyberbullying behaviors and actions. The law also contains new and/or revised requirements for public schools (including public charter schools) and public academies regarding policy development and dissemination, internal and external reporting protocols for of substantiated incidences of bullying and cyberbullying, and local training and educational program implementation. The updated Pupil Safety and Violence Prevention Act reaffirms and strengthens schools to be mindful of real or perceived differences among children. In this unit, you will examine the intent of law and explore the means by which schools can protect our children from physical, emotional, and psychological violence by addressing bullying and cyberbullying of any kind in our public schools. Likewise, you will explore ways schools and teachers can prevent the creation of hostile educational cultures and climates.</p>		

Self Paced Tutorial Goals

After completing this tutorial, you will be able to:

- understand what constitutes bullying and bullying behaviors.
- identify bullying incidents.
- distinguish between the myths and realities of bullying.
- identify effective responses and interventions to bullying incidents.
- understand what cyberbullying is and how it effects our children.
- recognize some of the warning signs that victims of cyberbullying may display.
- identify some of the online risks for children in our schools.
- help intervene in cyberbullying situations and prevent incidents of cyberbullying from occurring in your schools.
- identify the requirements that the New Hampshire Pupil Safety and Violence Prevention Act of 2010 places on schools and teachers.
- understand the intent of the law in terms of school and teacher responsibilities to protect students from bullying and cyberbullying.
- understand the three tiers of the prevention model, protection, intervention, and prevention, recommended for school districts.

Self Paced Tutorial Expectations

This tutorial is divided into 3 units, surrounding general content themes. Each unit includes a reading assignment followed by a short quiz which will evaluate your learning at the end of the tutorial. the results will serve as a record of your participation and professional growth in these content areas.

The estimated time for the completion of each unit is approximately one hour. Some of you may get done more quickly, while some of you may take a little longer. The unit content was developed with an intended completion time of an hour.

The tutorial is pass/fail, but you are expected to read all the materials and successfully complete the unit quizzes in order to earn a Certificate of Completion.

Access to this tutorial and the materials provided will remain available to you after you have completed the assignments and earned your certificate of completion.