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
Anti-bullying curriculum for teen girls
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.
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

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.
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

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
Girls Guide to End Bullying

Start Guide
Addresses multiple types of bullying

– Physical
– Verbal
– Sexual
– Relational
– Cyber

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

- 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
  - 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)
Website Layout

Girls Guide to End Bullying

1. Types of bullying
2. Different sections

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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
Girls Guide to End Bullying

Videos:
Give examples of Situations (32)
Verbal Bullying | Recognize Bullying

Activities:
Think about and practice strategies (Over 25)
Understanding Fogging
Physical Bullying | Action Plan

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
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](#)

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
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

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
Thank You

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Thank you

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