Creating a Safe and Respectful Environment on our School Buses

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Derrick Agate, Sr.

See Something. Do Something: Intervening in Bullying Behavior

BULLYING IS A SIGNIFICANT PROBLEM AMONG OUR CHILDREN
THE SCHOOL BUS IS FERTILE GROUND FOR BULLYING

WELL-THOUGHT POLICIES CAN MAKE A DIFFERENCE IN THE LIVES OF OUR CHILDREN
SCHOOL TRANSPORTATION OFFICIALS ARE NOT USUALLY INVOLVED IN CREATING THOSE POLICIES

What is Bullying?

Physical or psychological intimidation that occurs repeatedly over time

“Bullying is aggressive or insulting behaviour by an individual or group, often repeated over a period of time, that intentionally hurts or harms.”
What is Bullying?

Bullying can be overt (i.e., teasing, hitting, or stealing); boys are most often overt bullies

Bullying can be covert (i.e., spreading rumors or exclusion); girls are most often covert bullies

Who Are Bullies

- Children who bully typically demonstrate a strong sense of self-esteem
- They like to feel powerful and in control
- Bullying relies on fear.
- Bullies exert power.
- Bullies often come from homes that use physical punishment to discipline

Who Are Bullies (continued)

Caregivers of bullies are typically uninvolved and lack warmth

Children who bully are often defiant toward authority figures and are apt to break rules

The bully is usually perceived as a leader who has many “friends” - many of these friends may fear the bully.
Who Are The Victims of Bullying

- Children who are bullied are often insecure, socially isolated, anxious, and have low self-esteem.
- They are unlikely to defend themselves or retaliate.
- They tend to be weaker than their peers.
- Parents of children who are bullied are often overprotective or enmeshed with their children.

Who Are The Victims of Bullying (Continued)

- Children who are bullied perceive parent or teacher intervention to be ineffective and are unlikely to report the problem.

Economics 80/20 Principle

- 80% of work done by 20% of the participants
- 80% of the crimes committed by 20% of the criminals
- 80% of the accidents caused by 20% of the motorists
- 80% of the beer is drank by 20% of the drinkers
Economics 80/20 Principle

• Are 80% of your issues caused by 20% of your riders?

• What are you going to do about it?

Long-Term Implications of Bullying

• Children who are bullies are likely to experience legal or criminal problems as adults.

• Children can carry bullying behaviors into adulthood and experience difficulty in forming and maintaining relationships.
Long-Term Implications of Bullying

- Children who are bullied often experience low self-esteem and depression even into adulthood.
- Children who are bullied perceive school as an unsafe place and are likely to miss more days of school than their peers, as a result their education is negatively affected.

Long-Term Implications of Bullying: Students Being Bullied

- Report losing items such as books, electronics, clothing, or jewelry.
- Have unexplained injuries.
- Complain frequently of headaches, stomach aches, or feeling sick.
- Hurt themselves.
- Lose interest in visiting or talking with friends.
- Are afraid of going to/from school or other activities with peers.
- Appear sad, moody, angry, anxious, or depressed.
- Talk about suicide.
- Suddenly have fewer friends.
- Avoid certain places.
- Act differently than usual.
- Want to sit near the driver.
- Want to sit with the same “safe” student or group of students all of the time (behind them, in front of them, or surrounded by them).
- Want to sit on the inside seat—not the aisle seat.

Four Types Of Bullying

- Student to student
- Cross gender
- Adult to student
- Adult to adult
Student To Student Bullying

- Cyber bullying
  - A relatively new phenomenon – cell phones, E-mail, chat rooms, My Space, Facebook, etc.

- Emotional bullying
  - More subtle and can involve isolating or excluding a child from activities – lunchroom or on school outings spreading rumors. Especially common to girls.

Student To Student Bullying (Continued)

- Physical bullying
  - Can be verbal and involve things like kicking, hitting, biting, pinching, and threats of physical harm.

- Racial bullying
  - Preys on children through racial slurs, offensive gestures, jokes about children’s traditions

Student To Student Bullying (Continued)

- Sexual bullying
  - Involves unwanted physical contact or sexual abusive or inappropriate comments.

- Verbal
  - Usually involves name-calling, incessant mocking, laughing at a student’s expense.
Four Types Of Bullying

- Cross gender
- Male to female
- Female to male
- Text messages
- Internet / Social Media

Four Types Of Bullying

- Adult to student
  - Drivers bullying students
    - Have them sit in the front for extended period of time.
  - Excessive write up’s.
  - Exert power.
  - Discipline them in front of others.
  - Talk about students to other students behind their backs.

Four Types Of Bullying (continued)

- Impact could be deadly
  - Boy of 11 years hanged himself from his bunk bed after months of bullying on the school bus, particularly from the driver.
Needs of students

- Affection – hug with your eyes
- Appreciation – who they are today and who we want in our schools
- Achievement – if they don’t succeed in school they’ll achieve somewhere else
- Build the relationship

Four Types Of Bullying

- Adult to adult
  Over 1 million individuals are the victims of violent crimes in the workplace each year. This figure constitutes approximately 15 per cent of all violent crimes committed annually in the United States. Of these crimes 60 per cent were characterized as simple assault by the Department of Justice.

Adult to Adult (Continued)

- Of all workplace crimes of violence reported, over 80 per cent were committed by males; 40 per cent were committed by complete strangers to the victims, 35 per cent by casual acquaintances, 19 per cent by individuals well known to the victims and 1 per cent by relatives of the victims. It is the 19 per cent of individuals well known to the victims
Imitative bully
• May have low self esteem or be depressed. Influenced by the surrounding social climate. May use whining or tattling or be manipulative.

Impulsive bully
• He/she is less likely to be part of a group. His/her bullying is more spontaneous and may appear more random. He/she has difficulty restraining him/herself from the behavior even when authorities are likely to impose consequences. He/she is also likely to be bullied.

• Physical Bullies
• Verbal Bullies
• Stressed, impulsive or unintentional bully
• Cyber bully
• Subordinate bully
• Serial bully
Adult to Adult (Continued)

• Regulation bullying
• Residual bullying
• Client bullying

Needs of Drivers
2 kinds of people

Toxic People
• Toxic people 5 C’s
• Cheap
• Crabby
• Critical
• Complaining
• Cruel
Nourishing People

• They always have something nice to say about you… no matter what you wear, how you look, or what you do.
• They make it safe for you to ask questions or share any feeling. They don’t beat you up for being yourself.
• They allow you to be fragile when times are tough… never taking advantage of you when you’re already down.

Nourishing People

• They challenge you intellectually. They help you think of new and better ways to handle situations.
• They are tender and gentle, giving you lots of validation and a limited amount of criticism.
• They bring fun and laughter into your life.
• They walk in when everyone else walks out.

Honoring Your Potential

• Three emotional positions
  • I will act the way I feel!
  • You are going to act the way you feel!
  • I can’t help the way I feel, but I can help the way I think and act.
• Farewell and best wishes to...
Self Criticism & Mind Binders

• I can’t remember names.
• I’ll never be rich.
• I don’t have enough time.
• I have a poor memory.
• Nothing ever works for me.
• I don’t have any patience.
• I have too much to do.
• I need a vacation.
• I’m sick of work (or my wife/husband, my kids, my life).

Self Criticism & Mind Binders

• I can’t seem to loose any weight.
• I’m tired.
• This job is making me sick.
• These kids are horrible, and making me sick.
• These Jr. High students are so bad
• I just can’t seem to save any money.

Honoring Your Potential
Positive Affirmations for Success

I AM STATEMENTS

I CAN, I MAKE, I AM ABLE TO, OR I HAVE.

IMBED THE AFFIRMATIONS IN THE SUBCONSCIOUS BY REPEATING THEM AT LEAST THREE TIMES A DAY. THIS IS A MINIMUM!

WHEN REPEATING AN AFFIRMATION, SEEK A RELAXED STATE.
The Honor System

• Honor yourself.
• Honor the other person.
• Honor your strengths.
• Honor all situations.
• Honor your potential.