



DIVISION OF BEHAVIORAL & MENTAL HEALTH SERVICES

# National Bullying Prevention Month



October 19, 2021 | 9:00AM

# National Bullying Prevention Month is a campaign started in 2006.

- Take Action at the Local Level
- Bullying Prevention Education
- Everyone has a Role to Prevention Bullying
- Share Information about the Issues
- Prevention Resources
- Inspire Everyone to Unite
- Create a World without Bullying



# Overview

Bullying is widely recognized as being a problem, not only for those individual involved, but also for the organization within which it occurs and the wider community. It has long been recognized as an issue that warrants concern and action. Bullying does not only occur within peer relationships in schools, but can also occur within many different contexts across one's lifespan and across a variety of social relationships, with peers during childhood, adolescence and adulthood, family members, boyfriends/girlfriends, co-workers and employers/employees.

Bullying is a systematic abuse of power that can be physical or psychological and that it is an act which is intended to hurt or harm another person. The defining features of bullying which distinguish it from general aggression is that it is repeated and that there is an imbalance of power, with the victim in the weaker or more vulnerable position leaving it difficult for them to defend themselves or escape further victimization.

# Bullying Overview:

- Bullying is a term that describes behaviors which can vary in type from physical to verbal to psychological, but what they have in common is that they are aggressive behaviors which are intended to cause harm or distress to the recipient.
- Historically physical attacks tended to be viewed as direct bullying; this now has expanded to include verbal bullying (threats, name-calling and taunting) and damage to property.
- More recently social and relational bullying has been included; this type of bullying refers to behaviors which are aimed specifically at attacking or causing damage to the target's relationships with their peers (indirect bullying).

# WHAT IS BULLYING?



- Unwanted, Aggressive Behavior
- Repeated Behavior – Happens More Than Once
- Power Imbalance
- To Control or Harm Others
- Passing or Sharing Embarrassing Information
- Bullying is Not Only in Schools







# Types of Bullying - Verbal

- Teasing
- Name Calling
- Saying Mean Things
- Threatening to Cause Harm
- Taunting - Provoke, Insult, Sarcastic Comments
- Inappropriate Sexual Comments
- Profanities - Cuss Words, Bad Words, Dirty Words

# Types of Bullying - Social/Relational



- Hurting Someone's Reputation or Relationships
- Leaving Someone Out Intentionally
- Telling Others Not to be Friends with Someone
- Embarrassing Someone in Public

# Types of Bullying - Physical



- Hurting a Person's Body or Possessions
- Hitting/Kicking/Punching/Spitting
- Tripping/Pushing
- Taking or Breaking Someone's Things
- Making Mean or Rude Hand Gestures
- Mean Looks



# Types of Bullying - Cyberbullying

- Bullying Using Electronic Technology – Social Networks
- Sending/Posting/Sharing Negative, Harmful, False, or Mean

Content about Someone

- Prank Calls or Hacking
- Spreading Rumors
- Sending Mean or Inappropriate Messages
- Embarrassment or Humiliation



# Navajo Nation Cyberbullying Laws

- Amending Criminal Code 17.N.N.C. 203, 209, 303.1 and 310 for purposes of addressing Cyberbullying. Signed Sunday, February 11, 2018.
- The Navajo Nation Courts shall have jurisdiction over any person who commits an offense within the territorial jurisdiction of the Navajo Nation.
- This includes sending an electronic communication into the Navajo Nation with harm resulting. Non-Indians will face civil sanctions under the Navajo Nation Criminal Code



# If you are Target of Cyberbullying

- Don't Blame Yourself – Bullies are Often Bullied Themselves
- Don't Retaliate with more Cyberbullying – Ignore or Block the Bully
- When Too Much – Talk to a Trusted Adult
- Keep a Record of the Cyberbullying – To Report to Authorities
- Report the Post or Person
- If being Harassed by an Unknown Number, Record the Activity, Block the Number, and Reverse Lookup the Number



# If You See Cyberbullying

- Don't Become a part of Cyberbullying by Sharing
- Support the Person Who is being Bullied
- Even if You're Not Friends with Them – Let Them Know it is Not Their Fault
- Report Inappropriate Behavior



# Protect Yourself from Cyberbullying

- Be Careful of What You Share Online
- Don't Let Other People Use Your Devices – Personal Information
- Children Won't Share What is Happening to Them with Their Parents

# If Your Child is Being Cyberbullied

- Tell Your Child You Love Them – Listen to What's Happening to Them
- Help Your Child Collect Evidence – Discuss Reporting Cyberbullying to Authorities
- Don't Let Your Emotions Get the Best of You – Don't React Quickly

# If Your Child is Cyberbullying

- Your Child May Have been Bullied – In-Person/Online
- Talk to Them – How They are Doing and How They are Hurting Other People
- Monitor Their Online and Phone Behavior
- Show Your Child it is a Major Problem – Seek Professional Help



# 2017 Youth Risk Behavior Survey

## Number of Participants

- 85 Middle Schools – 8,289
- 45 High Schools – 9,023

## Middle School Questions

- Bullied on school property
- Ever electronically bullied

## High School Questions

- Felt unsafe at school
- In a physical fight on school property in the past 12 months
- Bullied on school property
- Electronically bullied
- Threatened or injured with a weapon at school





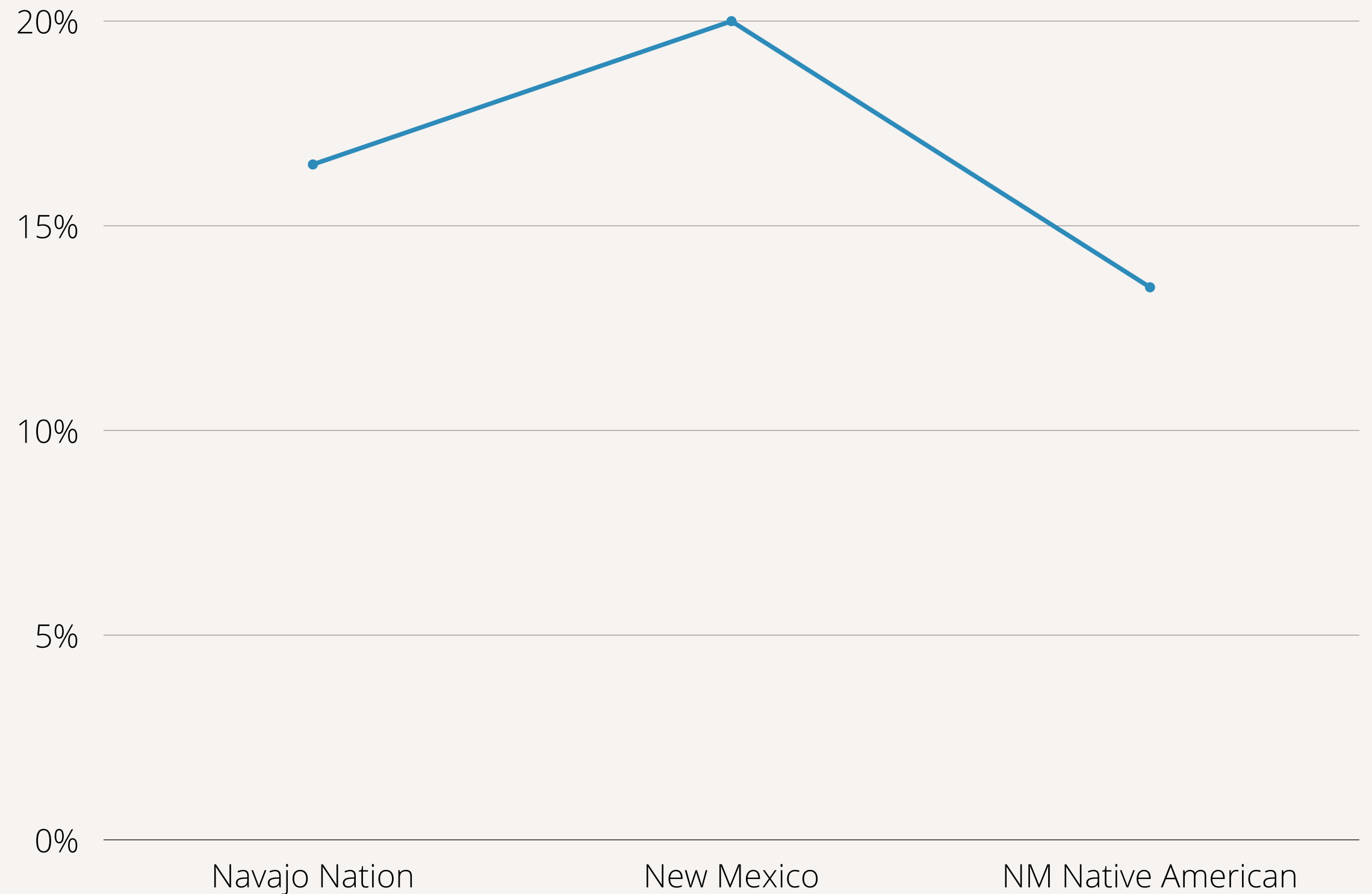
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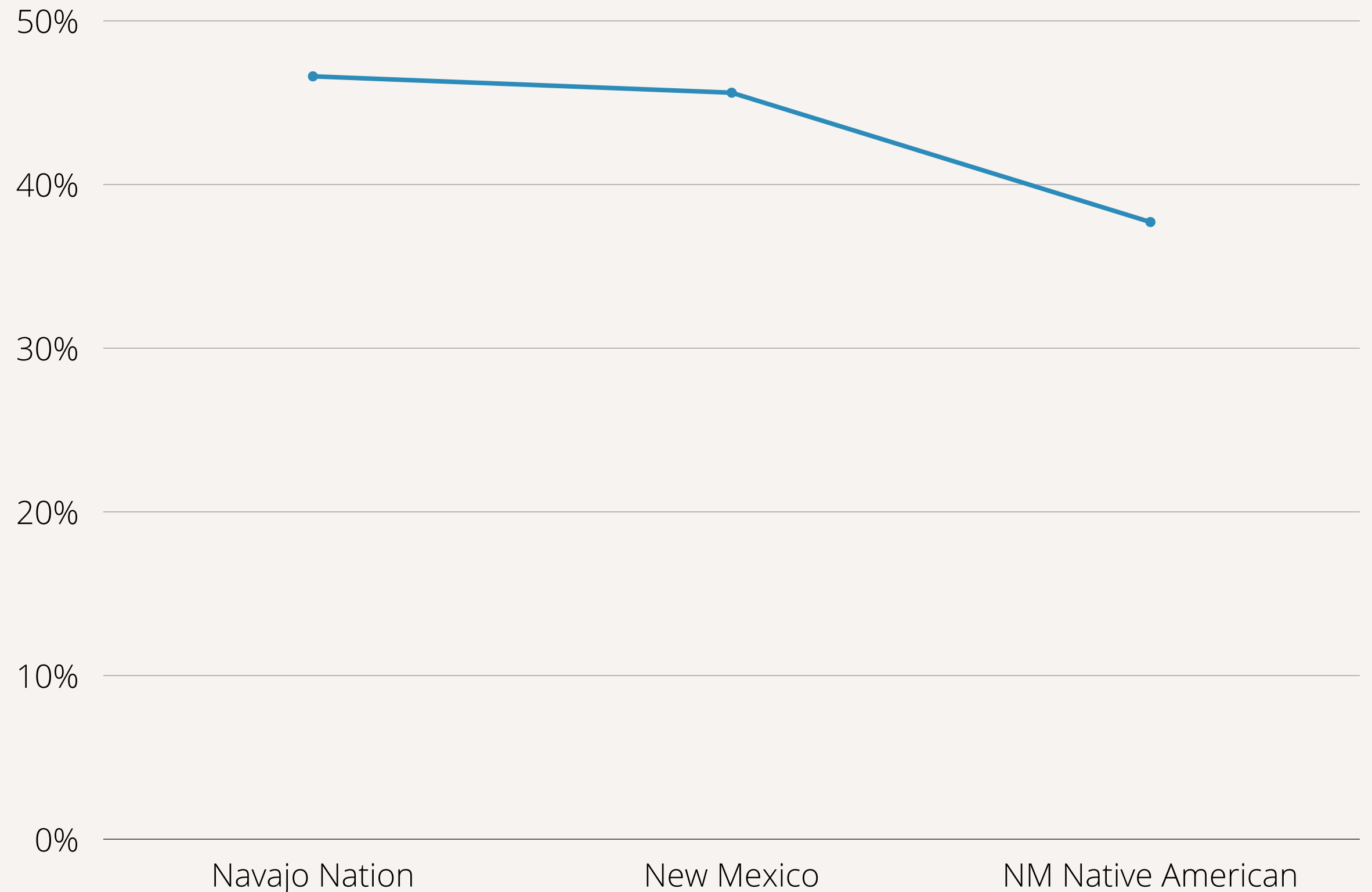
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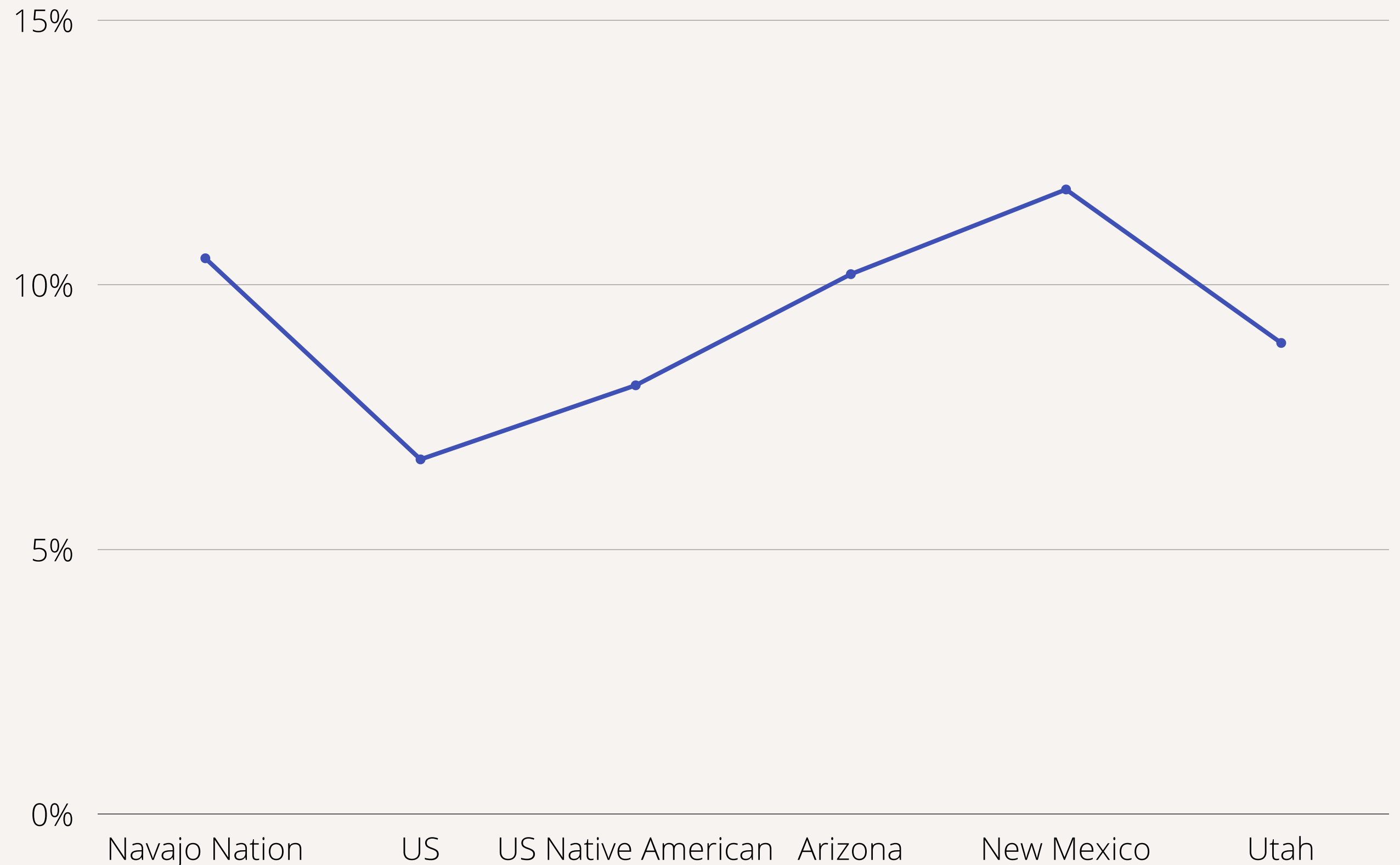
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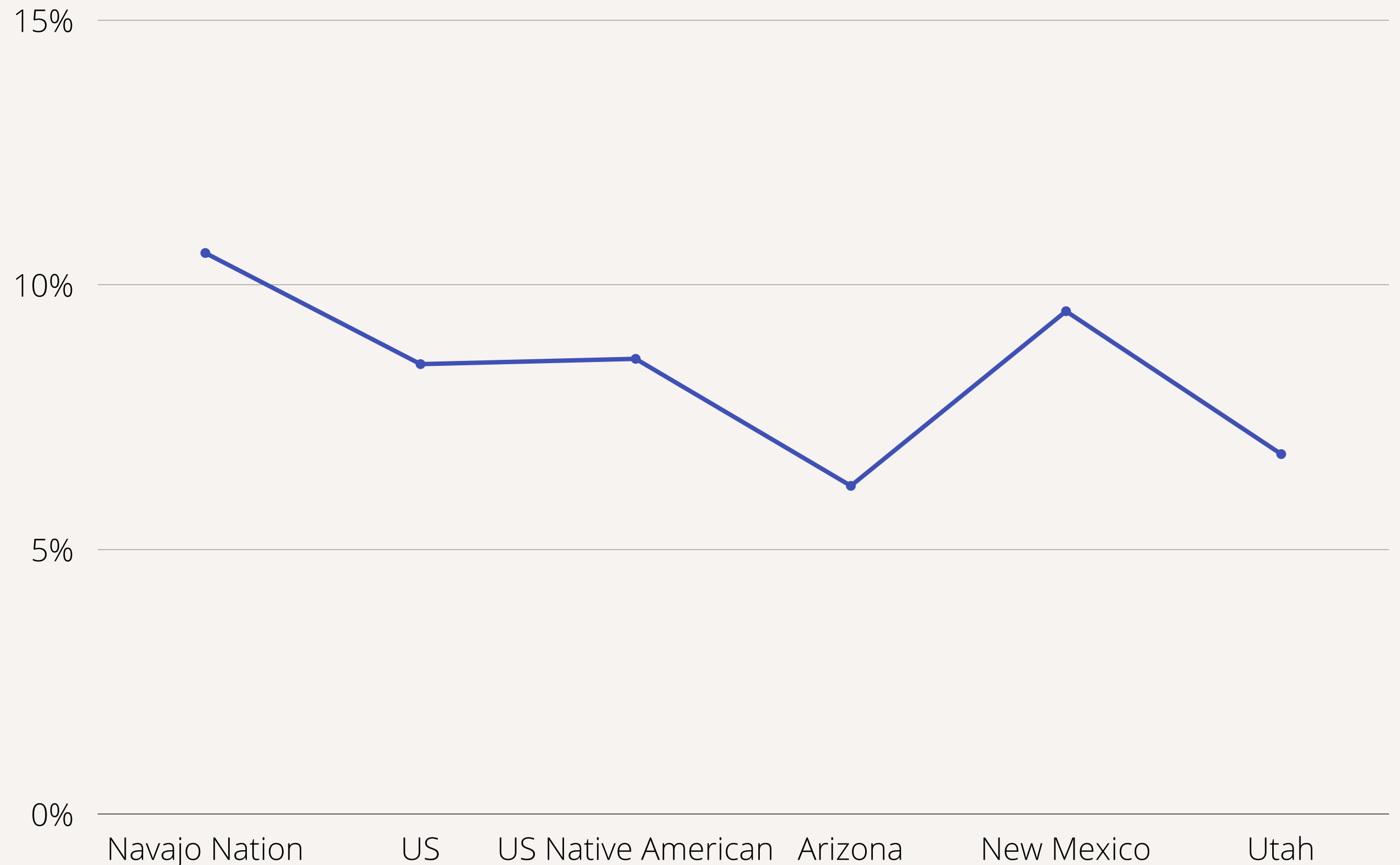
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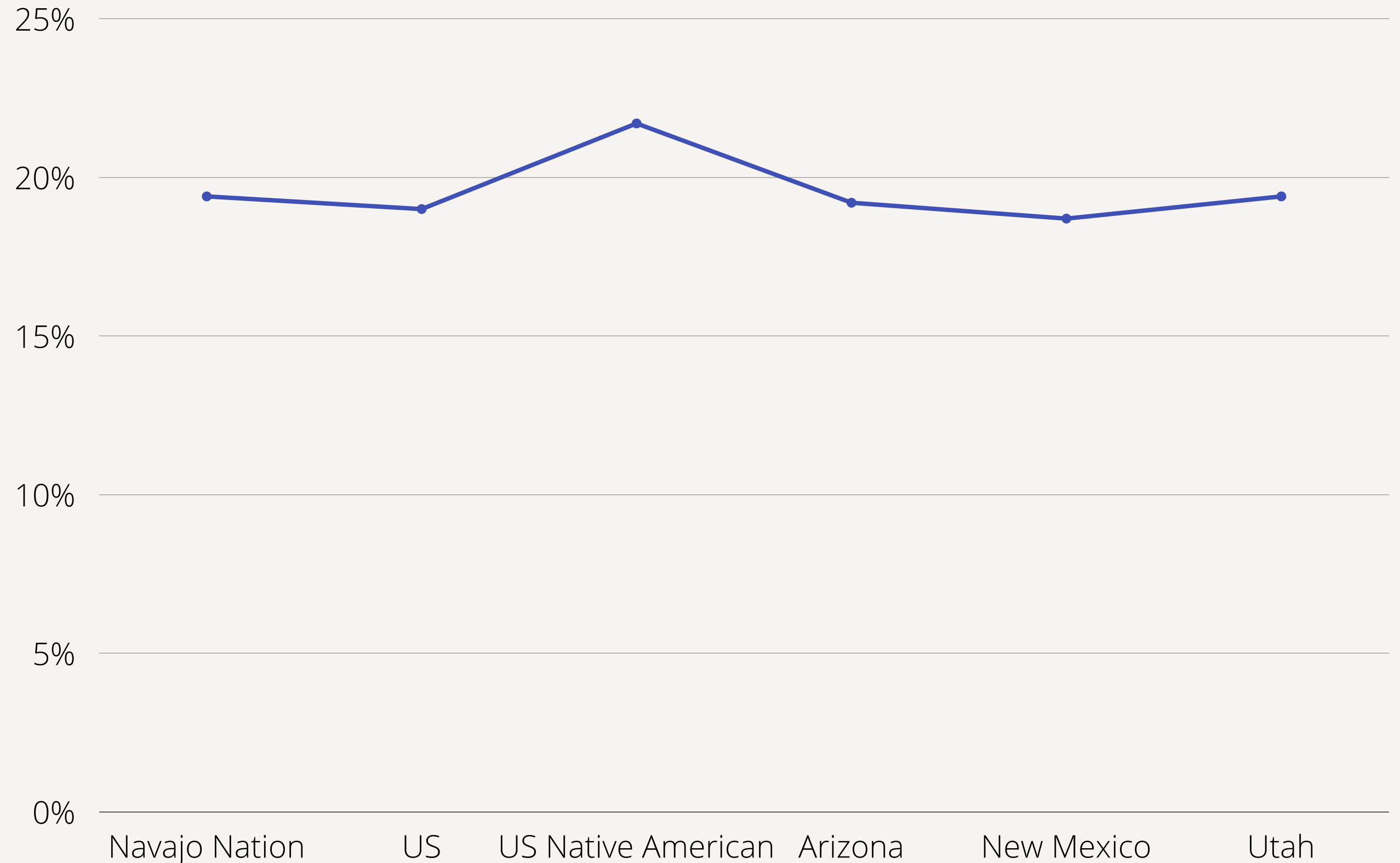
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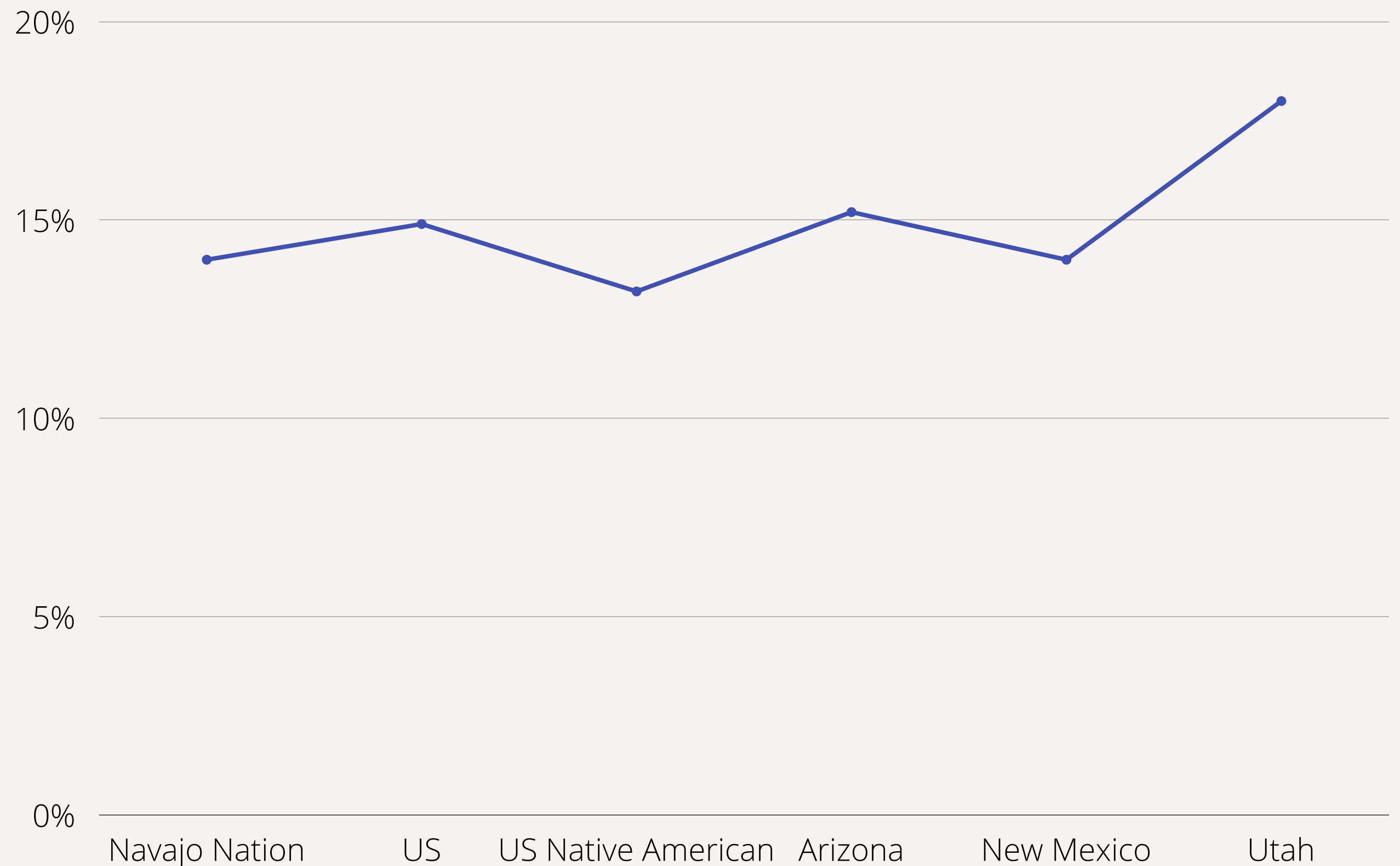
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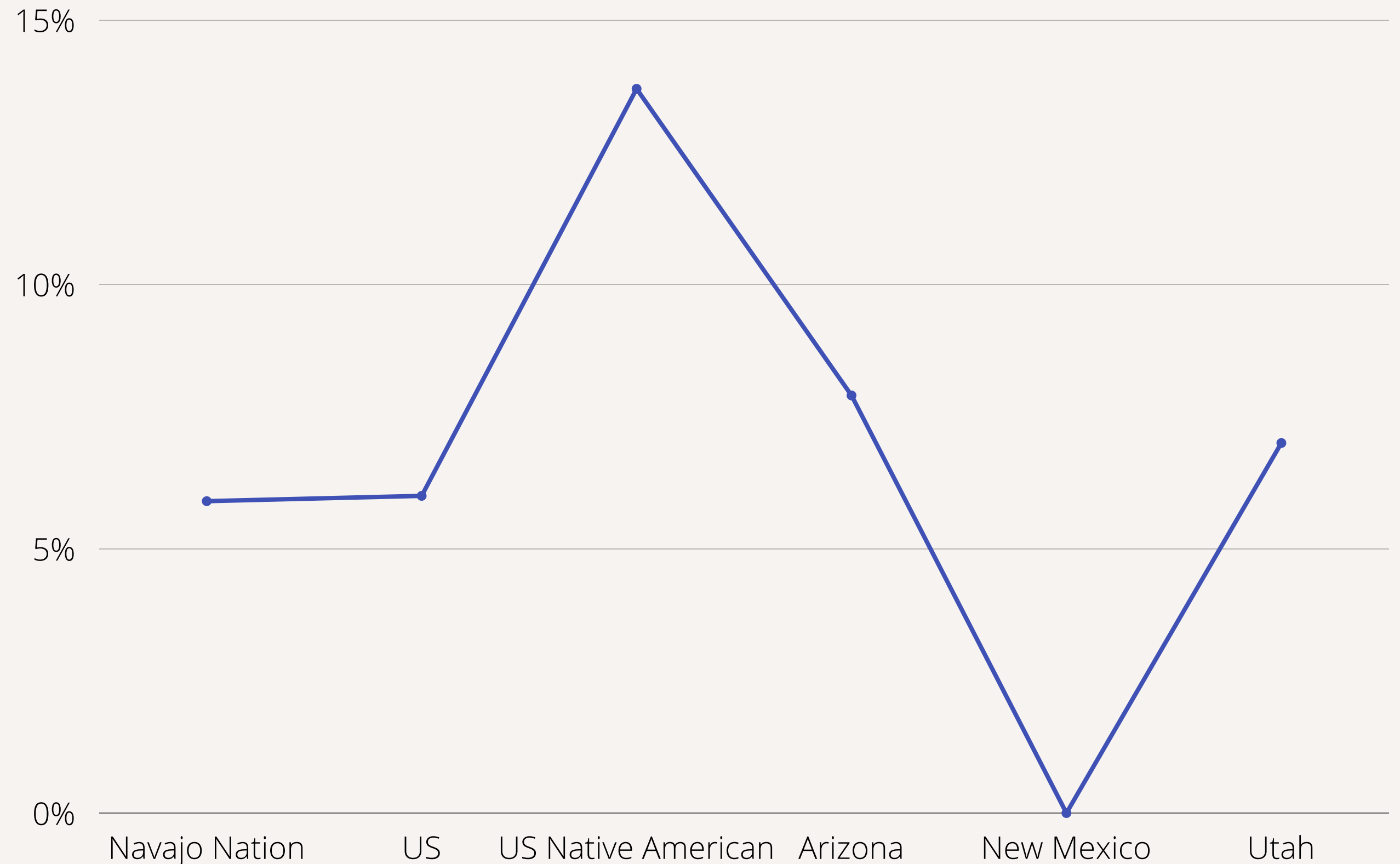
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# Who is at Risk of Being bullied

- Those perceived different by their peers – like weight, glasses, height, race, clothing, etc.
- LGBTQ+
- Special Needs
- Disabilities and Medical Conditions
- Seen as Weak or Unable to Defend Themselves
- Low Self-Esteem or Unpopular
- Mental Health



# Warning Signs of Being Bullied

- Unexplained Injuries
- Frequent Headaches, Stomachaches, Faking Illnesses or Feeling Sick
- Changes in Habits
- Difficulty Sleeping
- Not Wanting to Go to School
- Academic Challenges
- Withdrawn/Isolation
- Low Self-Esteem or Self-Worth
- Feeling Hopelessness
- Self Harm



# Those Most Likely to Bully

- Like to Dominate or Be in Charge of Others
- Social Power
- Isolation, Low Self-Esteem, Depressed or Anxious
- Aggressive or Easily Frustrated
- Issues at Home, Violence, Lack of Parent Involvement
- View Violence as Acceptable
- Learned Behavior
- Have Friends who Bully Others
- Bullied by Others
- Difficulty Following Rules or Boundaries



# Why Bullying is Not Reported

Not Recognized as Bullying

Fear of Retaliation

Lack of Consequences & Enforcement

Silence is Better

Lack of Knowledge & Education

Wanting to Belong

Barriers – Disability, No Witness

Lack of Self-Confidence

Lack of Resources & Support

Feeling Ashamed & Powerless

# Addressing Bullying and Bullies

Bullying is Preventable – Everyone Has a Role

**01**

Education & Awareness

**02**

Learn to Identify Bullying

**03**

Bullying Is Unacceptable

**04**

Bullying is not Normal

**05**

Intervene When You See it

**06**

Encourage Reporting

**07**

Stay Safe Strategies

**08**

Short & Long Term Effects



# Ways We Prevent Bullying

- Keep an Eye out for Signs of Bullying
- Promote Kindness, Fairness, and Acceptance
- Positive Character Building & Respect
- Working Together to Address Bullying
- Promote Values, Beliefs, Spirituality, & Resilience
- Positive Coping Skills
- Encourage Healthy Behaviors
- Become Educated in Bully Prevention
- Know Your Resources
- Have Conversations about Bullying and Cyberbullying
- Family Time & Positive Teachings



# Strategies for Safe Environment



## *Recognize*

- Implement Bullying Prevention Strategies
- Investigate Incidents
- Increase Supervision



## *Respond*

- Clear Anti-Bullying Policy
- Zero Tolerance Policy
- Provide Training & Campaigns



## *Report*

- Enforcement Policy
- Streamline Reporting Policy

# Protective Factors Against Bullying

- Connectedness to Family and Other Trusted Adults
- Proactive/Positive Attitudes
- Prevention Education & Awareness
- Resilience – Problem Solving Skills
- Self-Care – Mental, Emotional, Physical, & Spiritual
- Spirituality – Beliefs
- Positive Values & Principles
- Ke' & Kinship
- Resources



# Together We Can Build Healthy Relationship

- Model Good Communication Skills
- Model Kindness, & Respect
- Ask for Help – Seek Help or Additional Support
- Be a Positive Role Model
- Treat Others the Way You like to be Treated
- Practice Self-Care to Build Healthy Relationships
- Embrace the Dine' Way of Life teaching
- Ke' – Kinship & Clans
- Balance & Harmony with Ourselves, Other Around Us, Our Environment, the Four Elements, Creator, Holy Ones, Nature, Etc.



Keep safe and  
always take  
care!

Thank you for your time!



# Resources

Parents, Trusted Adults, & Friends

Admin – School, Work, & Leadership

DBMHS, NTCCE, & Social Services

Medical Facilities – Hospitals & Clinics

Public Safety – Police, Resource Officer

Youth Programs – ODY, BGCA

Faith-Based – Churches

Traditional Practitioners

Native American Church

Cultural Teachers – Native Medicine

Together, We Can Help Create Healthy & Safe Environments



# Resources – DBMHS Mental Health Helpline

<b>Arizona Outpatient</b>	<b>M-F (8 am-5 pm) Phone Number</b>	<b>After hours &amp; weekends Phone Number</b>
Chinle	(928) 674-2190	(928) 551-0247
Dilkon	(928) 657-8000	(928) 551-0624
Fort Defiance	(928) 729-4012	(928) 551-0247
Kaibeto	(928) 673-3267	(928) 551-0624
Kayenta	(928) 697-3766	(928) 551-0247
Newlands	(928) 688-3475	(928) 551-0247
Red Mesa	(505) 368-1438	(928) 551-0508
Tuba City	(928) 283-3346	(928) 551-0624
<b>New Mexico Outpatient</b>	<b>M-F (8am-5pm) Phone Number</b>	<b>After hours &amp; weekends Phone Number</b>
Crownpoint	(505) 786-2111	(928) 797-3413
Gallup	(505) 722-9470	(928) 551-0566
Navajo Regional Behavioral Health Center	(505) 368-1438	(928) 551-0508

# Local Resources

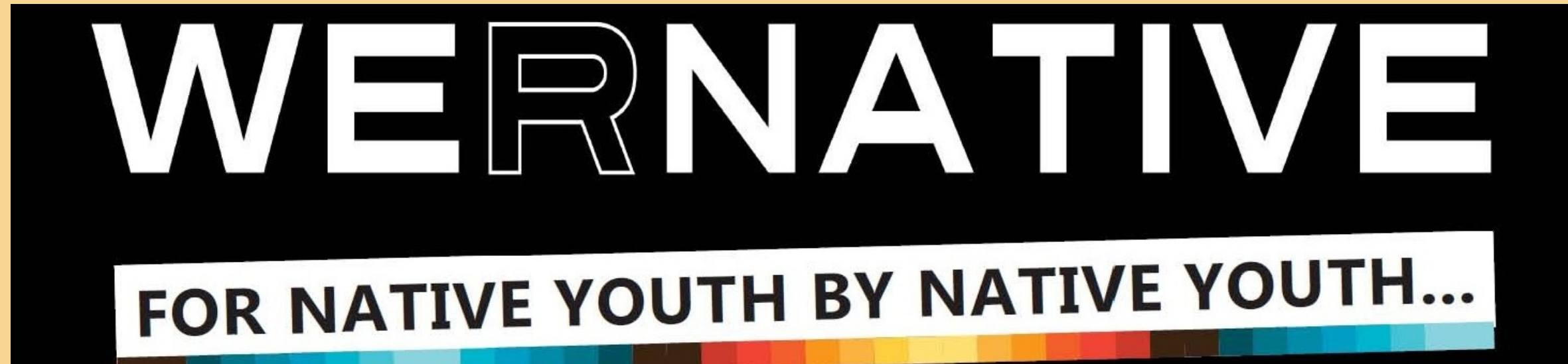
**National Suicide Lifeline: 1(800) 273-TALK (8255)**  
**Veterans Crisis Line: 1(800) 273-TALK (8255) - Press 1**  
**Chat-VeteransCrisisLine.net or Text 838255**  
**Crisis Text Line: Text "HELLO" to 741741**

## **For Emergencies Call Your Local Dispatch**

Crownpoint Police Department	(505) 786-2050/2051
Dilkon Police Department	(928) 657-8075
Window Rock Police Department	(928) 871-6111/6112
Gallup Metro Police Department	911 or (505) 722-2231
Shiprock Police Department	(505) 368-1350/1351
Tuba City Police Department	(928) 283-3111/3112
Chinle Police Department	(928) 674-2111/2112
Kayenta Police Department	(928) 697-5600



# National Resources



Centers for Disease  
Control and Prevention





# Division of Behavioral & Mental Health Services

WWW.NNDBMHS.ORG | (928) 871-6240 |   NNDBMHS

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