



## Overview

Research has shown that most adolescents who experience bullying and cyberbullying behavior feel alone, to blame, and that telling an adult will not make a difference. Payton's Peers is a peer counseling group run by a trained mentor, in which support is found from peers who are experiencing similar situations. The group provides a positive support system for those experiencing bullying and cyberbullying.

The primary focus of the group is to share previous experiences, or those currently happening, in the participants' daily lives to establish a support system with those peers. The format is comprised of 12 interactive lessons that provide useful strategies to help stop, overcome, and prevent bullying and cyberbullying experiences from causing negative outcomes and enhance mental wellness.

### 12 INTERACTIVE LESSONS

Lesson 1: Group Introduction	Lesson 7: Wandering Map
Lesson 2: Questionnaire and Music Share	Lesson 8: Perspective Taking and Self-Regulation
Lesson 3: Resiliency	Lesson 9: Anchoring
Lesson 4: The 4 Pillars	Lesson 10: Gratitude—Journaling
Lesson 5: Vision Boards	Lesson 11: Helping Others: Promoting Kindness
Lesson 6: Discovering Strengths	Lesson 12: Group Closing

Trained mentors are essential to ensuring that participants experience optimal benefits from the program. Additionally, it is highly recommended for each school group to find a licensed counselor to serve as a group resource or mentor.

**COST IS FREE!!!!**

### INTERESTED IN PARTICIPATING, MENTORING, OR RECEIVING MORE INFORMATION?

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## **RESOLUTION FOR BULLYING/CYBER BULLYING PREVENTION**

**Presented at the U. S. Forum Session**

**The Delta Kappa Gamma International Convention**

**July 07, 2016**

**Whereas, Bullying/Cyber Bullying in schools is an increasingly pervasive problem with statistics showing one in four U.S. students is bullied on a regular basis which negatively impacts the right of students to live and learn in a safe environment without fear and has negative lifelong consequences for those who are targets and for those who are bullies; and**

**Whereas, Bullying/Cyber bullying incidents have increased through use of social media (leading to 4,400 adolescent suicides per year), suicidal tendencies (for every death there are 100 attempts), and severe depression (14% of high schoolers nationwide consider suicide); and**

**Whereas, Bullying/Cyber Bullying U.S. statistics show 30 % of students nationwide report they are a bullying victim, a bully, or both with 43% of those students reporting they are bullied on line; and**

**Whereas, Bullying/Cyber Bullying others and being the target of bullies are considered risk factors for youth violence by the National Center for Injury Prevention and Control (of the Centers for Disease Control and Prevention) and other relevant organizations; and**

**Whereas, Bullying/Cyber Bullying behavior that goes unchallenged creates a risk of bullies becoming violent adults, engaging in domestic violence and child abuse; and**

**Whereas, Bullying/Cyber Bullying behavior is a topic with which many parents are unaware of the severity of the problem and, therefore, neglect talking about it with their children; and**

**Whereas, Bullying/Cyber Bullying behavior is unchallenged by adults, as in 85% of bullying cases nationwide (statistics gathered from annual school reporting to state departments) no interventions or efforts to stop it are made and with some school personnel viewing bullying as a harmless rite of passage that is best ignored, opens the door for more harassment from bullies; and**

**Whereas, Bullying/Cyber Bullying has created a situation whereby 160,000 students nationwide miss school every day out of fear of bullies; and**

**Whereas, Bullying/Cyber Bullying attracts passive participants who are affected by hostile acts and in turn encourage bullying by creating an audience, become desensitized to cruelty, learn to imitate bullying behavior and become bullies themselves or may become fearful of their own safety, adding to feelings of insecurity; and**

**Whereas**, Bullying/Cyber Bullying in the adult work place is prevalent and is often unreported creating a setting of fear which contributes to health issues, diminished performance, and loss of time for employer and employee; therefore, be it

**Resolved**, That the key women educator organization, The Delta Kappa Gamma Society International, U.S. Forum members support a federal law with provisions for policies and programs that address the prevention, intervention, and elimination of bullying/cyber bullying;

**Resolved**, That the key women educator organization, The Delta Kappa Gamma Society International, U.S Forum members promote messages of bullying/cyber bullying prevention utilizing educational literature, programs and projects for students, school personnel, and parents to establish an acceptance of zero tolerance for bullying behavior and a message that the bullying behavior will not be tolerated any time or any place;

**Resolved**, That the key women educator organization, The Delta Kappa Gamma Society International, U.S. Forum members work with agencies, organizations, and legislators in a national effort to inform the general public about the risks and costs of bullying/cyber bullying for both the bully and the target, as well as those who witness bullying, to bring about a change in societal attitudes toward bullying and eliminate the suicides of those subjected to bullying.

**Resolved**, That the key women educator organization, The Delta Kappa Gamma Society International, U.S. Forum members contact members of Congress to offer support and expertise to develop a national bullying/cyber bullying prevention law.

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