

# How do I fight bullying in my school Community?

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LEADERSHIP GROWTH PLAN PROPOSAL-VANCOUVER ,JULY 2017

# LEADERSHIP GROWTH PLAN PROPOSAL PLAN SHAPE

- ▶ PROPOSAL GOALS.
- ▶ BULLYING:DEFINITION, COMPONENTS, TYPES OF BULLYING.
- ▶ INSPIRING IDEAS AND STRATEGIES.
  - ▶ THE 3 C s
  - ▶ PYGMALION PROJECT.
- ▶ REFLECTION.

# PROPOSAL GOALS

1. The main objective of this proposal is to highlight that we, as leaders, can fight against bullying re-inventing a new school community based on creating loving, productive and educated citizens, and not just good learners.
2. Bullying is not just a child's issue. It is a school and community issue and must be addressed with a school and community solution.



**BUILD A SOLID  
FOUNDATION**

**CARING  
RESPECT  
FAIRNESS  
CITIZENSHIP  
RESPONSIBILITY  
TRUSTWORTHINESS**



# What is bullying?

- ▶ A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more people.



# THE CRITICAL COMPONENTS OF BULLYING ARE:



- ▶ INTENTIONALITY: I mean to do it.
- ▶ REPETITION: I do it over and over.
- ▶ POWER DIFFERENTIAL: I do it because I can.



## HUMAN NATURE

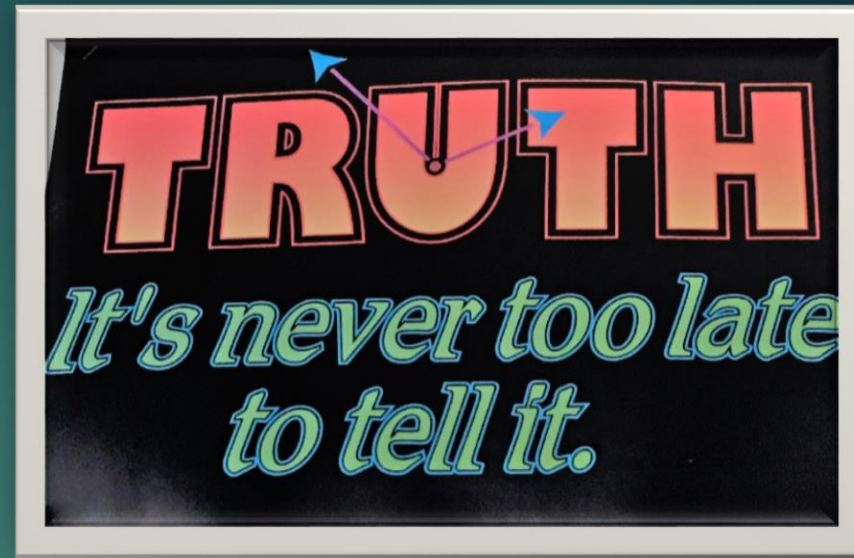
- Bullying as a "Group Phenomenon" – we are social animals and move to groups instinctually
- One victim but not alone in the "group dynamic"
- Bully, followers/reinforcers, supporters/assistants, passive supporters, disengaged onlookers, possible defenders, deffenders, are all around the victim



Group pressure  
can lead to  
bullying

# Types of bullying:

- ▶ Physical
- ▶ Verbal
- ▶ Social and Emotional
- ▶ Cyber



It is important to identify which type of bullying is impacting in our schools, to understand what is happening and provide our help.


In this **plan proposal I will focus on Social and Emotional Bullying**. This is the most difficult to recognize because it can be done behind the child's back, moreover It is the most harmful. Children who are victims of relational bullying feel rejected, depressed and often do not see a solution.



# INSPIRING IDEAS & STRATEGIES







CREATING SAFE,  
CARING, WELL MANAGED  
AND PARTICIPATORY  
SCHOOL COMMUNITIES,  
SETTING A POSITIVE CLIMATE,  
INCREASING WELL-BEING  
AND MOTIVATION.

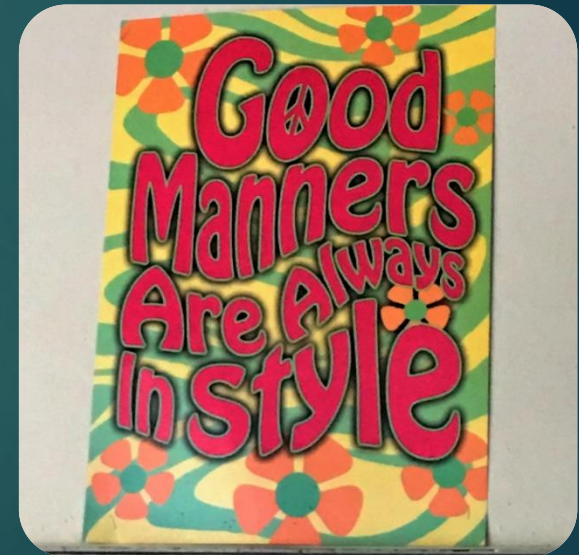
THE FIRST ACTION WILL BE MEETING THE STAFF INVITING  
THEM  
TO SHARE

MY WAY OF THINKING:

*The three Cs*  
*Pygmalion Project.*

THE BASIS OF MY PLAN TAKES INTO ACCOUNT SEVERAL ASPECTS RELATED TO:

- Building Community.
- Social and emotional learning.
- Education Leadership in Canada.
- Coaching
- Mindfulness
- Positive Psychology.
- Rosenthal and Jacobson research findings. (1968)
- Learned helplessness researches. ( maths activity)
- Group pressure experiments ( lift, stick activity )



To inspire to my staff I would start telling some stories like :

“ The apple that wanted to be a star”,

<https://www.youtube.com/watch?v=frAHCLe8d1g>

“ A thousand mirror’s house”

“The blue butterfly”



I would also invite my staff to watch the following movie:

“Click” ( related to Mindfulness)

Internet would be a great resource to develop the former activities.

My purpose as a leader would be influence my staff but not force them. Once a month we can meet again reflecting on our educational progress.



# Including the 3 Cs



## Conectedness

Involves level of communication and caring that create feelings of being valued, respected and wanted.

School Conectedness It is the belief of students that adults and peers care about them as individuals.



## Climate

Relationships as the most important component of school climate, how you feel within a School Community.



## Culture

It is described as the way “Do Things”. It is the shared beliefs, values and priorities of people within a School Community.

# PYGMALION PROJECT.

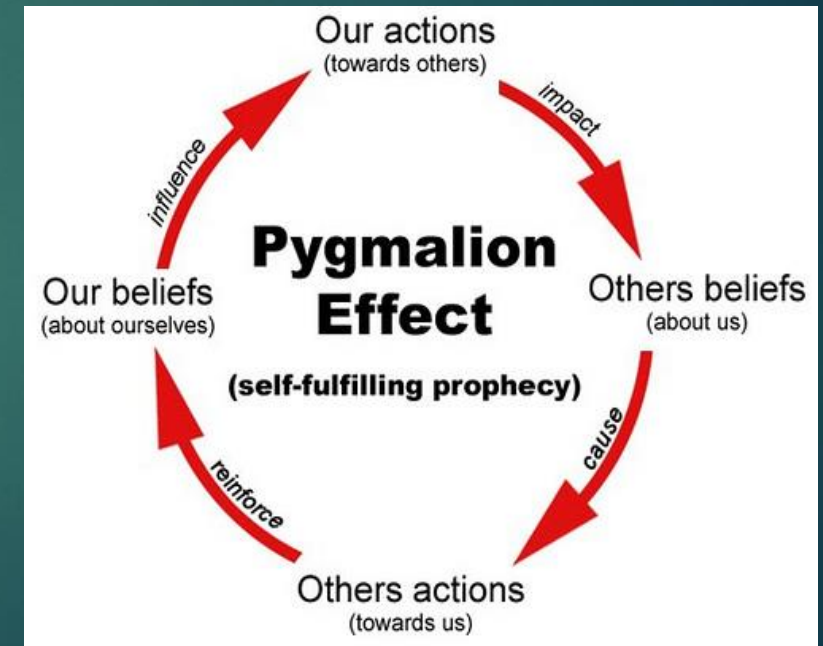


# WHAT IS PYGMALION PROJECT?

It is based on the Pygmalion Effect.

It is shown that if someone trusts you, you can achieve the most difficult objectives. In Psychology describes the belief that a person can influence the performance of another.

IT CONSIST IN A  
PEER-TUTORING PROJECT , in a collaborative  
and cooperative way  
where children work together as  
a team, giving  
support and knowing each other.





# Pygmalion Project in my school .



# REFLECTION ON OUR LEADERSHIP GROWTH PLAN TO FIGHT BULLYING.

- ▶ **I WOULD LIKE TO POINT OUT THAT BULLYING HAS TO BE TREATED AS A PROCESS AND NOT A MATTER IN ISOLATION.**
- ▶ **IT IS NOT A PROGRAM BUT A WAY OF CREATING NEW POSSIBILITIES ,SAFER SCHOOLS AS A PROTECTIVE FACTOR TO FIGHT BULLYING.**
- ▶ **CHECKING THE PROGRESS, DRAMATIC CHANGES TYPICALLY TAKE THREE TO FIVE YEARS.**
- ▶ **IMPROVING THE CULTURE OF SCHOOL REQUIRES A CHANGE IN BELIEFS, ATTITUDES AN VALUES. IT I UNIQUE WITHIN A SCHOOL**
- ▶ **TO BE TRULY SUCCESSFUL I NEED TO SET UP A POSITIVE CLIMATE AS WEL AS TO INVOLVE AS MANY MEMBERS OF MY SCHOOL AS POSSIBLE: PARENTS, STUDENTS AND STAFF.**
- ▶ **<http://www.kivaprogram.net/>**

The world is your oyster.  
It's up to you to find the pearls.







THANKS SO MUCH TO EACH ONE OF YOU FOR ENRICHING MYSELF, FOR HELPING IN MY PROFESSIONAL DEVELOPMENT AS WELL AS FOR HAVING SUCH A GOOD TIME.

**YOU ARE THE BEST LEADERS.**

MARÍA DEL PRADO BÚRDALO CORTÉS.

Vancouver, 7/27/2017