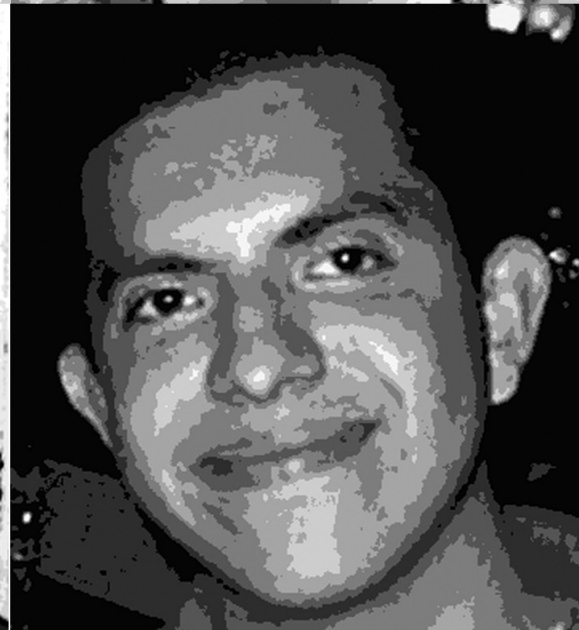
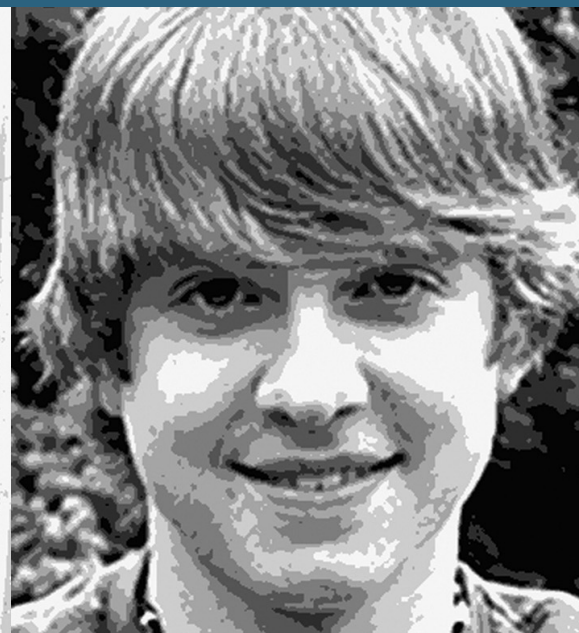


Bullying: True Stories



Discussion Guide



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Note From the Author

Too often, bullying is excused as a joke or just something kids do. The truth is, bullying is cruel behavior that often has long-lasting negative effects. The target of the bullying, the bully and even bystanders may be harmed.

The young people profiled in *Bullying: True Stories* talk about their experiences with bullying behavior so others can learn from them. It's our goal that after watching and discussing these stories, young people will intervene to stop a bully, be more inclined to turn to an adult for help, and feel empathy for those who aren't in a position to defend themselves. This can help stop bullying.

I'm grateful to the young people and families whose stories we tell, and to our advisors: Dr. Gene Beresin, Dr. Robin D'Antona, Dr. Paula Rauch and Dr. Bryan Pridgen, who gave generously of their time and expertise.



Advisors

Gene Beresin, M.D.
Director of Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital and McLean Hospital
Co-Director, Massachusetts General Hospital Center for Mental Health and Media
Professor of Psychiatry, Harvard Medical School

Robin D'Antona, Ed.D.
Educational Consultant
Certified National Olweus Bullying Prevention Trainer
Founding Board Member, International Bullying Prevention Association
Author, Tackling Bullying in Athletics: Best Practices for Modeling Appropriate Behavior;
101 Facts About Bullying: What everyone should know; The Comfort Zone: Providing a Safe
and Bully Free Environment for School Age Childcare

Bryan Pridgen, M.D.
Child and Adolescent Psychiatrist
McLean Hospital
Clinical Instructor in Psychiatry
Harvard Medical School

Paula K. Rauch, M.D.
Director, Child Psychiatry Consultation Service to Pediatrics
Director, Marjorie E. Korff PACT Program: Parenting At a Challenging Time
Massachusetts General Hospital
Assistant Professor of Psychiatry, Harvard Medical School

Showing *Bullying: True Stories*

Bullying: True Stories is appropriate viewing for groups of young people, young adults, and parents and other caregivers. It can be used with groups in schools, the workplace, and community workshops. It's also appropriate for family viewing and discussion at home.

You can view the program in its entirety or in segments. Separate discussion questions follow each story for young people, and for parents and other caregivers. The questions are also offered at the end of the program.

The content of *Bullying: True Stories* is for informational purposes only. It is not intended to replace professional advice. For specific issues, please consult a medical or health professional.

Note: Bullying: True Stories includes copyrighted materials. Broadcast, cablecast, duplication, Internet, and Intranet or commercial use in trainings or presentations is prohibited. For further information contact Blake Works at 978.282.1663 or info@wordscanwork.com.

wordscanwork.com

At wordscanwork.com, you can learn about other *Words Can Work* booklets and DVDs that help young people face challenges growing up. You can read *Issues and Answers* columns in which young people, parents, and experts share their experience dealing with bullying, substance abuse, depression, and more.

We offer onsite and online trainings. At wordscanwork.com, read about Jeanne Blake's dynamic multimedia presentations. Schools and youth-serving, parenting and healthcare organizations nationally use *Words Can Work* resources in their programming.

At wordscanwork.com, you can order *Words Can Work: When Talking About Bullying*. In this booklet, you can read more about the issues raised in this program. Young people and parents tell how they handle and discuss bullying. Experts offer information, strategies, and the words to help young people and families talk about bullying.

Profiles

Daniel and Courtney

Daniel relentlessly bullied Courtney in school. She was his neighbor and friend. Courtney's mom told the school counselor, and Daniel was punished. During in-school suspension, he read a book that helped him see he needed to change. He was further motivated to stop bullying after learning that his mom was bullied as a child. After apologizing to Courtney and her family, Daniel regained self-respect and the respect of classmates. Courtney describes the effects of Daniel's daily bullying, and how it changed her.

Tré

As a sophomore, Tré moved to a new school where she became friends with Stasha and Tanya. Tracy, the leader of a group called the B-Girls, convinced all of the B-Girls to ignore Tré. For the next two years, Tré was shunned and bullied. With emotional support from her grandmother and one loyal friend, Tré coped. Still, the bullying left her mistrustful. She encourages young people to speak up when they see someone being bullied.

Victor

Victor moved from Mexico to the U.S. where classmates tormented him. They made fun of his struggle to speak English. They threatened to kill him. And their attacks included cyberbullying. Victor began to skip school. When his mother learned about the bullying, she met with the school principal, who intervened, and the bullying stopped. Victor thrived in a summer community organization. The next year, at a new school, he developed strong friendships and excelled academically.

Jeanne Blake

Jeanne Blake is the host and producer of *Bullying: True Stories*. She is the creator of *Words Can Work*®, and president of Blake Works Inc. (certified as a Woman Owned Business) and Family Health Productions, which produce multimedia about the public and mental health challenges young people face growing up.

Blake is an affiliated faculty member of the Division on Addictions at Harvard Medical School, and a trustee of McLean Hospital, Harvard's largest psychiatric facility. As a television medical journalist, she has earned the Robert F. Kennedy Memorial Journalism Award. She has appeared on *Oprah*, *The Today Show*, *The Cristina Show*, and *CNN*, and has been featured on *National Public Radio* and *Bloomberg Radio*.

Using This Guide

This guide is designed to help you lead discussions with groups of young people, parents, and other caregivers. Parents and other caregivers can use this guide to begin discussions about the stories in the program. Questions are marked for:



young people



parents/caregivers

↳ **Follow these arrows to proceed through the discussion.**

Impact on Participants

Viewers may feel a variety of emotions, as they watch the program, due to their own or someone else's experience with bullying. We suggest providing viewers with a list of resources at the school and within their community.

Before Viewing the Program

Prepare participants for viewing the program by discussing the following:

↳ **Ask participants:**

- What is bullying?

A lot of young people have a good idea of what bullying is because they see it every day. Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. It can include:

- Punching, shoving, and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a "group"
- Teasing people in a mean way
- Getting certain people to "gang up" on others

Bullying also can happen online or electronically. Cyberbullying is when children or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, email, or instant messages
- Posting nasty pictures or messages about others in blogs or on Web sites
- Using someone else's user name to spread rumors or lies about someone

Source: The US Department of Health and Human Services
<http://www.stopbullyingnow.hrsa.gov>

Daniel and Courtney



↳ Introduction

When someone bullies another person, it harms everyone involved, including the person doing the bullying.

Bullying happens when someone hurts or scares another person on purpose, and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. **Source: The US Department of Health and Human Services**

Let's watch Daniel's and Courtney's story.

View Daniel's and Courtney's story

Approximate time 7:00

↳ Begin discussion for young people by saying

Daniel bullied Courtney for several years before adults intervened to protect Courtney.

↳ Ask young people

- Why do you think Daniel bullied Courtney?
- In every bullying situation, there is an imbalance of power. Explain how Daniel had power over Courtney.
- Why was it important for Courtney to keep asking her mother to do something about Daniel's mean comments?
- The counselor took action after Courtney's mom called him. Why was that important?
- What did Daniel learn by hearing about his mother's experience with bullying?
- Daniel went to Courtney's house to apologize to her. What makes you think he meant it that time?
- What does Daniel mean when he says, "Being nice to people will get you more respect than you'll ever get from being a bully"?
- How do you think Daniel will be affected in the long run, knowing he hurt Courtney and her family?
- How do you think the friendship between Courtney and Daniel has changed, as a result of the bullying?
- Think about how the bullying was resolved. How do you think that will affect Courtney in the long run?

↳ Remind young people

Daniel shows us that people who've bullied can apologize and learn to treat people with respect.



↳ Introduction

Bullying harms everyone involved, including the bullies themselves. Bullying happens when someone hurts or scares another person on purpose, and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over.

Source: The US Department of Health and Human Services

Let's watch Daniel's and Courtney's story.

View Daniel's and Courtney's story

Approximate time 7:00

↳ Begin discussion for parents or caregivers by saying

Daniel bullied Courtney for several years before adults intervened to protect Courtney.

↳ Ask parents or caregivers

- Why do you think Daniel, who otherwise seemed like a good kid, bullied Courtney?
- Young people who are bullied often engage in bullying behavior themselves. Why do you think this happens?
- In every bullying situation, there is an imbalance of power. Explain how Daniel had power over Courtney.
- Courtney's mom told her to ignore Daniel. What would you do if your child said someone was constantly picking on him or her?
- After the call from Courtney's mom, the counselor talked to Daniel. Why was this important?
- If you told a school counselor your child was being bullied, and he or she dismissed it, what would do next?
- Why do you think some school administrators and counselors ignore bullying?
- If your child is being bullied, what are some things you can do to support him or her?
- Hearing about his mother's experience with bullying had a powerful effect on Daniel. Why?
- Why is it important for parents to share their personal experiences, as Yvette did with Daniel?
- Parents often defend children accused of bullying. Yvette and Stan took Daniel's behavior seriously. What does this tell you about them as parents?

↳ Remind parents or caregivers

If you know about a bullying situation, it's important to take action immediately.

Tré



↳ Introduction

There are many different ways young people bully. Sometimes bullying behavior is subtle. Let's watch Tré's story.

Note: If you're showing the stories on this DVD on separate days, repeat this definition before viewing each story: Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. Source: The US Department of Health and Human Services

View Tré's story

Approximate time 4:30

↳ Begin discussion for young people by saying

Tré always had lots of friends and suddenly was treated cruelly by an entire group of girls.

↳ Ask young people

- Why did so many of Tré's classmates go along with Tracy and ignore Tré?
- If someone told you to ignore a peer, how would you respond?
- Some people are too embarrassed to admit they're being bullied. How did telling Nana what was happening help Tré?
- Simone stood up to the B-Girls. What quality does that show in Simone's character?
- If you knew that your classmate was being bullied, what would you do?
- Why might young people hesitate to speak up if they see someone being bullied?

↳ Remind young people

If you see someone being bullied, tell an adult you trust. Continue to ask for help until someone intervenes.



↳ Introduction

There are many different ways young people bully. Sometimes bullying behavior is subtle. Let's watch Tré's story.

Note: If you're showing the stories on this DVD on separate days, repeat this definition before each story: Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. Source: The US Department of Health and Human Services

View Tré's story

Approximate time 4:30

↳ Begin discussion for parents or caregivers by saying

Tré always had lots of friends and suddenly was being treated cruelly by an entire group of girls.

↳ Ask parents or caregivers

- Why would so many of Tré's classmates go along with Tracy and ignore Tré?
- Why do young people often hesitate to speak up if they see someone being bullied?
- What can you say to your child about the importance of standing up to bullying rather than going along with the crowd?
- Young people are often too embarrassed to admit they're being bullied. How did Tré know she could tell Nana?
- Nana encouraged Tré to spend time with people who loved her. Why was that a good suggestion?
- If your child said someone was being bullied at school, what would you do?

↳ Remind parents or caregivers

Tré knew she could trust her grandmother. Nana listened without judging, encouraged her, and often told her she loved her.

wordscanwork.com

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Victor



↳ Introduction

Young people bully peers for a variety of reasons. It is always unacceptable. Let's watch Victor's story.

Note: If you're showing the stories on this DVD on separate days, repeat this definition before each story: Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. Source: The US Department of Health and Human Services

View Victor's story

Approximate time 6:00

↳ Begin discussion for young people by saying

Cyberbullying is a form of bullying that can be devastating because of the numbers of people who can participate with just one click.

↳ Ask young people

- Victor's bullies made fun of his culture. If you could say something to these guys, what would you say?
- Many young people communicate via technology. How can this way of communicating become hurtful, dangerous, or even against the law?
List these possibilities, if young people don't mention them:
 - *Someone can forward your message without your knowledge.*
 - *You're words can be taken out of context.*
 - *Once your words are out there, you can't take them back.*
 - *Pictures or video can be forwarded or uploaded to the Internet.*
 - *Secrets can be revealed or lies can be broadcast.*
- How would you feel if you were bullied and no one defended you?
- Georgina stopped talking to Victor. How could she have been more compassionate?
- Victor's mom called the principal when she learned that Victor was being threatened. How did this help Victor?
- Why is someone who speaks up about bullying not a snitch?
- Victor deleted his online accounts. Why was this smart?
- What experiences helped Victor see the bullies were wrong and he could succeed?
Answers: New friends appreciated his culture; he learned he is physically and emotionally strong; and he excelled academically.

↳ Remind young people

Technology is a powerful tool. When using it to communicate, always consider the potential consequences of what you're writing, or messages you're forwarding.



‣ Introduction

Young people bully peers for a variety of reasons. It is always unacceptable. Let's watch Victor's story.

Note: If you're showing the stories on this DVD on separate days, repeat this definition before each story: Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. Source: The US Department of Health and Human Services

View Victor's story

Approximate time 6:00

‣ Begin discussion for parents or caregivers by saying

With one keystroke a bully can reach large numbers of peers with threats and lies. This type of bullying can occur 24 hours a day without witnesses.

‣ Ask parents or caregivers

- What messages do you give your children about using technology in a positive and safe way?
- Why is it important to stay informed about the technology your child's using?
- If your child was being bullied or bullying a peer, how would you know?
- Why do you think Victor started to blame himself for being bullied?
- Why was it important that Victor's mom called the principal when she learned he was being threatened?
- Many young people would resist deleting their online accounts. Why was it a smart move for Victor?
- What ways can you suggest to your child that he or she be proactive when someone is being bullied?

‣ Remind parents or caregivers

Be aware of technology your children use. Talk with them about the power of technology, and how it can be used or misused to communicate with peers.

wordscanwork.com

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Correspondence

We recommend, as part of a classroom or group project, that young people write to Daniel, Courtney, Tré, or Victor. Doing so can help young people internalize the messages of the DVD. Ask young people to write about how they felt as they watched the story of the person they are writing to, and what they'd do if they noticed bullying.

Send correspondence to:

Blake Works Inc.
PO Box 1402
Gloucester, MA 01930

or email: info@wordscanwork.com

All correspondence will be screened before it is sent to the young people profiled in *Bullying: True Stories*.

Blake Works Inc.

Blake Works Inc. produces evidence-based media (DVDs, the *Words Can Work* series of booklets, discussion guides, training materials, and wordscanwork.com) to help adolescents, young adults, and families talk about the challenges kids face growing up. Blake Works Inc. is certified as a Woman Owned Business.

Jeanne Blake is president of Blake Works and Family Health Productions. She is the creator of *Words Can Work*®. Blake is a nationally recognized medical journalist, author, affiliated faculty member of the Division on Addictions at Harvard Medical School, and a trustee of McLean Hospital, Harvard's largest psychiatric facility. She has earned the Robert F. Kennedy Memorial Journalism Award and has appeared on *Oprah*, *The Today Show*, *The Cristina Show*, and *CNN*, and has been featured on *National Public Radio* and *Bloomberg Radio*.

Jeanne Blake speaks nationally to parents, healthcare professionals, educators, and work/life professionals about how adults can help kids make healthy decisions. She is a consultant to communities and corporations on how to implement programs to support effective parent/child communication.

DVDs with discussion guides available from wordscanwork.com

Alcohol: True Stories Hosted by Matt Damon (20 minutes)

Young people tell how alcohol affected their lives. They address drinking and driving, addiction, and the benefits of avoiding underage drinking. Meets SAMHSA's NREPP criteria. *For grades 5-12, parents, and other caregivers.*

Bullying: True Stories (20 minutes)

Young people describe their experiences with bullying, including cyberbullying. A former bully and the person he bullied tell their story. *For grades 5-12, parents, and other caregivers*

Boys on Bullying (20 minutes)

Five boys address the emotions resulting from bullying: depression, isolation, anger, and shame. They tell how support from peers, parents, or another caring adult made the difference. *For grades 5-12, parents, and other caregivers.*

Depression: True Stories (26 minutes)

Three young adults describe living with and recovering from depression. They tell how early treatment can transform and save lives. *For grades 6-college, parents, and other caregivers.*

Drugs: True Stories (28 minutes)

Abuse of alcohol and marijuana led Joel to prescription painkillers. Joel and his family describe addiction, denial, and recovery. Trevor finds support to avoid drug use. H. Westley Clark, M.D., SAMHSA, and Howard Shaffer, Ph.D., Harvard Medical School, answer FAQ. *For grades 5-college, parents, and other caregivers.*

In Our Own Words: Teens and AIDS (20 minutes)

Teens infected with HIV through unprotected intercourse discuss denial, condoms, postponing sex, and how alcohol affects decision-making. *For grades 5-12, parents, and other caregivers.*

The Power of Girls: Inside and Out (20 minutes)

Five girls tell how they dealt with bullying, eating disorders, early sexual activity, and loss with support from peers, parents, or another caring adult. *For grades 5-12, parents, and other caregivers.*

Raising Healthy Kids: Families Talk About Sexual Health (20-minute DVDs)

Parents and young people tell how they discuss sexual health. Experts offer insight to help families start and continue conversations. *For parents and other caregivers.*

Program #1 For Parents of Young Children

Program #2 For Parents of Preadolescents and Adolescents

Steroids: True Stories Hosted by Curt Schilling (20 minutes)

Craig tells about his anabolic steroid abuse. He and his parents describe their five-year "nightmare." Nate builds strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School, answers FAQ. *For grades 6-college, parents, and other caregivers.* A portion of the proceeds is donated to *Curt's Pitch for ALS.*

We offer onsite and online trainings in the delivery of our programs.

For information about our trainings and Jeanne Blake's keynote speeches to parents, educators, and others who work with youth, contact Blake Works at info@wordscanwork.com or 978.282.1663.

Words Can Work booklets by Jeanne Blake reinforce key messages.

Words Can Work: When Talking About Alcohol (28 pages)

Young people and parents tell how they discuss underage drinking. Experts offer facts, strategies, and the words to help young people and families talk about alcohol use.

Words Can Work: When Talking About Bullying (28 pages)

Young people and parents tell how they handle and discuss bullying. Experts offer facts, strategies, and the words to help young people and families talk about bullying.

Words Can Work: When Talking About Depression (32 pages)

Young adults and their families discuss living with depression. Experts offer facts, strategies, and the words to help young people and families talk about these topics.

Words Can Work: When Talking About Drugs (28 pages)

Young people and parents tell their stories about drug use and abuse, addiction, recovery, and the benefits of staying drug-free. Experts offer facts, strategies, and the words to help young people and families talk about drugs.

Words Can Work: When Talking With Kids About Sexual Health (52 pages)

Young people and parents discuss puberty, values, relationships, postponing sex, and birth control. Experts offer facts, strategies, and the words to help young people and families talk about these topics.

Words Can Work: When Talking About Steroids (52 pages)

Young people and parents discuss anabolic steroids and the benefits of building strength naturally. Experts offer facts, strategies, and the words to help young people and families talk about anabolic steroids.

**Classroom activities/discussion points for *Words Can Work* booklets
can be downloaded from wordscanwork.com.**

Order at wordscanwork.com

Quantity discounts available

info@wordscanwork.com

978.282.1663

Acknowledgements

Author

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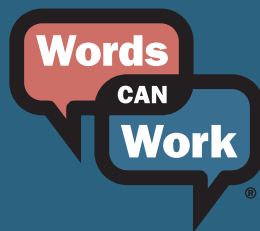
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Brock Seefeldt

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PO Box 1402
Gloucester, MA 01930 U.S.A.
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info@wordscanwork.com
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