



**No Such Thing As A Bully®:**

**Guide for Arranging an Immersion in Your Community**

Parents, civic politicians, business people, non-profit agencies – all caring adults, not only those involved in schools, can play vital roles in creating a community culture that logically and humanely manages bullying issues and works to eliminate bully actions.

When business leaders, politicians, educators and other helping agencies work together to support implementation and follow through of bullying prevention and intervention programs a community is able to move forward to a culture which removes the use of bully actions and enhances the self-concept of children.

It is expected that bully actions can happen anywhere that a group of children are present, including online. Adults must provide opportunities to build awareness of the issue and to provide logical and implementable solutions.

This guide will provide an outline for organizing a “No Such Thing as a Bully” Bullying Prevention and Intervention Community Immersion.

It should be noted that, while guidelines are presented, there is no ‘correct’ way to host a “No Such thing as a Bully” Community Immersion – rather, the end result will be unique to your community’s need.

**Suggested Objectives of the Community Immersion Development Team:**

1. Acquire an umbrella of non-profit agencies, business people, concerned citizens and educators to develop the format of the immersion.
  - Involve interested youth in the Community Immersion Development Team
  - Approach business through your Chamber of Commerce or other business organization.
  - Use personal connections of the committee members to personally invite involvement through committee work, monetary sponsorship, other advertising or contributions to door prize baskets.
  - Contact high level people in non-profit or government agencies, who are likely to canvass their employees for interest and delegate down. Some of these positions will make committee work such as this a part of a specific employee’s position.
  - Use Parent - Teacher Committees and notes home from school to be sure that parents are aware of the Team and have an opportunity to offer their assistance.

2. Pinpoint the groups of people you wish to reach.
  - Suggestions include students, parents, educators, other helping agencies and children's groups, school administrations.
  - Determine how they are best reached and what your budget includes for advertising the event.
  - Work with [Kelly Karius](#) and [Ron Graham](#) with regard to arranging blog, newspaper, radio and television interviews to assist in advertising the event.
3. Choose no more than one or two schools to work with directly.
  - Choose schools who are agreeable and excited about being involved in the immersion.
  - Choose schools who are willing to have NSTAAB facilitators come into their classrooms to work with the students.
  - Choose schools who are willing to have parents sign release forms for their child to be involved in the program.
4. Choose a date for the community immersion, allowing 5 full days.
  - Allow a minimum of 3 months and a maximum of 6 months for organization, depending on the efficiency and resources of your team, and the needs of your community.
  - Contact Kelly Karius or Ron Graham immediately to reserve the date and discuss payment arrangements. Be prepared to pay a deposit on service payment to hold the date.
5. Decide on and develop fundraising efforts for the community immersion.
  - Consider approaching businesses for product donations for refreshments.
  - Plan to pay 3000 for one NSTAAB facilitator, and 6,000 for two NSTAAB facilitators. Consider applying for community grants to assist in fundraising.
  - Seek partnerships and sponsorships with business, government and municipal organizations.
6. Arrange schools, locations for other speaking engagements, and refreshments.
  - Arrange communication directly between your NSTAAB provider and the schools that are going to be involved in the immersion.
  - Arrange suitable speaking accommodations for the chosen groups of people, including arranging an evening for parents, an evening for helping agencies, an evening for educators, a consultation meeting with school district administration if desired, and/or an extra evening of learning for students who are particularly interested in being leaders in defeating bullying. Seek a neutral environment, if possible.
  - Look for a location that is wheelchair accessible, close to public transportation, and has free parking.
  - See below for a list of facilitators needs.
  - Arrange appropriate refreshments for evening meetings, unless attendance is expected to be extraordinary.

As you consider these suggestions, also consider the unique needs of your community: In order to attend, will parents need childcare? Are most parents and community members free during the evenings? Is it a better idea to arrange a time for parents to attend a session during the day? Will food encourage people to come to the event? Has your community been exposed to a major tragedy around bullying? Consider how to incorporate these and any other concerns into your event, with the goal of creating an event that is accessible to all families and community members.

### **Required Items**

- Chairs and Tables (Tables may not be used if attendance is expected to be too large)
- Projection screen or blank wall
- Access to laptop and power point projector
- Extension cords
- Water
- Wireless headset microphone and amplifying system are required for large groups.
- Parent or other assistance may be needed as determined through discussion.

Evaluation: It is important to use evaluation processes with participants. These are provided with the “No Such Thing as a Bully” Immersion, and will be shared with the team, however a team may decide to develop their own evaluation process as well, to assist them with planning future events.

Post Event: Before, during and after the immersion, consider who will be involved in preventing and intervening in bullying in your community in the future. Consider developing an ongoing committee to work on follow up and implementation of the variety of ideas presented, and who will brainstorm and develop ideas that are suited to your community. Consider if this event will become an annual activity? Is there opportunity for this same type of event to be replicated in nearby neighborhoods and communities? Can the “No Such Thing as a Bully” Program be incorporated into after-school programs, extracurricular children’s groups or summer camps? Can the ongoing committee help implement key learning in local schools?

**The U.S. Department of Health and Human Services offers the following guidance on developing community-wide strategies to stop bullying. We present them here, to be sure they are incorporated into the development of a No Such Thing as a Bully Community Immersion:**

- a. Involve youth, parents, professionals, and volunteers in promoting bullying prevention – Everyone has a perspective to contribute that is of value. Leverage the existing knowledge that already exists in your community.
- b. Assess strengths and needs in your community – Survey the bullying prevention activities in your community to understand what works and what does not. Understand the impact of bullying on your community.

c. Raise community awareness – Use your voice to raise awareness of the issue. Share information through the media, Facebook, and by sharing tip sheets and other materials.

d. Develop a comprehensive community strategy to address bullying – Set goals and create plans to meet those goals. Advocate for appropriate policies to be put in place.

More information can be found on the Department’s website. The following sheets are particularly important in this context:

<http://stopbullyingnow.hrsa.gov/adults/tip-sheets/tip-sheet-25.aspx>.

[http://www.stopbullying.gov/community/tip\\_sheets/best\\_practices.pdf](http://www.stopbullying.gov/community/tip_sheets/best_practices.pdf)

[http://www.stopbullying.gov/community/tip\\_sheets/community\\_based\\_prevention.pdf](http://www.stopbullying.gov/community/tip_sheets/community_based_prevention.pdf)