



Get Connected Bullying Prevention Program



Bullying in America

Bullying is one of the most pervasive issues facing our nation’s youth. Bullying impacts individuals across ethnicity, gender, sexuality, religion, disability, and socioeconomic status, whether they live in urban, suburban or rural communities. Bullying can have serious emotional and health effects during the school years and into adulthood. Approximately 25% of all bullies have a criminal record by age 30 (Join Together). One of the best tools that schools have for decreasing the challenges associated with bullying behavior is to implement evidence-based prevention programs (Olweus 2014).

Program Description

Get Connected is the turn-key solution to bullying prevention that can create lasting change in a school climate. The program proactively addresses current trends in bullying by means of a three-pronged approach, where the unique needs of youth (K-8th grade), school faculty, and parents can be met in separate workshop sessions. Youth workshops incorporate engaging, developmentally-appropriate activities that emphasize empathy, reinforce positive behaviors, and empower youth to deter bullying. Adult workshops discuss the importance of bullying policies and tips for raising compassionate and resilient youth.

Youth Objectives

- Define empathy
- Recognize bullying behaviors
- List witness & target strategies
- Identify caring adult confidants
- Apply reporting procedures

Faculty Objectives

- Recognize the effects of bullying
- Identify bullying “hot spots”
- Employ active supervision
- Apply intervention techniques
- Manage bullying reports

Parent Objectives

- Recognize the effects of bullying
- List strategies to support targets
- Discuss trends in cyber bullying
- Develop dialogue techniques
- Identify available resources

COMBAT

Jackson County voters approved a tax to “combat” drug use and violence in 1989. STOP! Violence, a program of Synergy Services, was awarded COMBAT funds to provide prevention education programming by means of the *Get Connected* program for Jackson County residents in 2013.

Agency Overview

Synergy Services, Inc. provides a full continuum of care to assist individuals and families with immediate respite from violence. The agency also provides supportive services to families in crisis. Additionally, Synergy focuses on community education through programs like STOP! Violence.

Contact Information

For more information and to book a *Get Connected* workshop, contact STOP! Violence at 816-505-4786 or email trezzelle@synergyservices.org.

