



## STEP Up Female Bullying Prevention Program

### Culture of Female Aggression

“There is a hidden culture of girls’ aggression in which bullying is epidemic, distinctive, and destructive. Our culture refuses girls access to open conflict and it forces their aggression into nonphysical, indirect, and covert forms. Girls use backbiting, exclusion, rumors, name-calling, and manipulation to inflict psychological pain on targeted victims.” *Odd Girl Out: The Hidden Culture of Aggression in Girls*, Rachel Simmons

### Program Description

*STEP Up* is a bullying prevention program designed for a select group of influential 5<sup>th</sup> – 9<sup>th</sup> grade girls who have the ability to change social norms. The innovative eight session program is designed to deconstruct the nature of female aggression and empower young women with strategies to develop supportive relationships and conflict resolution skills. Some topics include: body image, rumors and gossip, cliques, cyber bullying, and handling conflict. The program includes a student journal for each participant, packed with quotes, stories, and poems written by girls who have joined the sisterhood.

### Workshop Objectives

- Recognize the unique problem of female bullying
- Distinguish between healthy and unhealthy friendships
- Identify conflict resolution strategies
- Develop techniques for dealing with bullying situations

### Included in the *STEP Up* Program

- 8 All-Female Sessions
- 20 Participant Journals
- Facilitators Guide or STOP! Violence staff member to facilitate sessions

### 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 *STEP Up* workshops, contact STOP! Violence at 816.505.4931 or email [gbuckner@synergyservices.org](mailto:gbuckner@synergyservices.org)

