

July 2016

The Advocate

The Wichita Area Sexual Assault Center Newsletter

Youth and Bullying

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Coordinator of Program Services

Most everyone is familiar with what bullying is. Some adults believe it is simply a stage of childhood or part of growing up. Bullying is not a stage. It is not a rite of passage. It is not something that anyone should have to experience. Whether the victim is an adult or child, no one deserves to have something happen to them that is unwanted. Parents, caregivers, professionals, teachers or anyone who is in contact with youth should not look the other way when they witness these behaviors. We need to start having honest conversations with youth and make sure they understand they did not deserve the unwanted actions and they will be believed if they tell someone. Youth should also know it is okay to act differently, think differently, look differently and most important, they deserve to feel safe in their community, their schools and living environment.

Bullying is a form of youth violence. The Center for Disease Control defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners. It also includes an observed or perceived power imbalance and is repeated multiple times or is highly likely to be

repeated. Bullying can include aggression that is physical (hitting, tripping), verbal (name calling, teasing), social (spreading rumors, intentional seclusion of groups or activities), or cyber-bullying, which involves using an electronic device or technology. Cyber-bullying can be just as detrimental or, in some cases, even more so than bullying that occurs face-to-face with the perpetrator or abuser. Cyber-bullying can occur via text messages, chatting online, videos or photos posted on websites or social media, gaming, trolling and a number of other intentional actions.

According to a 2013 nationwide study, 8% of youth ages 12-18 reported being bullied on a weekly basis. An estimated 15% of high school students reported they were electronically bullied and 20% of high school students



reported being bullied on school property. Similar to other forms of violence, victims of bullying may not come forward. According to statistics from a 2012 school crime and safety report, less than half (40%) of bullying incidents were reported to an adult. The reasons a child may not report can include fear of retaliation, fear of being judged, punishment, and self-blame. A unique barrier for youth is not wanting to be a "tattletale" or a "snitch." If a child does not feel safe at school, that is a problem. It does not make someone a snitch to report if they are being harassed multiple times. We need to safety plan with youth and give them age-appropriate guidelines that lets them know they are not alone and they can report unwanted aggressive behaviors. This not only creates an atmosphere of understanding but creates a culture of intolerance for this type of behavior.

Please review the list of possible signs a youth is being bullied or is bullying someone else. WASAC offers free educational programming to engage youth in learning more about bullying and how they can be supportive to someone who is being bullied. If you would like to know more about our youth programs, visit our website www.wichitasac.com and click on services. There is a brief description of the various educational programs we offer. If you would like to schedule a presentation for your youth (this may include clubs, special events or youth programs), you may contact me at Perla@wichitasac.com or 316-263-0185.

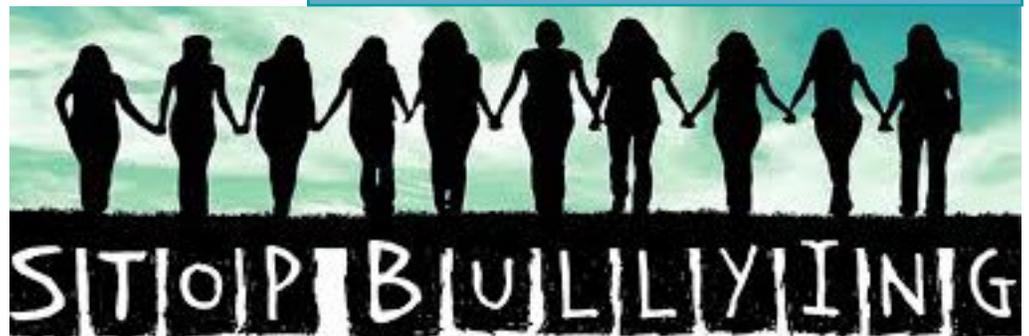


Possible signs a child is being bullied:

- Unexplainable injuries
- Lost, stolen or destroyed personal property (clothing, books, electronics, etc)
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits (skipping meals, binge eating, eating only at home)
- Difficulty sleeping or frequent nightmares
- Academic changes (declining grades, not wanting to go to school, no interest in schoolwork)
- Sudden loss of friends or avoiding social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors (running away, self-harm of any kind, or talking about suicide)

Possible signs a child is bullying others:

- Involved in verbal or physical fights
- Have friends who bully others
- Frequent school discipline (sent to principal's office, detention, suspension)
- Unexplained new belongings or money
- Blame others for their problems
- Don't accept responsibility for their actions



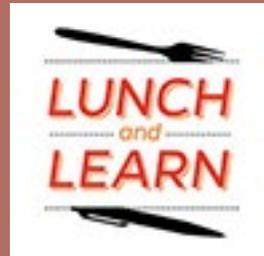
Additional Resources and References:

www.cdc.gov/violenceprevention/youthviolence/bullyingresearch

www.stopbullying.gov

Centers for Disease Control and Prevention. Youth risk behavior surveillance-United States, 2013. MMWR, Surveillance Summaries 2014;63(SS4).

Robers S, Zhang A, Morgan RE, Musu-Gillette L. Indicators of School Crime and Safety: 2014 (NCES 2015-072/NCJ 248036). Washington, D.C.: National Center for Education Statistics, U.S. Dept of Education, and Bureau of Justice Statistics, Office of Justice Programs, U.S. Dept of Justice; 2015. Full report available from <http://nces.ed.gov/pubs2015/2015072.pdf>.



July 26th, 2016
Lunch and Learn

Trauma-Informed Services

Many of us have heard the term Trauma-Informed Services, but what does that really mean? How do Trauma-Informed Services change the way we interact with people? We all know that trauma can create barriers for survivors in seeking services or support. Many long-term effects of trauma may leave people doubting themselves and doubting the world around them. As service providers, it is up to us to create a culture within our organization that recognizes the role trauma may play in people's lives. Join us for a practical discussion as we explore this topic.

Hosted by: Samantha Reyes, Outreach Advocate
Date & Time: July 26 from 12:00 p.m. - 1:00 p.m.
Location: 355 N Waco, Suite 100, 67202

WASAC Calendar of Events

July 20: 6:00-8:00 p.m.
Protective Parenting Program
(court approved)

July 26: 12:00-1:00 p.m.
WASAC Lunch and Learn
Trauma-Informed Services

FREE & CONFIDENTIAL
316-263-0185

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WASAC
www.wichitasac.com



Wichita Area Sexual Assault Center

2016



Free and open to all! No RSVP required.

Bring your lunch and join us from 12-1 p.m. on the last Tuesday of each month to learn more about the reality of sexual violence in our community.

July 26 Trauma-Informed Services

August 30 Sexual Violence against People with Disabilities

September 27 Risk and Benefits of Protection Orders

October 25 Sexual and Domestic Violence: Connections

November 29 Navigating the Criminal Justice System

December 27 Practicing Self Care While Caring for Others

All WASAC Lunch & Learn sessions are held at our office at 355 N Waco, Suite 100. For more information, call (316) 263-0185 or visit us online at www.wichitasac.com.



Wichita Area Sexual Assault Center

Teen girls (age 13-17)

- Support group
Monday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Monday, 6:30 - 7:30 pm

Parents and caregivers

- Support group
Monday, 6:45 - 7:30 pm

Adult women (age 18+)

- Support group
Tuesday, 5:30 - 6:30 pm
- Trauma-sensitive yoga
Tuesday, 6:30 - 7:30 pm

WASAC also offers short-term individual therapy for men, women, and children.

To schedule an appointment, please call our office between 8:30 am and 5:00 pm.

WASAC support groups are confidential, free, and open to survivors at any point in their healing. All groups meet weekly and are open-ended, with no appointment necessary to participate. At this time, child care is not available.

WASAC office

355 N Waco,
Suite 100

SW corner of 3rd/Waco

316-263-0185