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Bullying and Girls: A Time for Discussion



Submitted by [William Jackson](#) on February 14, 2013 - 6:12pm

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Bullying and Girls: A Time for Discussion

The issues of bullying, harassment, teasing and intimidation were discussed, role played, and even acted out through artwork and acting. Twenty young ladies from elementary thru high school participated in the presentation:
"I Will Survive Bullying"

Arranged by Journey Into Womanhood held at Community Connections in Jacksonville, Florida. A program designed by Mrs. Coleman-Moss (Empowerment Resources), the mission is to "empower youth and their families, but to establish community partnerships and expose families to other community resources."

Empowerment Resources Inc.

<http://www.empowermentresourcesinc.org/aboutus.asp>

Empowerment Resource's Journey Into Womanhood™ (JIW)

provided an interactive presentation by William Jackson (**My Quest To Teach**) to discuss bullying and cyberbullying, harassment, teasing and intimidation. Mr. Jackson a teacher, presenter on Social Media, Internet Safety, Youth and Technology, and Guest Host on BlogTalkRadio "Courageous Conversations Ask A Teacher," designed an interactive presentation called, **"I Will Survive Bullying"** focusing on self esteem, bullying prevention, nonviolent strategies, empathy, local laws and self confidence when dealing with bullying and other forms of harassment.

This presentation was attended by 20 young ladies from elementary to high school. The young ladies all had experiences with teasing and bullying, but at various degrees. Some were bullied because of their clothes, some their hair, some even because of the color of their skins (Colorism). Colorism is not a new form of bullying, but a dangerous form of inter-cultural racism.

This workshop provided an opportunity for the young ladies to talk about the seriousness of events happening at schools locally and nationally. The information shared was guided by a discussion from current school topics and questions that youth have about why they maybe picked out and bullied, the appropriate nonviolent responses to bullying,

involvement of teachers and administrators and communicating with parents.

The use of Social Media was integrated into the discussion because of the increase of CyberStalking and CyberBullying through computers, Smartphones, and other devices that have access to online content. Teens major mode of communication is with electronic devices and CyberStalking and CyberBullying along with Sexting are growing.

Educators and administrators are the first lines of deterrence for bullying in classrooms and schools, the young ladies shared their lack of trust for many teachers and administrators because as students they feel they are not taken seriously about this issue that is creating an atmosphere of fear, mental and emotional trauma and missing of school.

Studies of bullying by various organizations found that students threaten repeatedly suffer from various forms of Post Traumatic Stress Disorder (PTSD) that is commonly associated with combat veterans. Several students in high school openly stated that teachers have disregarded their reporting of bullying that students receive in schools and are fearful of violence because "no one takes it serious at my school" says one high school young lady. They do not want to be labeled as "snitches."

Statistics show that students are stressed, Bullyingstatistics.org, "77% of students experience bullying in some form: mental, verbal, or physical." The incidents that can be measured are determined by the regularity of the events. If bullying is **consistent and continuous** there is cause for alarm and intervention at schools. Students may feel imprisoned if subjected to regular, **consistent and continuous** bullying. They may feel no way out of what they perceive as a trapped situation creating stress that builds and may cause mental and physical challenges.

Through the efforts of organizations like **Empowerment Resource's Journey Into Womanhood**, young ladies can talk about incidents of bullying and build strategies to deal with and prevent potential incidents.

A very important element is that students have a parent or guardian to talk to, to have a mature adult that values what the student feels and acts upon their stresses by inquiry and finding solutions. Stated by several young ladies the support from parents is very important. Knowing there is someone they can go to and share how they feel and values their feeling empowers them to be strong and confident.

Schools need to provide support in more ways because traditional strategies are not working.

Resources:

Empowerment Resources Inc.
<http://www.empowermentresourcesinc.org/>

Bullying in School

<http://jacksonville.com/opinion/blog/400553/william-jackson/2010-11-03/bullying-school-physical-and-cyber>

Bullying Resources

<http://jacksonville.com/opinion/blog/400553/william-jackson/2010-11-17/bullying-resources>

Understanding Bullying and Violence

<http://jacksonville.com/opinion/blog/400553/william-jackson/2012-02-29/understanding-bullying-and-violence>

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