Professional Development Institute

Flex Course Syllabus

Bullying: Awareness, Prevention, and Intervention in Grades 4-8

PDI Course Number: 64T02

UCSD Course Number: EDUC41497

If you would like information about receiving post-baccalaureate (graduate) credit for completing this course, please click here.

Course Timeline

Participants have one year to complete the course. Participants must spend a minimum of three weeks in this course.

Course Description

Are you concerned about the bullying epidemic? Are you seeing more and more instances of bullying at your school? This online course is designed to help teachers understand the myths, facts, research, and current events that surround the topic of bullying. Teachers will be introduced to the most common types of bullying behaviors and become familiar with the various roles involved in bullying. Predictors and contributing factors, as well as assessment and identification of bullying will also be shared. Teachers will also learn about the effects that bullying has on learning in both the short term and the long term. Strategies will be covered to help teachers effectively assess, prevent, and reduce bullying, both in the classroom and throughout the school. Teachers will understand how to properly intervene during incidents of bullying, and they will learn how to develop and implement a variety of activities which are designed to put an end to bullying in the classroom. Teachers will also learn how to integrate character education into their content lessons, as well as how to partner with parents in an effort to end bullying. By the end of this course, teachers will feel empowered to handle bullying in the classroom and school.

Educational Outcomes

1. Teachers will learn how to properly define bullying.
2. Teachers will understand the scope and types of bullying.
3. Teachers will learn the roles involved in bullying.
4. Teachers will learn how certain social factors can contribute to higher rates of bullying.
5. Teachers will learn how to work with students, parents, and the school to share in the responsibility of addressing and reporting bullying.
6. Teachers will develop a deep understanding of cyber bullying and how to use the Internet to combat cyber bullying.
7. Teachers will learn the immediate and long-term effects bullying has on students.
8. Teachers will read about real-life stories where bullying played a powerful role in affecting the lives of students.
9. Teachers will understand how bullying impacts learning and how to identify students who are involved in bullying.
10. Teachers will learn how to create a positive and safe learning environment.
11. Teachers will be introduced to the anti-bullying laws and policies in their state.
12. Teachers will learn how to develop plans for bullying intervention.
13. Teachers will understand the relationship between bullying and character education.
14. Teachers will learn how to work with parents to help students recover from bullying.
15. Teachers will be introduced to specific bullying management activities that can be used in the classroom.
16. Teachers will review an extensive list of online resources containing bullying information, lesson plans, and videos.

Instructional Media

- Online Discussions
- Online Engagement
- Online Collaboration
- Instructor Feedback
- Instructor Interaction
- Online Resources and Websites
- Supplemental Instructional Materials
- Printable Classroom Resources

Evaluation

- Test #1 (5% of final grade)
- Test #2 (5% of final grade)
- Test #3 (5% of final grade)
- Test #4 (5% of final grade)

- Test #5 (5% of final grade)
- Autobiography and Goals for the Course (10% of final grade)
- Article/Video Reflection (15% of final grade)
- Course Collaboration/Share Ideas with the Class (10% of final grade)
- Cumulative Assignment/Project: Classroom Activities (20% of final grade)
- Culminating Practicum (20% of final grade)

Topical Outline

Unit One

- Bullying: Research and Facts
- A Comprehensive Definition of Bullying
- Types of Bullying
- **Assignment #1**
  Write an autobiography including information about yourself, your grade level and what you specifically hope to learn about preventing bullying. Your autobiography should be a minimum of three paragraphs.
- **Test #1**

Unit Two

- Predictors and Contributing Factors
- Assessment and Identification of Bullying
- Creating Surveys
- **Assignment #2**
  As an educator, it is important to be aware of the research, studies, and professional work done in the field. In the course, you will find an article and video that are relevant to the specific course content. Read the article and then write an essay with your thoughts.
- **Test #2**

Unit Three

- Communicating and Reporting Responsibilities
- Roles of Bullies, Victims, and Witnesses
- Cyber Bullying
- **Assignment #3**
  Online Discussion Board Participation/Engagement: Please post a tip, strategy, or idea that specifically relates to bullying prevention and will make a difference to other teachers in their own classrooms. Your assignment should be a minimum of three paragraphs and detailed enough for another teacher to easily follow. This is a great opportunity to share and collaborate with other teachers at your grade level around the country. Take time to review and respond to other postings

that are relevant to your classroom population in order to gain effective ideas to use immediately in your classroom.

- **Test #3**

Unit Four

- The Impact Bullying has on Learning
- Long and Short Term Consequences of Bullying
- The Teacher's Role: Creating a Safe Learning Environment
- **Test #4**

Unit Five

- Legal Issues
- A Comprehensive Plan for Immediate Intervention
- Using Character Education to Combat Bullying
- **Test #5**

Unit Six

- Working with Parents
- Bullying Management Activities
- Anti-Bullying Resources
- **Assignment #4**
  Create your own bullying management activities. Create activities that can be used in the classroom to prevent and reduce bullying. You may wish to create activities that promote good character, raise bullying awareness, or manage emotions and anger, etc. Use the activities in the Bullying Management Activities section of this course as examples. Then, create six activities of your own using the following format for each activity.

  1. *Objective*
  2. *Introduction*
  3. *Activity*
  4. *Wrap-Up*

  Keep in mind that this assignment is a cumulative project and therefore, you are expected to demonstrate the knowledge you gained from the course and your ability to apply what you have learned in a practical setting
- **Assignment #5**
  The culminating practicum is a three-step process. (1) In the first assignment, you were asked what goals you had and what you hoped to learn from the course. Think back to your original goals for this course. Write a minimum two-paragraph reflection specifically describing how what you learned can be used to help you reach those goal(s). (2) Next, write a minimum three-paragraph plan that specifically describes the ways in which you intend to implement a particular

strategy you learned in this course into your own teaching situation. (3) Last, write a minimum two-paragraph reflection describing a student you have or have had in the past. Then, discuss how the strategies you learned in this course will specifically benefit that student as you put your plan into action.

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