

Sisterhood Survey: Who are you?

Answer the following to find out...

(circle your response)

1. You notice a girl sitting alone in the cafeteria, you...

- a. think "oh what a loser."
- b. feel sorry for her, but your friends will be mad if you ask her to sit with you.
- c. ask her to sit with you and your friends.

2. You like the outfit a girl has on, you...

- a. think to yourself " oh she thinks she looks so good" and roll your eyes.
- b. make a negative comment to your friends just so you will look cool.
- c. compliment her on her outfit.

3. You see a girl crying in the bathroom, you...

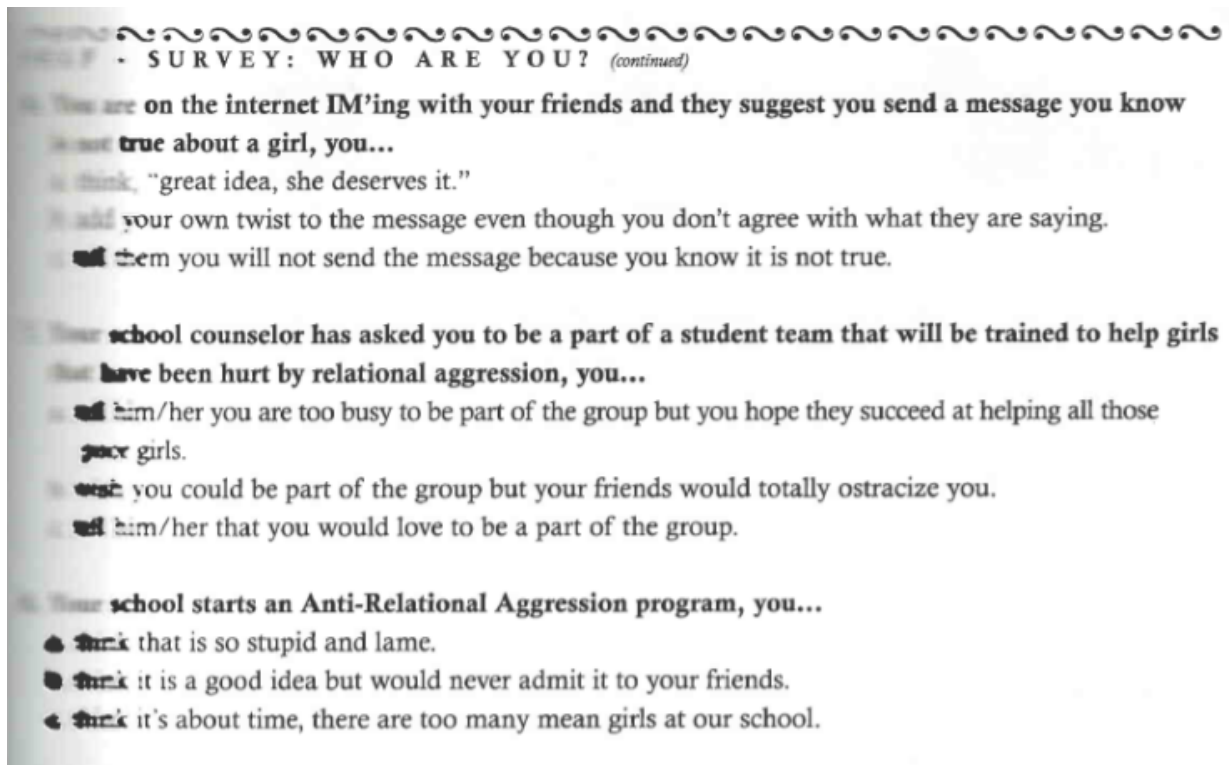
- a. laugh with your friends because her eyes are red and her face is all puffy.
- b. feel sorry for her, but you're afraid to reach out to her because of what your friends might say.
- c. ask her what is wrong and if there is anything you can do for her.

4. You know there is one girl who is always picked on and teased, you...

- a. think, "She's so weird, no wonder people pick on her."
- b. laugh with your friends, thankful that it is not you.
- c. stand up for her when you see this happening.

5. A new girl arrives at your school and she is beautiful and wealthy, you...

- a. think, "I cannot afford for her to take my place at the top."
- b. think, "It won't take long for her to become popular."
- c. think, "wow, she's really pretty, I know she's new, I wonder if she would like to hang out with me and my friends."



Give each letter a number value using the following scale:

A = 1 B = 2 C = 3

Here's your Sisterhood Score.

22-24: You Go Girl!!

22 - 24

You are the Queen of Nice! You feel good about yourself and strong in your character. You know what you stand for, and we need more of you in the Sisterhood! Keep it up, Girlfriend!

15-21: Hang on Girlfriend!

15 - 21

Your view of Sisterhood has surely got you in turmoil! You seem to have the right heart but the wrong actions. Hanging with those girls you call friends is only adding to the meanness we don't need in the Sisterhood. These girls are not really true friends. They only like you because you play their game. Try a hand at your own game and go with your gut!

8-14: Sister, you are the Queen of Mean!

8 - 14

Whoa, we need to chat!! You are destroying the Sisterhood and depriving yourself of having truly meaningful relationships. Girls were not created to destroy each other but to delight in our bond as sisters. Let's figure out where all this meanness is coming from and bring you into the Sisterhood where empathy and loyalty prevail! Look forward to seeing you soon!

What's the issue?

Here it is in
Black & White

Here's some stats...

A girl is bullied every seven minutes.

Almost one-third of girls are directly involved in bullying
(as the bully or the bullied)

15% of girls who are bullied tell someone.

43% of girls fear harassment in school bathrooms.

When girl bullying occurs: 85% of the time no intervention,
11% peer intervention and 4% teacher intervention.

October
is
Bully Prevention Month

Do we have bullies at IMMS?



yes.

Who is a bully?

Girls and boys bully in different ways.

Words can hurt



Types of Bullying

- Gossiping
- Teasing/Public Humiliation
- Relational Blackmail
- Ostracism/Exclusion
- Creating Paranoia
- Pranks and Technology

"Talent Show"



Approaches

- Leaving someone out of group activities on purpose, such as being part of a clique and not letting others join
- Ignoring someone—giving them the “silent treatment”
- Using the Internet, instant messenger, and/or E-mail to hurt others (also called cyber-bullying)
- Making faces and/or bad gestures with your hands at someone
- Using people to get something you want, such as making friends with someone who is smart just so they can do your homework for you
- Making fun of someone for being “different”
- Forcing someone to do something embarrassing or dangerous in order to join a sports team or social group (also called hazing)
- Name-calling, teasing, gossiping, and/or spreading rumors
- Hair pulling, biting, and pinching
- Threatening and scaring others
- Hitting, punching, and shoving

So...have you ever been a "bully"?

So why do we bully?

Causes

- Boredom
- Desire for Excitement
- Jealousy/Insecurities about:
 - Appearance
 - Relationships
 - Attention
- Competition for boys
- Revenge
- Just for fun
- Boost their confidence
- “Gain power” in Social groups
- Desire for Social approval

How does bullying effecting my peers?

Effects

- Anxiety
- Depression
- Feeling of rejection and loneliness
- Low self esteem
- Suicide
- Maladaptive internalizing and externalizing problems
- Obesity and other eating disorders
- Substance abuse and addiction
- Romance and relationship problems
- Personality disorders
- Resentment towards women
- Dropping out of school

We are ALL a part of this...

Here's what we can do.

- Act as a role model - demonstrate ways of expressing your anger without hurting others, express your feelings when you have been treated badly.
- Reach out to others - get to know the parents of your daughter's friends and share information.
- Talk and listen - Ask about bullying from time to time, listen to what is said and never take bullying lightly or downplay the hurt it can cause.

