

## 2017 Strategic Partnership Outcomes: ANTI-BULLYING COLLABORATION

The Anti-Bullying Collaboration (ABC) is a Collective Impact project of The Parent Child Center of Tulsa working to prevent bullying among children, youth, and adults in Tulsa and surrounding communities. Our partners include agencies and institutions in the fields of education, mental-health, non-profit, advocacy, and parent groups. In 2017, **we served 2,482 adults and children**. Our programming is designed to create pathways to hope for individuals. Our mission is to promote a safe, civil, and respectful community by preventing bullying among children, youth, and adults.

### Two workshops were conducted in 2017 for an Adult Program in Tulsa in an effort to prevent bullying behaviors among the adult clients.

**The workshop rationale:** According to Marc Brackett, Ph.D., Yale Center for Emotional Intelligence Director, Emotions are at the heart of bullying. Emotional intelligence is the ability to recognize emotions in the self and in others; understand the causes of emotions and their consequences for thinking and behavior; label emotions with a sophisticated vocabulary; express emotions in socially appropriate ways; and regulate emotions effectively. Cultivating emotional intelligence is a critical skillset correlated to bullying prevention.

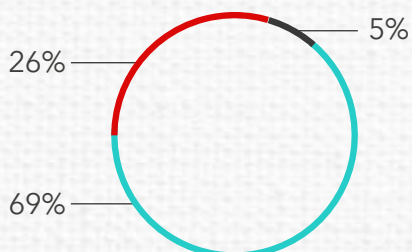
These workshops were designed for participants to identify ways in which certain emotions could potentially provide powerful pathways to behaviors with either positive or negative outcomes (including bullying and other abusive behaviors). Managing emotions to gain positive outcomes was stressed through the application of stress and emotional management techniques coupled with restorative practices (taking steps to amend possible relationship damage after stressed interactions).

### Workshop Goals:

1. Realize stress, anxiety, and frustration can lead to treating others unfairly.
2. Identify emotions and manage behaviors in such a way that leads to positive outcomes for self and others.
3. Identify and utilize calming strategies to regain focus and to prevent the unfair treatment of others.
4. Have the tools to make amends with others (if safely possible to do so) after a stressed interaction.

After workshop interventions occurred, program participants demonstrated an increase in their knowledge and understanding of topics listed in the workshop goals.

1) I realize stress, anxiety, and frustration can lead to treating others unfairly (including bullying, intimidating, harassing, fighting, harsh treatment, etc.).

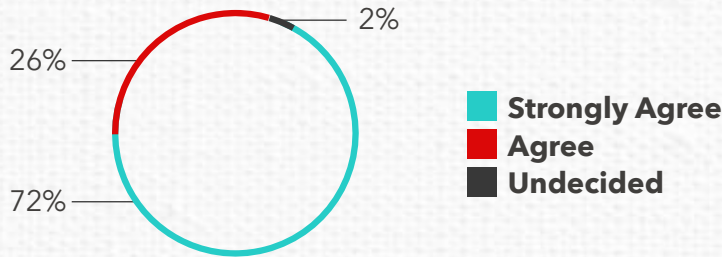


2) My goal is to identify my emotions and manage my behaviors in such a way that leads to positive outcomes for myself and others.

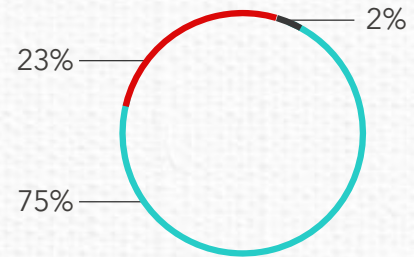


■ Strongly Agree  
■ Agree  
■ Undecided

3) My goal is to try my best to utilize calming strategies when stressed to regain my focus and to prevent the unfair treatment of others.

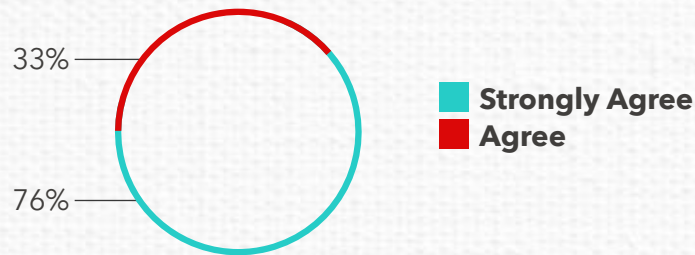


4) After a stressed interaction with someone here, my goal is to make amends with the person if safely possible to do so.



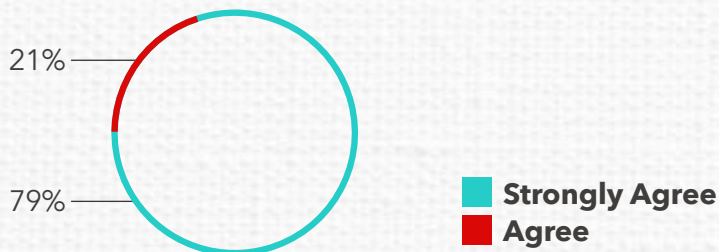
Additionally, those program participants who self-identified as having bullied in the past reduced their report of continuing to do so after program interventions occurred.

During the past month, I have bullied, harassed, or intimidated others LESS.



To further educate the community regarding the mission of the Anti-Bullying Collaboration, staff presented a workshop entitled "Preventing Bullying and Other Anti-Social Behavior" to educators attending the Healthy Schools Conference in July of 2017. Those attending the workshop reported an increase in knowledge. Additionally, participants reported that the resources provided were of benefit to them.

The sessions provided you with new information to bring back to your school.



The resources the presenter(s) provided were beneficial.

