

# Background

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- This presentation was created by John Halligan for a forum on Bullying and Harassment hosted by Essex Chips of Essex Junction, VT. 350 people attended this three hour forum on March 24, 2004. It was clear from the turn out that this was a serious problem in our community and in our state. Since then, a new “Bully Prevention” law in VT was passed and a bullying task force was formed on July 13, 2004 to put the community’s ideas into action.

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Welcome

# Real

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- The following are real life experiences from adults and youth in our community.

# Bullying

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What's your pain?

# Shunned

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- A girl in my class convinced others to ignore me by repeatedly spreading terrible rumors about me and my family.

# Intimidation

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- My boss frequently verbally bullies me by saying things like “Why don’t you use your brain?” and “ Jeez, what an idiot.”

# Humiliated

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- I discovered someone got my AOL IM password and pretended to be me and said awful things to everyone on-line. This person is always trying to embarrass me.

# Overweight

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- I was picked on everyday for my weight in middle school, now I suffer from an eating disorder.

# Wrong Clothes

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- I was constantly made fun of for the clothes I wore because my parents could not afford to buy me the “right” clothes.

# Physically Awkward

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- There are kids that always say I'm a loser and "gay" because I don't play sports as well as they do.

# Too Smart

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- A group of kids always called me names like “geek” and would try to knock my books out of my hands and often slammed my locker closed.

# Learning Disabled

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- A kid always calls me “retard” because I often get the lowest test scores and because I always come in early for extra help.

# Overpowered

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- There was an older kid that would always pick a fight with me in front of his friends leaving me in tears and frightened. I ended up changing schools.

# Physical Appearance

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- Some boys and girls in my class constantly make fun of the way I look.

# Mortified

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- Someone created a fake embarrassing instant message conversation with me in their profile. They also created a poll asking who was the ugliest with my name as one of the choices.

# Short

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- I was always made fun of for being the shortest in my class.

# Verbal Abuse

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- Parents of a visiting team verbally abused us at a football game whenever we cheered for our team.

# Picked Last

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- I was always purposely picked last whenever team captains in gym selected team mates for every sport we played.

# Bystander

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- My child was afraid to help another child being bullied because he feared they would turn on him.

# Intimidated

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- Someone posted negative comments about me on a website guest book and asked others to join in with their comments about me.

# Put Down

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- My teacher yells and says mean things to me whenever I forget my homework and whenever I'm slow to answer a question. This makes me feel very dumb and embarrassed.

# What is bullying?

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And what is the impact?

# Bullying

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- Any overt acts by a person or group of people directed against another person with the intent to ridicule, humiliate, intimidate or shun.

# Impact

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- Victims are more likely to be depressed, lonely, anxious, have low self esteem, feel unwell, and think about suicide.

In memory of Ryan Patrick Halligan

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Let's stop the pain of bullying

A site dedicated to  
my son

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<http://www.RyanPatrickHalligan.com>