



Anti-Bullying Action Group NH Leadership 2016

- Michele Petersen
- Cara Haley
- Bill McGraw
- Ashleigh Lowe
- Matthew Greenwood

+ About Us

- Cara Haley
 - 28 years old, lives and works in downtown Concord, NH
 - Cara experiences many ups and downs in life, as she experiences learning disabilities
 - Cara has always been an artist
 - She is beginning to lay groundwork for starting her own business as a weaver

+ About Us

■ Michele Petersen

- Proud mother of Brian and also Nick, an amazing young man who is kind and handsome and experiences developmental disabilities
- Executive director of DreamCatchers New Hampshire
- Member of the NH council of Developmental Disabilities
- Lives in New Boston, NH with her husband, David

+ About Us

■ Bill McGraw

- Proud father of Bob, a fun loving and mischievous 40 year old who has Angelman's Syndrome. Bob is non verbal and experiences PICA. He currently resides at Crystal Springs in Assonet, MA
- Bill works for the State of NH DOT in the Bureau of Traffic
- Lives in New Boston, NH with is wife, Kristen

+ About Us

■ Ashleigh Lowe

- Mother to Alexander, super fun 10 year old with Autism
- Volunteers with Autism Speaks
- Works part time at a therapy clinic that provides PT to adults and children as well as ST and OT to children
- Lives in Merrimack, NH with Chris, her husband and Alexander

+ Brief Bullying Facts

- Bullying is defined as “Unwanted, aggressive behavior among school aged children that involves a real OR perceived power imbalance”
- For actions to be considered bullying a behavior must be aggressive AND include both repetition and an imbalance of power



Quick Statistics

- Children who experience a disability are 3 times more likely to be bullied than their peers who do not.

- Disabilities that can lead to bullying include but are not limited to:
 - Autism
 - ADHD/ADD
 - Epilepsy
 - Cerebral Palsy
 - Muscular Dystrophy
 - Spinal Bifida
 - Allergies

+ Types of Bullying

- Verbal Bullying
 - Saying or writing mean things
 - Teasing
 - Name calling
 - Inappropriate Sexual Comments
 - Taunting
 - Threats to cause harm

+ Types of Bullying

- Social Bullying
 - Intentionally leaving someone out
 - Telling other children not to be friends with someone else
 - Spreading Rumors
 - Intentionally embarrassing
 - Cyber-Bullying

+ Types of Bullying

■ Physical Bullying

- Hitting
- Kicking
- Punching
- Tripping
- Pushing
- Spitting
- Taking or Breaking someone's belongings
- Making rude or mean gestures



+ How Do I Know If MY Child is Being Bullied?

■ Possible Signs:

- Being excluded from social events
- Afraid to go to school or of walking alone
- Not bringing friends home
- Staying home with headaches, stomachaches, etc.
- Coming home with missing or damaged items
- Staying close to adults- afraid to play with peers
- Requesting or stealing extra money
- Quiet, irritable or moody

+ What Steps Should I Take?

- Steps:
 - Get the facts
 - Write down the details
 - Review the school's anti-bullying policy
 - Report bullying to the teacher
 - If it continues, contact the principal
 - If it continues, contact the superintendent
 - No changes at school? Contact the U.S. Office for Civil Rights
 - Still happening? Contact a lawyer.



NH Resources:

- Schools anti-bullying policy
- Understanding Bullying Guide – UNH Cooperative Extension
- Bully Free NH
- Stopbullyingnow.gov
- Not In Our Town- NIOT.org
- Understood.org

- Specific areas that Understood.org can help your student with include
 - Reading Difficulties
 - Math Difficulties
 - ADD/ADHD
 - Dysgraphia, Dyscalculia, Dyslexia
 - Apraxia/Dyspraxia
 - Auditory Processing Disorder
 - Visual Processing Issues
 - Non-Verbal Learning Disabilities
 - Executive Functioning Issues

■ Their Goal:

- To help the millions of parents whose children, ages 3–20, are struggling with learning and attention issues.
- They want to empower those parents to better understand their children's issues and relate to their experiences.
- With this knowledge, parents can make effective choices that propel their children from simply coping to truly thriving.

+ Understood.org



Our Actions

- How we have helped raise awareness for Understood.org as well as the larger issue of bullying in general?

- We have dropped off Information Packets and Materials to the following locations:
 - Local Area Agencies
 - Pediatrician Offices
 - Local Libraries
 - School District Offices
 - Local after school care providers



Our Actions

- How we have helped raise awareness?
- We have increased awareness on our own social media pages, sharing their Facebook page as well as any posts they push out on a daily basis
- If allowed, we plan to present quick and informal informational sessions to school districts and local Area Agencies
- We have collaborated with the Disabilities Council and their Anti-Bullying task force

+ Feel Good Android Spot





QUESTIONS?