Anti-Bullying: Guiding Girls Through Relational Aggression (Grades K-12)

COURSE DESCRIPTION

This course provides proven classroom strategies for working with students dealing with relational aggression, female bullying, and the dynamics that lead to the causes and effects of this phenomenon. Educators will become empowered with knowledge, skills, and principles that help them be more aware and confident in identifying, managing and responding to relational aggression issues within their classrooms. Participants will also be better equipped to teach students and inform parents of effective methods for working with their own children through the use of the tools provided within this course. The strategies presented in this course will help students develop coping skills, self-control, and confidence to work through challenges as well as metacognitive skills. Each succeeding module enriches and leads to in-depth knowledge of the types of relational aggression, what feeds and diminishes the bullying, and how to help girls learn to make positive choices to solve their own friendship problems.

Relational aggression is the predominant method of bullying used by females. Starting as early as 2.5 years, this dynamic can interfere with relationships and academic progress in grade school girls, tweens, and teens. Without understanding the dynamics of relational aggression, many girls don’t realize their ways of relating might actually be bullying. Some girls know exactly what they’re doing. Without intervention, relational aggression can persist.

Beyond the years of formal education, girls and women may continue to be affected by relational aggression, whether the bully, bullied, or bystander. This type of bullying can negatively affect a female in her work world, personal relationships, and leadership potential throughout the rest of her life.

SYLLABUS

Module 1: Understanding Relational Aggression and Its Relationships the Bullying
   Section 1: What is Relational Aggression and Why Does it Matter?
   Section 2: What the Research Says
   Section 3: Why Girls Tend to Use Relational Aggression
   Section 4: Distinguishing Conflict from Bullying

Module 2: Defusing Relational Aggression
   Section 1: Friendship Weapons Grades 3-12
   Section 2: Friendship Weapons Grades K-2
   Section 3: Defusing Relational Aggression

Module 3: Providing Strategies for Teachers
   Section 1: Teaching Girls to Solve Their Own Friendship Problems
   Section 2: Providing Direction for the Use of the Four Ds of the Three OKs
   Section 3: Supporting the Use of Calmbacks Instead of Comebacks

Module 4: Establishing a Safe and Encouraging Environment
   Section 1: Setting Up a Student Solution Station
   Section 2: Getting Parents Involved

Module 5: Leveraging School Leadership to Reduce Relational Aggression
   Section 1: Why School Leadership Matters
   Section 2: Reducing Relational Aggression