

# Youth Services of Elk Grove Township Bullying Prevention Program

Creating a Culture of Well-Being



“When victims and bystanders realize that there are things they can do to take charge of a bullying situation, the power of the bully goes away. Further, these students can create a culture of physical and emotional safety, which is huge in a school, as the effects of bullying can be very damaging to child’s self-esteem, and lead to severe depression, and sadly for some, even self-harm.”

## How our program benefits students:

- Development of a common language of the roles involved in a bullying situation
  - Identification of the skills needed by students to deal with bullying
- Building a sense of community in the effort to make the school an environment safe from bullies
- Empower all participants to preach the importance of everyone in the school becoming an UP-STANDER

## How our program benefits staff:

- Work collaboratively with staff around incidents of bullying and cyberbullying
- Work collaboratively with staff around creating safe and manageable classrooms
  - Empower staff to continue to support students in UP-STANDER behavior

**Our program can be tailored to meet the needs of the school, from a 1 or 2 day assembly style presentation to a 4-8 weekly group sessions held at the school.**

**For more information contact:**

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