

Dear Bill,

I am very impressed by your course. It seems comprehensive, accurate, and very needed in the schools and in society. It is easily assessable to anyone who is interested in learning more about the area of bullying, cyberbullying, harassment, and offer possible steps that can be taken to reduce these behaviors. You present a wide assortment of perspectives from youth, researchers, teachers, and practitioners, and diverse materials including videos, articles, statistics, definitions, personal testimonials, and other types of resources.

Sincerely,

Dr. Warren J. Blumenfeld
Associate Professor
Department of Curriculum and Instruction
Iowa State University
Ames, IA 50011
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<http://www.warrenblumenfeld.com>

"I like the (E101 -An Introduction to Bullying for Educators) course a lot. It is filled with practical information that teachers can relate to and use. Research has demonstrated a need for teacher training in how to respond to bullying and cyberbullying. This course provides an accessible way for teachers to get much-needed information. I think this course could be adopted by schools and used as the basis for staff development."

-Sheri Bauman, Ph.D.
Associate Professor
Director, School Counseling Program
Editor, Journal for Specialists in Group Work
University of Arizona

"Like many educators, I felt an uncertainty and discomfort when dealing with bullying. I was looking for a Professional Development opportunity that would increase my knowledge and understanding about what actually goes on when bullying takes place and what I can effectively do about it. In my view, a worthwhile starting point is taking the course, An Introduction to Bullying for Educators. Completion of this course is empowering in that 'knowledge is power' and it lays a firm foundation from which to grow both personally and professionally. It has helped me develop a greater understanding and confidence in addressing the everyday challenge of dealing with bullying in schools. "

-Jacqueline (Ottawa, Ontario)

"Please find attached my anti-bullying action plan assignment. Thanks so much for this wonderful course! I learned many practical strategies to carry with me through my final year of student teaching and my teaching career! Thanks so much, I loved this course!"

Sincerely,

Amanda Baldwin (student-teacher)

"I recently completed the Introduction to Bullying for Educators E101 course and found this to be a very valuable learning, theoretical and practical experience. As a student teacher I have found that this serious social issue has been overlooked in my teaching preparation courses. I highly recommend that teachers, student teachers and other professionals working with children attend this course.

This is my first online course and I found the course very easy to navigate. The content provided in the course is appealing to a variety of learners and the use of multimedia enhanced my learning. Most importantly, I found the course assignment to be practical and something that I can use as I begin my teaching career. The assignment of creating my own anti-bullying action plan truly brought the course to life for me. Having completed the assignment, I now understand how I can respond to, prevent and advocate against bullying in the classroom, school, community, workplace and worldwide web environments.

Bullying is a topic that every person is faced with at some point in his or her life. As teachers, it is our professional responsibility to understand, prevent and respond to bullying so that supportive, encouraging and caring environments are available to all children at school. This course is a great place to start this understanding and develop our own anti-bullying action plan, which can be implemented in our own schools."

-Kimberly Dawson (Calgary, Alberta)

"I would strongly recommend the Bullying E101 course to any educator. This course is filled with the most current research available, practical approaches you can use, and when you are finished you have created a comprehensive and custom action plan for dealing with bullying in your school. As a student about to graduate with my education degree and begin my teaching career I had very real concerns that I had not been adequately prepared to deal with bullying. In fact, I hadn't been prepared at all. After finishing this course I feel much more comfortable and ready for the challenges I will face in the upcoming years. Knowledge is power, and this course has left me feeling empowered. The online format allows you to progress through the course when it is convenient for you and the Webinars allow you to have the experience of a lecture from one of the world's leading experts on bullying, Bill Belsey, all while in the comfort of your own home. I cannot say enough positive things about this course. Whether you are a new graduate or an educator with 20 years experience I would whole-heartedly recommend this course to anyone."

-Allison Brown (Calgary, Alberta)

Hello Mr. Belsey,

I was blown away by the E101 -An Introduction to Bullying for Educators course from www.bullyingcourse.com! I am currently in a post-graduate program called Youth Corrections and Interventions, so this was incorporated into our programming. I really didn't know what to expect signing up for the course, however it was a great experience. I enjoyed reading the articles on bullying and gaining a deeper understanding about what constitutes bullying and how to confront it when having to work with youth who may be experiencing it. For me specifically, I wish to pursue a career in policing and this online course will allow me to really understand the nature of violence and bullying and be able to confront it head on in a more productive and effective way when dealing with youth.

Bullying is such a prevalent issue, yet in terms of figuring out the 'best approach' to handling it within the school setting is a constant topic of conflict and what this program really shed light on was the cycle of violence that often occurs. The bully was usually the bullied and therefore get tough approaches to dealing with the bullying problem exacerbates the problem.

This program really needs to be incorporated into every school program. Thank you for all your hard work, it is absolutely moving and truly amazing.

Sincerely,

Katie Verriet

The E101 "An Introduction to Bullying for Educators" course that I took at www.bullyingcourse.com was excellent. Educators can learn a lot about bullying in a really easy, affordable and yet deep way. The research and supporting information and resources are current and were very relevant to my professional learning needs. The Webinars about bullying and cyberbullying are wonderful because you have excellent insights into what Mr. Belsey calls the "Always-on Generation" and the risks that they face, with excellent practical ideas as to what educators and parents can do to deal with these issues.

Course participants have one major assignment, the creation of an anti-bullying plan to address bullying in positive, proactive ways. This assignment helps you to think about what you want to implement in your school to address the issue of bullying. The assignment helps schools move beyond the typical "Bullying Policy" that most schools have which focuses on punishment and often does little to change the behaviours of those hurting others or the culture of school in a broader, more effective way.

The other thing that I really appreciated was the help and support of Mr. Bill Belsey, President of Bullying.org and the creator of www.bullyingcourse.com. He was always available, helping with my questions and giving guidance.

I do strongly recommend the www.bullyingcourse.com courses and Webinars to educators and parents. The first step to effectively addressing bullying is knowing more about it.

Sincerely,

Valeria Rezende da Silva
Brazil

I feel very grateful to have been able to take the E101 An Introduction to Bullying for Educators course from www.bullyingcourse.com. Working as a middle school counselor, the most repeated concern is bullying. This course is not only has given me in-depth knowledge about bullying, but I have also learned hands-on approaches and interventions to create a safe and positive school environment. In March 2011, we will be hosting an anti-bully month with many ideas inspired by www.bullyingcourse.com and www.bullying.org. Woo Hooo!!!!

Thank you Mr. Belsey!

Sincerely,

Nicki Sehgal,
School Counselor
Wells International School
Bangkok, Thailand

Hi Bill,

I love the course and I have so much respect for you for what you have done for an infinite amount of parents, educators and children. I hope there is a way that you can be nominated for a medal of honor!!!!

The information that you provided is indeed helpful. I am in a unique situation. I moved to the Caribbean island of St. Kitts 15 years ago and have since started a family and opened a private school called Montessori Academy. I have 65 students between the ages of 6-14, Grades 1-8. I started this school when my daughter was in Grade 1, 7 years ago, because my options on the island were not great. As an example, they still use corporal punishment in the public school system and parents use it as their first line of discipline with their children. This island needs a lot of help when it comes to social and emotional development of children and adults. My school of course is totally different and we use a positive approach to discipline and deal with issues through a well-developed plan that everyone involved in my school community is aware of. With small numbers bullying is not a major concern, but I always felt we could do better so that eventually led me to you. In saying all of that, I am the administrator, principal, chief cook and bottle washer of my school so I will do my assignment based on my own plans for my school.

I hope I can do my part in helping to spread the good news of the great program that you have started. I am going to encourage my parents to visit your site and to take the courses that you have available and of course all of my teachers will be new students soon. If you would like to take some time to find out more about my school you can visit our web site at www.stkittsmontessoriacademy.com.

I want to encourage educators and parents everywhere to take these excellent courses!

Dale Amory, Principal
St. Kitts, West Indies

Dear Mr. Belsey,

As a young girl I was bullied and I feel that if the parents, schools and society would have had the proper knowledge, understanding & dialogue and were willing to get involved, this would not have had such a negative and confusing impact on me and I would have possessed better internal dialogue for understanding the bullying behavior and how it was really not about me, but more about the behavior of others.

Since those days I decided to make the committed to help fight this insidious onslaught of bullying behavior that plagues the youth of today and also tears at the very moral fiber of our society. I chose to get involved in an attempt to pass along the proper information to my child and to our children simply because ignoring problems does not fix, or make problems go away. The culture of prior generations who did not pay attention to this abusive behavior and “swept it under the rug” with the mind set that “kids will be kids” in society, has planted the impression in our children that it was “OK to abuse others”. Now our children have been left with generations of accumulated bullying behavior that has to first be recognized, addressed, educate against and ultimately changed. Parents, teachers and educators who decide to help need to be given the proper information and tools to be able to help children who are in these situations so they may be better able to cope with these issues they are facing on a daily bases.

In my quest for information I found myself looking for a course that would educate me with the most important up to date data, resources and tools that I would need to help confront this important issue of bullying. I wanted and needed to comprehend this from every aspect, from the bully to the child being bullied to the bystanders. Fortunately I was able to find just what I was looking for with bullying.org the course “E101-An Introduction to Bullying for Educators” this course gave me the insight I needed and material required to help gain the knowledge I desired to be able to help, because as Mr. Belsey writes:

“Bullying.org's purpose is to prevent bullying in our society through education and awareness.”

This course delivered precisely and exactly as Mr. Belsey expertly stated, I felt confident, ready and appropriately armed to help both schools and society. With the course Certification I was able to implement “Bullying Awareness Week” at an elementary school in Palm Beach Gardens, FL. And also spoke to the parents about the effects of bullying at another elementary school in Jupiter, FL. and was also asked to speak to a bible study class at a church in Palm Beach Gardens, FL.

I consider these proud moments in my life, and if I have helped even one child in sharing this valuable information about bullying, the cause and effect it has on themselves and other people and society in its entirety, maybe then, in turn they can and would be willing to help another, thus, contributing to perpetuating change for the better.

For in my opinion “One child being bullied, is one too many.”

Sincerely,

Susan Lynn Babila, CFO

Catalyst Data Movement, Inc.

Jupiter, FL

An Introduction to Bullying for Educators course feedback

I was very satisfied with the amount of information that I gained from the E101 course. I now understand some of the reasons some people bully others. I'm now more aware of some methods to prevent this behavior before it gets out of control. As a school teacher, I now have a resource of information on line that I can use to help me to prevent and or correct bullying in my school. I will use this knowledge to make my community a better place for our young people to grow and be the person that he or she would like to become. I hope that other teachers in my school take this course to educate themselves on this matter, so they can have the tools to help make our school a safe and better place for everyone. Being able to take this course o line was also very helpful in the leaning process.

Thank you for everything!

Sincerely,

Pat Perkins

Teacher
Kendallville, Indiana

Thank You for www.bullying.org !

Thank you for www.bullying.org.

As a parent of a child being bullied and intimidated at school, I appreciated the simple and effective advice your website provided.

Your site has beautifully articulated, at a child's level, how to cope with bullying and you have provided some sound coping strategies - all of which are common sense, and which we have already imparted to our 11-year old son.

We have been so stunned by how our son thinks about how best to solve his bullying problems. They are all movie-style, Hollywood endings where if he stands up for himself, the bully will see the light and leave him alone. We have really had to convince him that movie story-lines aren't always effective in coping with bullies. This is why I needed to thank your site for the kid-friendly 'real world' information.

Cheers

Ms Fulvia Timmerman (Australia)

An Introduction to Bullying for Educators course feedback

This course taught me that bullying is not just a part of life and that we should not just accept it. This course also gave me concrete and credible resources in regards to the effectiveness of adult intervention. It is nice to know that bullying does not have to happen. If we as adults change the environment and promote kind behaviour we can make a big difference. There is also a reason why kids bully. They feel excluded in some way so it is up to adults to create programs and provide support to those who are struggling. We must look at the whole picture and not simply just respond to bullying but we must prevent it. The bystander effect was also something I never really thought of before so by educating young people about how this happens can help prevent this behaviour in the future. In our anti-bullying efforts it is key to include all students in the process so they feel empowered, listened to and feel like they have made a difference.

I personally struggle with online learning and much prefer face to face interaction. However, I felt like this course was broken up well with personal experiences of bullying, media resources, podcasts, and research articles. I shared some of the poems with my kids at placement which was really great.

Thanks,

Michelle Hennessey

I went through all the material in the the E101 -An Introduction to Bullying online course on www.bullyingcourse.com and I must say that I really love the fact that there is a course like this offered to help educate others on bullying.

From taking this online bullying course I can truly say that I learned a lot. Bullying is said to be the assertion of power over another individual through aggression. Bullying can take various different forms such as physical violence and attacks, verbal taunts, name-calling and put-downs, threats and intimidation, and exclusion from the peer group. Even though we all know what a “bully” is there are still some things that I was unaware of. I now see that bullying is not seen as a normal or socially acceptable behaviour, but we give bullies the power accepting this type of behaviour. Another thing I learned is that it is okay to ask for help; research shows that bullying does stop once adults, authority, or others get involved to make the bullying stop.

Cyberbullying is the newest form of bullying that is currently in the news recently. Youth are going online and bullying others because they feel that it is “anonymous” or they cannot get in trouble for the things they say over the internet. We must find a way to teach the youth the various skills which are required for them to keep themselves safe, and avoid the risks which may occur within the cyberspace environment.

This course also provided me with some preventive tools against bullying. I was able to learn about the six major intervention methods that are available to students at school. The six include: the traditional disciplinary approach, strengthening the victim, mediation, restorative practice, the support group method, and the method of shared concern. Each of these are very helpful tools for the youth to have to help put a stop to bullying. We all must come together and put a stop to bullying which occurs to frequently within our society.

One of the main things I enjoyed about this online course was the bullying pledge. I truly felt inspired after reading that. I feel that it would be a way for young kids around the world to be more informed and want to stand together to put a stop to bullying. If there are more people that are against bullying, then there would be fewer bullies out there.

-Michelle De Ryck

Overall the whole bullying course (E101 An Introduction to Bullying for Educators) was very informative. I think as a whole it taught me so much. I think that hearing from personal reflections, through the songs and poems was very touching. I think it is very awesome that people came forward to share their stories and that they feel comfortable enough to open up about bullying and allowing us to learn from them. I think actually seeing the lesson plan and learning some strategies to work with youth around bullying was beneficial because this is an issue that is present in schools and in most cases not being dealt with effectively. I think the 5 tips to help principals with bullying was beneficial because it shows that this is not just an issue for the principal to deal with but a group effort. With increased adult awareness and more supervision I feel that there will be a better chance that students can focus on academics and not bullying each other. I think that learning some of the policies that are put in place in schools surrounding the issue of bullying was beneficial to learn because while I was in school I do not feel I saw these measures being taken on bullies. Another area of this program that I thought was very important in my learning was learning more about bystanders and how they have such a strong role in bullying. I do not think adults or youth realize what they are doing by letting bullying take place. If they do not put a stop to what is happening they are just as much at fault as the bully but I don't think people realize how strong the bystander effect is. I really liked learning more about cyberbullying as well. This is such a new concept to most adults that I do not think it is being dealt with as much in schools so by learning more about I think I will be able to better serve the youth I will come into contact with in the future. I also thank you for listing all the resources in Module 9 by taking this course I realized there is a lot more to learn about bullying and by having these resources I know they are always there for me to use.

Thank-you for a wonderful learning experience and I will hopefully be taking another course very soon!

Sincerely,

Kandace Windrem

I really thought that the anti-bullying pledge was a great idea and I'm actually doing it with my kids at placement. I think having the children participate in something like this is very beneficial and helps with bullying and picking on kids within the group because they have all read, agreed and signed the pledge. I think that the "Guide to Facebook for Parents" was an awesome document to incorporate in the course not only for parents but everyone. It really gave the ins and outs of Facebook and how to properly use it, protecting yourself and children from outsiders. I found the five findings that youth-risk research has found to be very interesting, especially that young people who behave aggressively online are more than twice as likely to be victimized online, and basically saying that youth's own behaviour on social networking sites is key to their well-being on the sites. I think this was a very important point to make especially for parents to realize that the way their children interact with others and behave will impact how others' are with them. There were also some really good points made in the "Steps for Intervening in Bullying Situations". In this reading it was said that when bullying occurs and is picked up on, you must talk to the bully right away to stop the bullying. It was also said that you must talk to the bully and the victim separately, no matter how many people are involved; all must be spoken to individually. After continuing to monitor the behaviour of both the bully and the victim, if the bullying continues it is important to remove the bully from the class room and not the victim. There was advice for parents on how to look for signs of bullying such as trouble sleeping, lack of appetite, stomach and headaches, lack of interest at social events that include other students and many more. There were six major intervention methods mentioned in a reading which included The Traditional Disciplinary Approach, Strengthening the Victim, Mediation, Restorative Practice, The Support Group Method and The Method of Shared Concern. One of these interventions that I thought was really good and an awesome way to deal with bullies, if victims would actually do it, was Strengthening the Victim. This would definitely keep bullies from attacking that specific victim again, I think, and hopefully have them think twice before picking another victim. Another reading that had very useful information was the Bullying prevention tips for teachers, principals, and parents. If these tips are actually used throughout the school setting the percentage of students that report having some sort of involvement with Bullying may decrease. Throughout completing all the readings that were required for this course, I learned many new things and gained a lot of insight on bullying and how everyone is affected by it.

Thank you so much for this very helpful and enlightening course!

Sarah Ojha

I learned so much from this course!

I learned that there are so many more way kids are bullying one another, with message, to cyber, emotional, verbal there are so many ways to go about it. I learned a lot that I can use in my career. I am working with at risk youth in a residential facility, so I am now able to pass on the knowledge of this course make them aware of all the negative affects that it will have on kids and how it just does not go away it could stay the victim for quite sometime. This course pointed out different interventions that are available to schools such as traditional disciplinary approach strengthening the victim, restorative practice, and support group methods. This part of the course breaks down what each intervention looks like. For example, strengthening the victim through role playing gives the victim experience practicing his/her response so he/she can be calm and respond to the bully in a way he/she might not expect.

This course was a perfect blend of world-class research combined with practical applications and strategies that can be used immediately in my work with young people.

Krista Couture

In October of 2008, my oldest daughter came home from school one day and started to cry. When I asked her what was wrong she told me that she did not want to go to school anymore. This statement was very upsetting to me because she loved school. She told me that a classmate of hers had threatened her several times to beat her up after school. I was shocked when I heard this. Shocked that at 7 years old my daughter was being bullied. I didn't think this kind of thing would start at such a young age. The next day I approached both her teacher and principal about what had happened and they were very supportive in dealing with it. The teacher discussed bullying in the class and it seemed to have helped. About one week later my daughter was at a birthday party that this other child attended as well. Again she was threatened about being beat up and this time was physically pushed. Now my attitude was "Enough is Enough". My husband and I approached the parents and they were very receptive in dealing with it and it has now stopped. I have to admit that I had many sleepless nights over this. I felt so upset for my own daughter who I could see was not only afraid but also stressing out because of it but now I was feeling upset for all the other children and families who have been dealing with this for not only a week but for months and years.

After this incident occurred I took it upon myself to become more educated on this issue. I went on the Internet and came across the website www.bullying.org. This site was founded by a classroom teacher, Bill Belsey, from Cochrane, Alberta Canada. The site provides so much information on what bullying is, how you can deal with it as well as provides real life stories from children and adults all around the world. I also discovered that there was an online course for parents and educators to take. I enrolled in the online course for parents and was provided with excellent information and resources on bullying. I have completed this course and feel I have a much better understanding on this issue which is something I feel everyone needs to have.

Through bullying.org I learned about Bullying Awareness Week (www.bullyingawarenessweek.org). The whole idea for this week was to not focus on the bully or the victim but on the bystanders. These are the ones that see this type of behavior going on but do nothing about it. In fact, 85% of bullying occurs within the context of a peer group. I went to the school's principal and told her about this week and how it would be great if the school could participate in this. She was all for it! I felt good about myself. I was hoping that if we brought more awareness to bullying that maybe I could help at least one child or family who is dealing with this. A fire started to burn inside me. I found myself on a mission... great that I had my daughter's school support on this but what about the rest of the community. As I have come to understand, bullying is a community issue and is happening to adults and even senior citizens. I contacted the local radio stations and they agreed to broadcast a public service announcement for the week of November 16th – 22nd that I had gotten from the Bullying Awareness Week website. In addition, I presented in front of my city council for a proclamation for Bullying Awareness Week that they approved. November 16th -22nd, 2008 was officially proclaimed in Kamloops, British Columbia Canada, Bullying Awareness Week. I contacted the local newspaper about my efforts in hoping again that I would be able to bring more awareness to this issue and maybe help someone. They published an article on me on November 10th, 2008 titled "Mom takes action against school bullying". After this article came out, there were a few letters to the editors. A couple were from adults who were bullied as children and how it made them feel even now as adults. As well a grade 7 girl wrote a letter on how she has been bullied for the past 3 years and even though the school is aware of it, nothing has been done to stop it. 3 years? This letter really touched my heart. I responded to that letter and again stressed that in order to prevent this type of behavior we needed to be better educated on it. I commended her on the courage to write the letter and hope it has helped her. I think about her often.

I had many parents come up to me and tell me that they saw my article and that I should be very proud that I did something about it. I also had some tell me that their children are being bullied, or have been bullied and how traumatic it has been. A couple of moms came up to me and thanked me for doing what I did which I replied, "no problem, you're welcome". WOW! How could the efforts of one person affect so many? It amazes me.

Sure I could've stopped my efforts when I talked to the child's parents but like my good friend Chief Master Robert Ott says, "we should give something positive back to others". I had the absolute honor in meeting him in September 2008 at a women's self-defense seminar he was holding in Olympia, WA. My friend and I drove 6 hours from Canada to attend this. I first met him through email after reading his biography "Certain Victory". I e-mailed him to tell him how his book inspired me to not only be a better person but a better martial artist. To this day we still communicate through email. I feel so fortunate to have someone like him in my life and to be able to call him a friend. Training in martial arts has done so much for me not only physically, but mentally and spiritually as well. It gave me the self-empowerment to do what I did. The way I am today is because of my martial arts training. It gave me the courage to believe in myself. For me, presenting to city council was a bit scary. However helping others and bringing more awareness to an issue that needed it was far more important than my own fears. I feel so blessed to be able to train in martial arts and to have my daughters train also. Martial arts teaches not only self-defense but respect for ourselves and others. Respect is something that is lacking in today's society. Bullying is certainly a community issue and addressing it at a school level is only part of the solution. Us

as parents need to step up and be a positive role model for our children so that they can be part of a strong and happy community.

For now everything seems okay. My daughter loves school again and her classmate that once bullied her is now nice and friendly to her. However she is only in grade 2 and has many school years ahead of her. If I continue to address bullying, maybe, just maybe, one day this kind of thing won't happen. I have to think positive anyway.

I am so proud of what I accomplished and have realized that if we go the "extra mile" in our everyday life like we do in our martial arts training, we can get so much more out of it.

-Karolyn Armstrong, Kamloops, British Columbia
Participant, online course "P101 –An Introduction to Bullying for Parents
