

LETTER FROM PRESIDENT



On behalf of the International Bullying Prevention Association's (IBPA) Board of Directors, thank you for your time and participation in our 15th annual conference and for your commitment to finding solutions to the problem of bullying world-wide. I would also like to welcome you to sunny San Diego, California. The city has a lot to offer travelers. I hope you will find some time to take advantage of the beach and downtown area.

This year's theme, Putting The Pieces Together For Healthy Schools, will bring together experts from around the globe to share their knowledge on the following topics: Cyberbullying, Social-emotional learning, Bias and bullying, Restorative practices and Tools for improving social climate. Monica Lewinsky will kick-off the conference as the opening keynote speaker. Our second keynote address will be given by Dr. Eddie Moore, Jr., a dynamic, personal diversity consultant and public speaker.

Our conference on bullying prevention is unique to others in that we stress the importance of research to inform our practice. Many of us who have been working in the field for a while recognize that while there are many programs designed to prevent bullying, far fewer are grounded in research and practices that have been shown to be effective or promising approaches. Look for numerous conference sessions, featuring the top researchers in our field.

While we stress the importance of research to inform our efforts, we understand that there is no "one size fits all" to bullying prevention. Our conference program reflects a diversity of approaches and voices. Once again we will have a number of student-led sessions that highlight the importance of student voice in bullying prevention and we welcome student attendees as well.

This year's conference is truly reflective of the Board's belief that we all must courageously work together to address bullying in all its forms and environments. This year's conference would not be possible without the support of our tremendous sponsors and exhibitors. We are extremely grateful for our conference sponsors, including the Ford Motor Company Fund, Facebook, Microsoft, Western Educational Equity Assistance Center, The San Diego County Office of Education, Hazelden, Securly, Inc., Second Step/Committee for Children, Sprigeo and Chicken Soup for the Soul.

The Board of Directors of IBPA has worked diligently to make this the best conference possible for you. It is truly a labor of love that they donate so many hours to improving the organization and advancing the field of bullying prevention and response through this annual conference, as well as the newsletter, webinars and partnerships with other like-minded organizations. We are very excited that you are joining us and look forward to adding your voice to our efforts.

With much gratitude,
Joe Bruzzese
President, International Bullying Prevention Association

2018 IBPA ANNUAL CONFERENCE TOPICS

Designed for advocates working to reduce incidents of bullying in their schools and communities.

CYBERBULLYING

THE SCIENCE OF COMPASSION

BULLYING PREVENTION ACTIVITIES

TRAUMA INFORMED STRATEGIES

IDENTITY BASED BULLYING

SOCIAL EMOTIONAL LEARNING STRATEGIES

BULLYING AND SUICIDE

STUDENT-LED SESSIONS

GET
INSIGHT
GET
INSPIRED

MANY MORE!

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INTERNATIONAL BULLYING
PREVENTION ASSOCIATION

2018 IBPA KEYNOTE PRESENTERS



Leading experts begin and end our conference with featured presentations of relevant topics.

The Price of Shame, Tuesday, 8:00 am – 9:30 am

Monica Lewinsky's story is powerful and relatable to all of us simply because we live and work within a culture where shame and humiliation are used to divide, tear down, and otherwise destroy others emotionally and reputationally. We cannot sit by idly and watch members of our society and communities become increasingly cruel towards each other. Even if one does not participate, the behaviors will be passively condoned. Drawing from her unique experiences, Monica champions a more intentional stance and effort to cultivate and demonstrate empathy who can rise up meaningfully for others. This must occur within our social media conversations, as well as our day-to-day interactions with family, friends, colleagues, and strangers. You won't want to miss her convicting message.



Monica Lewinsky is a social activist, international public speaker and Contributing Editor to Vanity Fair. She is an ambassador to the Diana Award's Anti-Bullying Program and a founding board member of the Childhood Resilience Foundation.

Times are Changing: Are You Ready? Wednesday, 11:00 am – 12:30 pm

It is patently obvious in these charged times that society is at a crossroads. Controversy, division, in-group vs. out-group mentalities, racism, and hatred seem to be the norm some days, instead of the exception. Through an interactive, challenging and energetic session, Dr. Eddie Moore contextualizes our current situation while examining and exploring the major issues of diversity, privilege, oppression and power which affect our perspectives and choices. Furthermore, he boldly challenges participants to examine their own biases, behaviors and belief systems. We all have a clear opportunity every day to be positive role models, powerful decision makers, and effective agents of change, and we are desperately in need of more leaders for social justice and equity across America. What is your role? How can you help us collectively make progress so that the next generation doesn't struggle in these same, painful ways?



Dr. Eddie Moore, Jr. has pursued and achieved success in academia, business, diversity, leadership and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege and leadership trainings and workshops.



BY THE NUMBERS



Check out the highlights of the conference, and see just how much there is to experience.

39 WORKSHOPS

5 STUDENT-LED SESSIONS

16 POSTER SESSIONS ON MONDAY AFTERNOON

9 TED INSPIRED SPEED LEARNING SESSIONS

14 HOURS TO EXPLORE EXHIBITS

1 OPPORTUNITY TO HEAR MONICA LEWINSKY KEYNOTE

UP TO
18.50 CONTACT HOURS AVAILABLE

3 PRE-CONFERENCE HALF-DAY SESSIONS TO CHOOSE FROM (TICKETED EVENTS)

1 STOP FOR BULLYING PREVENTION PROFESSIONAL DEVELOPMENT

QUESTIONS?

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INTERNATIONAL BULLYING PREVENTION ASSOCIATION

IBPA 2018 SAN DIEGO SCHEDULE



We are adding more ways to interact and opportunities to network all the time!

Monday, November 5, 2018

Preconference Sessions (ticketed events)	8:00 am – 5:00 pm
Registration	2:00pm - 7:00 pm
Poster Sessions	5:00 pm – 7:00 pm
Exhibit Hall Reception	5:00 pm – 7:00 pm

Tuesday, November 6, 2018

Registration	7:00 am – 4:00 pm
IBPA Members Hot Breakfast	7:00 am – 8:00 am
Exhibit Hall	7:30 am - 4:00 pm
Continental Breakfast	7:30 am – 8:00 am
Keynote	8:00 am – 9:30 am
Workshops	10:00 am – 11:15 am
Lunch	11:15 am – 12:15 pm
Workshops	12:15 pm – 1:30 pm
Workshops	2:00 pm – 3:15 pm

Wednesday, November 7, 2018

Registration	7:00 am – 4:00 pm
Exhibit Hall	7:30 am – 11:00 am
Continental Breakfast	7:30 am – 8:00 am
Workshops	8:00 am – 9:15 am
Workshops	9:45 am – 11:00 am
Keynote	11:00 am – 12:30 pm
Lunch	12:30 pm – 1:30 pm
Workshops	1:30 pm – 3:30 pm



MONDAY, NOVEMBER 5

Getting started

THANK YOU TO OUR SPONSORS



FORD MOTOR COMPANY FUND



Registration Open 2:00 pm – 7:00 pm

Olweus Day Preconference Session 8:00 am – 4:00 pm \$95

Each year, certified OBPP Trainers-Consultants gather to network, to share experiences from their work, hear OBPP updates and review new tools and research. Program updates and research will be reviewed and discussed along with works of other invited guests. You must be a certified OBPP trainer/consultant to attend this session. **(lunch on your own, 12:00 pm – 1:15 pm)**

Bullying Prevention Best Practices Preconference Session 8:00 am – 12:00 pm \$65 4.0 CE's Available

Following definitions of bullying and cyberbullying, participants will learn specific techniques and strategies that will help them develop a better understanding of offline and online bullying behavior. They will review research-based best practices and learn practical guidelines for implementing a whole-school approach to preventing peer abuse. Participants will also discuss myths about bullying, ways to acknowledge positive behavior, and to empower bystanders to help targets of bullying.



Kathleen Lockard, Olweus technical assistant consultant, is from Afton, Iowa and offers a wealth of knowledge and experience with implementing bullying prevention programs. She was an elementary classroom teacher for over 20 years. She also worked in Green Hills Area Education Agency as their Learning Supports Consultant and Professional Development Coordinator before retiring. Kathy has extensive experience with bullying prevention as well as Positive Behavior Intervention and Supports.

Rodger Dinwiddie has been the CEO of Students Taking a Right Stand (STARS-Nashville), an evidenced-based Student Assistance Program as recognized by the National Registry of Evidenced-based Programs and Practices, since 1986. Prior to joining STARS, Rodger served as the Executive Director of a nonprofit organization working with juvenile court referrals. He also was a classroom teacher in the Metropolitan Nashville Public Schools for 7 years.



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INTERNATIONAL BULLYING
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MONDAY, NOVEMBER 5



Getting started

HELP! My Child is Being Bullied Preconference Session 1:00 pm – 5:00 pm \$65 4.0 CE's Available

Parents are often left feeling frustrated and helpless when their child experiences an unresolved bullying situation. In the 2017-2018 school year, over 300 calls came directly into the PA Department of Education and the PA Bullying Prevention Consultation Line to seek assistance and understand options. The consultation services provide a high level of expertise and support on specific intervention strategies to put an end to the bullying and to keep the child safe.



Karla Joyce-Good, L.S.W., is the Director of Community Outreach Initiatives for the Center for Health Promotion and Disease Prevention. She oversees the development of professional enrichment opportunities for educators and mental health professionals. Karla serves as Bullying Prevention Consultant for the Pennsylvania Department of Education and provides services for the PA Bullying Prevention Consultation Line. Karla is a certified Mental Health First Aid and Youth Mental Health First Aid trainer and a certified GLSEN Facilitator.

Mary Dolan currently serves as the Bullying Prevention Consultant for the Pennsylvania Department of Education's Office for Safe Schools. She comes to this position with experience as a state-level Safe Schools Coordinator and public school counselor. She authored the Pennsylvania Bullying Prevention Support Plan and coordinates the PA Bullying Prevention Partnership. She assisted with the creation and implementation of the PA Bullying Prevention Consultation Line and provides support to parents and schools for unresolved bullying situations.



Owning Up: Creating A Culture of Dignity in Your Community developed by Rosalind Wiseman 1:00 pm – 5:00 pm \$99

This session includes the cost of the Owning Up curriculum that you will receive at the beginning of this workshop.

Social dynamics, conflicts, and bullying can influence every child's ability to learn. This workshop is a call to action to transform the way we understand youth culture and create educational communities where children can thrive. Based on the second edition of the Owning Up curriculum, this workshop will highlight how educators can effectively integrate SEL into their teaching and partner with students to create relevant and engaging content. It will give you the tools to see and guide student through the often invisible force that is young people's social group dynamics by offering realistic definitions of bullying, by-standing, teasing, drama and social conflict; teaching the connections between different forms of bigotry and their influence on individual self-perception and decision making; provide common sense strategies and responses for teachers to use with disengaged students; and empower students to articulate themselves in a conflict and receive feedback when someone is angry with them.



Carey Goldstein is the Director of Owning Up Programs at Cultures of Dignity, where she trains teachers on Owning Up and curriculum development. She served as a school counselor for 15 years in both middle and upper school at Louisville Collegiate School in Louisville, Kentucky and has been teaching the Owning Up Curriculum for eight years. Carey has taken her classroom and counseling experience to Arusha, Tanzania as a part of a teacher exchange program and presented on social emotional learning in Chengdu, China. She has trained teachers on the Owning Up curriculum and presented at both KAIS and ISACS conferences on how to integrate character education in grades K-12.



Poster Sessions 5:00 pm – 7:00 pm

Visit poster sessions on topics that matter. This room will offer sessions on the following topics:

- From Insight to Action: Visualizing Cyberbullying Behaviors, *Lindy Ryan*
- Discrepancies in Bullying Data, *Stephanie Carpenter*
- Expect Respect: Bullying Prevention in Positive Behavioral Interventions and Supports, *Cristy Clouse*
- The You Matter Tour, “Best Assembly of the Year!”, *Casey McQuillen*
- Predictive Factors of Cyber and Traditional Bullying, *Emily Schafer*
- Mediators of Negative Outcomes associated with Bullying Victimization among Rural Youth, *Emily Schafer*
- Comparing Outcomes between Traditional and Cyberbullying Victimization, *Matthew Hudson-Flege*
- Chasing the Wind: Principles Pursuing Reports of Bullying, *James Brown*
- Bullying in School. Peer Pressure and Classroom Status Hierarchy, *Malgorzata Wojcik*
- Principals’ perspectives on bullying, cyberbullying as well as other youth disturbances and the obstacles of prevention in Hungarian schools, *Dr. Gabriella Kulcsar*
- Risk Factors in Bullying: Examining the relationship between youth disturbances and bullying/victimization, *Dr. Amy E. Coren*
- Equitable Implementation and Facilitation of Senate Bill 100 For District-Wide Student Success and Safety: A Policy Advocacy Project, *Dorothy Thompson*
- A Cross Sectional Study of Bullying in Brazil, *Deborah Z Guedes*, PhDCEs are not available for this session.
- How to Effectively Manage Cyberbullying Incidents with Collaboration: An Interactive Session, *Matt Soeth and Jeff Collins*
- Theory of Planned Behavior-based Cyberbullying Bystander Intervention, *Ashley Doane*
- LGBT Youth in Foster Care, *Justin Bucchio*

Exhibit Reception 5:00 pm – 7:00 pm

Open to all. Stop by and visit the vendors that provide the solutions and resources you are looking for! Light snacks and refreshments will be served. This is an excellent time to meet attendees as well as have the time to browse books, watch videos and learn from a fantastic variety of organizations offering products and services that support your work.



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INTERNATIONAL BULLYING
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TUESDAY, NOVEMBER 6



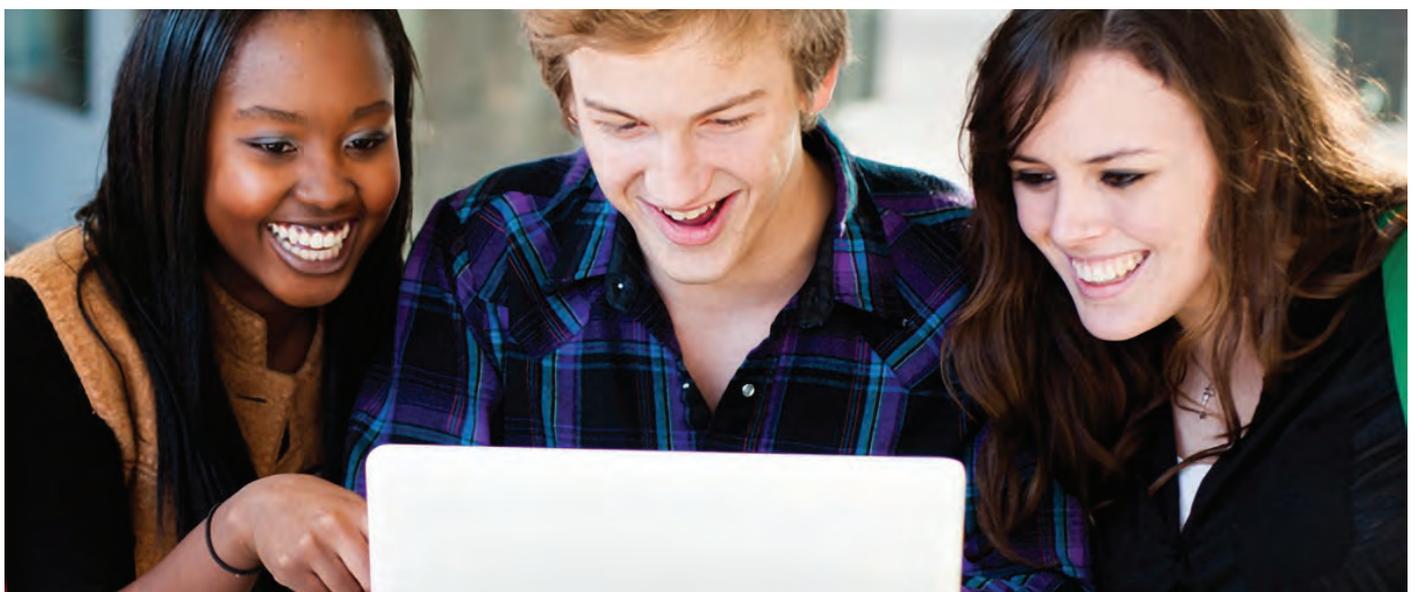
Sunrise Yoga on Bayview Lawn 6:15 am - 7:00 am

IBPA Membership Breakfast and Meeting 7:00 am - 8:00 am

Continental Breakfast 7:30 am - 8:00 am

Registration Open 7:00 am - 4:00 pm

Exhibits Open 7:30 am - 4:00 pm



Opening Keynote 8:00 am – 9:30 am

The Price of Shame - 1.5 CE's Available

Monica Lewinsky's story is powerful and relatable to all of us simply because we live and work within a culture where shame and humiliation are used to divide, tear down, and otherwise destroy others emotionally and reputationally. We cannot sit by idly and watch members of our society and communities become increasingly cruel towards each other. Even if one does not participate, the behaviors will be passively condoned. Drawing from her unique experiences, Monica champions a more intentional stance and effort to cultivate and demonstrate empathy who can rise up meaningfully for others. This must occur within our social media conversations, as well as our day-to-day interactions with family, friends, colleagues, and strangers. You won't want to miss her convicting message.



Monica Lewinsky is a social activist, international public speaker and Contributing Editor to Vanity Fair. She is an ambassador to the Diana Award's Anti-Bullying Program and a founding board member of the Childhood Resilience Foundation.

Tuesday Morning Sessions 10:00 am – 11:15 am

1A. Student led: Move2Stand Program

Move2Stand is an interactive training program of STARS that challenges students to examine their attitude towards bullying. Students from Nashville schools will present this session that will get you out of your seat and inspired to take back tools and strategies to your school or community.



Eric Johnson is currently the Vice President of Youth Development at STARS Nashville. In addition to his work as a trainer and speaker, Mr. Johnson's experience at STARS includes both direct student assistance work in schools and program management

Students from schools in the Nashville, TN area will present this session.



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1B. TED INSPIRED SESSIONS – 20 minutes with Q&A following the three presentations – 1.25 CE's Available

- **School-specific multi-level and contextual preventions strategies – from fixed programs to 'Smorgasbord', *Jacob Flårdh Aspgren***
Preventative measures are highly context-dependent and need to be developed with a multidisciplinary perspective. During the last ten years Friends together with Swedish universities has worked with analyzing each school's specific context, based on a multidisciplinary understanding of bullying and developed multi-level preventative strategies. The presentation will focus sharing experiences on how to improve the multidisciplinary analytical work in order to develop school-specific strategies that target the cause of bullying in each school.
- **Influence of Self-Monitoring in Preventing Bullying Behavior as Expressed by In-School Adolescents in Ilorin, Nigeria, *Mary Esere***
The increase in manifestations of bullying behaviors among in-school adolescents is fast generating concerns among scholars and various stakeholders. This problem could best be addressed through the concept of self-monitoring. This study examined the influence of self-monitoring in preventing bullying behaviors among in-school adolescents with samples drawn from 10 purposively selected secondary schools in Ilorin, Kwara State, Nigeria. The findings revealed that respondents appreciated the effectiveness of self-monitoring in preventing bullying behavior among in-school adolescents.
- **Bullying in sub-Saharan Africa, *Michael Kyobe***
This session presents our research on bullying in schools in Sub-Saharan Africa. It aims to create understanding of the nature of this aggression within different cultural settings, the risks involved in using different technologies in bullying and the dangers of neglecting mobile bullying in rural schools. We also discuss how female mobile bully-victim behavior evolves. Finally, we examine the implications of our findings for policy development and the criminal justice systems in the developing countries



Jacob Flårdh Aspgren is the Director of Friends International Center against Bullying. Friends International Center is knowledge center working with education and research together with several universities to develop preventative strategies. He is also the initiator and head of the World Anti-Bullying Forum that aims to emphasize multidisciplinary dialogues, sharing knowledge and exploring new perspectives in the work against bullying among children and youth.

Mary Ogechi Esere is an Associate Professor in the Department of Counsellor Education, University of Ilorin, Nigeria. Dr. Esere has a flair for teaching, organizing practicum activities, community service and conducting researches. Her research efforts have gravitated around a number of issues surrounding gender-based domestic violence; intimate partner rape and violence; at-risk sexual behavior of school-going adolescents; bullying behaviors of in-school adolescents and youth risk-taking behaviors.



Michael Kyobe is a Professor of Information Systems at the University of Cape Town. He is the Deputy Dean for Research and Internationalization in the Commerce Faculty. He is the principal investigator for a grant project on mobile bullying in schools in South Africa, funded by the South African National Research Foundation. He is also the coordinator of an initiative that will promote cooperation among African researchers engaged in bullying prevention and intervention in Africa.

IBPA HAS BEEN APPROVED BY THE NATIONAL BOARD OF CERTIFIED COUNSELORS (NBCC) AS AN APPROVED CONTINUING EDUCATION PROVIDER ACEP NO. 6687.

- 18.5 NBCC Contact Hours available if you attend both morning and afternoon pre-conference sessions and sessions on Tuesday and Wednesday.
- 10.5 NBCC Contact Hours available without pre-conference sessions
- Programs that do not qualify for NASW credit do not have "CE available" posted
- IBPA is solely responsible for all aspects of the programs

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- 18.5 NASW Contact Hours available if you attend both morning and afternoon pre-conference sessions and sessions on Tuesday and Wednesday.
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- Programs that do not qualify for NASW credit do not have "CE available" posted



1C. Practical Social-Emotional Learning Strategies to Reduce Adolescent Bullying – 1.25 CE’s Available

Bullying is a pervasive problem among adolescents, but many of the most successful prevention strategies used with younger children just don’t work with tweens and teens. Don’t despair! In this session we will explore what bullying looks like among adolescents and how a focus on social-emotional learning creates a safe and supportive environment, strong adult-adolescent relationships, and reduces online and real-world bullying and conflict.



Matt Pearsall is a senior educational designer for the nonprofit Committee for Children, creators of the evidence-based Second Step social emotional learning, bullying prevention, and abuse prevention programs. Previously, he taught language arts and social studies at a very diverse, low SES high school outside Seattle, WA., and before that, he performed interactive sword-fighting/medieval history shows in middle schools throughout the Chicago area. He graduated from Seattle University with an MAT in Secondary Education.

1D. Promising Practices: Bullying and Students with Disabilities - 1.25 CE’s Available

Studies have found that children with disabilities are two to three times more likely to be bullied than their nondisabled peers. This session is presented by PACER’s National Bullying Prevention Center. PACER has a long history of advocating on behalf of children with disabilities. Topics to include laws and policies designed to protect children, methods to build self-advocacy, supporting positive peer interaction, and available resources designed by PACER to address bullying of children with disabilities.



Jody Manning currently serves as the Director of PACER’s Parent Training and Information Center. In 1987, she gave birth to a son who was diagnosed with disabilities. Jody also has a background in nursing and psychology- an ideal combination to assist children with disabilities and those experiencing bullying as they navigate through school and community life. Jody is a highly respected speaker nationally on topics that include bullying prevention, students with disabilities, and special education.

1E. Digital Dating Abuse, Sextortion, and Intimate Partner Bullying - 1.25 CE’s Available

Educators are increasingly facing issues at the intersection of teens, technology, and romantic relationships, and are clamoring for research-based best practices in this area. Questions answered include the following: Should we teach abstinence or “safe sexting”? How should those instructive messages be conveyed? Is that even possible given the reality of sextortion among youth? How do we discuss inappropriate dating relationships marked by power and control online, and the potential for abuse in the future?



Dr. Sameer Hinduja is a Professor at Florida Atlantic University and Co-Director of the Cyberbullying Research Center (cyberbullying.org). He has written seven books and his interdisciplinary research is widely published and cited in a number of peer-reviewed academic journals. Dr. Hinduja provides training to schools, parents, teens, and youth organizations to encourage, empower, and equip them to deal with online misuse and abuse.

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INTERNATIONAL BULLYING
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TUESDAY, NOVEMBER 6



1F. Addressing School Safety and Bullying Through Hot Spot Mapping – 1.25 CE’s Available

Hot spot mapping is a data driven strategy that supports schools by identifying safe and unsafe spaces through authentic youth engagement. This process can be used to develop or strengthen school-wide programming, practices, and policies that promote a positive school climate and increase school connectedness and connections to caring adults for young people. This session will provide the knowledge and tools to use this strategy to prevent bullying and other forms of violence in schools.



Danielle Tuft is the Sexual Violence Prevention Program Manager at the Colorado Department of Public Health and Environment. As a public health professional, she has worked on a variety of projects in partnership with both government and nonprofit sectors. In her current role she oversees Colorado’s Sexual Violence Prevention Community Grant Program and works to support the implementation of primary prevention strategies across the social ecological model throughout the state.

Lunch on your own 11:15 am – 12:15 pm - local food trucks will be available

Tuesday Afternoon Sessions 12:15 pm – 1:30 pm

2A. Student led: Empowering Students to Create Positive Change

This session will highlight the ways in which inspirED is engaging students to create safe, inclusive schools by create positive school climate change. Participants will hear directly from a panel of student leaders about what it takes to create a vision for a kinder, more inclusive and empathetic school community. Through students sharing stories and experiences, we can unite our work and empower school professionals to advocate and develop data driven solutions for their needs.



Nikki Staubli is a program manager at Facebook for inspirED, and has been with the company for over 10 years. She began her career as a founding member of Facebook’s Child Safety team, focused on the tools that help keep people safe. This past year, Nikki led InspirED’s Youth Engagement Leadership Lab events where students go back to their schools ready to create positive change. Students active with InspirED will present this workshop with Nikki.



2B. TED INSPIRED SESSIONS – 20 minutes with Q&A following the three presentations - 1.25 CE's Available

- **Macro Sick of Microaggressions Online, *Lindy Ryan***
Enough with online harassment, threats, and intimidation. It's time to take cyberbullying abuse seriously—and its time to get everyone involved. This insightful, actionable session shows how researchers at Rutgers Discovery Informatics Institute are working alongside their local school districts to uncover patterns and trends in their communities to put cyberbullying prevention to work, and—more importantly—how to give students the resources they need (and want) to lead the charge against online bullies.
- **Ending cyberbullying before it begins, *Nicholas Carlisle***
Without preparation for how to treat others and protect themselves in an age of interconnectivity, we put young children at risk of bullying, and becoming the target of bullying and hate. The Power of Zero began at IBPA 2016 and is now a collaborative global campaign to prepare young children to use their power well in a digital world.
- **Digital Wisdom: Practical, Proven Ways Educators Can Role Model Appropriate Online Behavior, *Sue Scheff***
We are facing a crisis where people from all walks of life are in jeopardy of losing their jobs, risking college acceptances/scholarships and even relationships due to careless online posts. Educators are probably one of the most vulnerable. Why? Because we are constantly being scrutinized not only by our audience (students) but by their parents and the community. We are held to a higher standard, especially when it comes to reputation-damaging online behavior.



Lindy Ryan is an award-winning professor of visual analytics at Montclair State University and Rutgers University. She is an active researcher at the Rutgers Discovery Informatics Institute (RDI2) where her research centers on fostering digital citizenship skills in early STEM learners and building advanced computing-based mechanisms to address and prevent cyberbullying behaviors online. She is the author of “The Visual Imperative: Creating a Culture of Visual Discovery” (2016) and “Visual Data Storytelling with Tableau” (2018).

Nicholas Carlisle is Founder and CEO of No Bully. [nobully.org] Nicholas graduated from Oxford University, practiced as a barrister in London as a psychotherapist in California. He has been recognized by Toms as a Game Changer, by Ashoka as a Champion of Children’s Wellbeing and by Hearts on Fire as a visionary. He is a seasoned conference and TEDx speaker and commentator on school bullying for television and radio stations across the world.



Sue Scheff is a Nationally Recognized Author, Parent and Internet Safety Advocate. She founded Parents Universal Resources Experts, Inc. in 2001. She has 3 published books, Wit’s End (HCI 2007), Google Bomb (HCI 2009) and her latest, Shame Nation: Choosing Kindness & Compassion In An Age of Cruelty & Trolling (Sourcebooks 2017) with a foreword by Monica Lewinsky. Sue is also a contributor for Psychology Today, HuffPost and more.



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2C. School Climate and Bullying: Empowering Youth as Change Agents - 1.25 CE's Available

Students have tremendous power and influence in setting the social norms on campus. This presentation highlights the effectiveness of empowering bystanders to influence social norms, especially those of mistreatment, harassment, bullying and cyber bullying.



Diana Curtin is the Executive Director of Community Matters, a nonprofit organization recognized as an innovative organization committed to improving the social-emotional climate of our nation's schools and communities. Diana has extensive experience in youth development and programming with a specialization in developing and implementing youth empowerment programs for disadvantaged and culturally diverse young people. Diana holds a Master Degrees in nonprofit administration.

Rick Phillips is the Founder and former Executive Director of Community Matters, a successful nonprofit organization known for empowering and equipping students and adults to create schools that are safe, welcoming and inclusive. Rick is considered an expert on school safety and climate improvement, particularly in the area of youth empowerment and bullying prevention. Rick holds a Master's Degree in Education and has been a school teacher, principal, and administrator.



2D. Bullying In Sports: Identifying The Injuries We Don't See - 1.25 CE's Available

This workshop provides an increased awareness on bullying and the various types of behavior including hazing that is often associated within sports. The presentation identifies the types of bullies (Bully Coach, Bully Parent & Bully Player), identifies warning signs of being bullied and/or aggressive behavior, lists effective strategies for dealing with conflict and prejudice, and encourages coaches to empower players to become "Upstanders" and leaders in their school community.



Randy Nathan is the author of "Bullying in Sports: A Guide to Identifying The Injuries We Don't See," published by Pearson Education. He is an adjunct professor, Olweus Trainer, and national presenter for the Positive Coaching Alliance. He has visited the NFL Network, NJ TV12, NBC News, CBS News, Fox News, RNN and is the NY antibullying expert for Fox 5's Good Day NY, Fox 5 News NY, NBC News NY and CBS News NY.

2E. The Guide for White Women Who Teach Black Boys - 1.25 CE's Available

This workshop will introduce The Guide for White Women Who Teach Black Boys, which was created to support White women to engage in concentrated, focused inquiry around their relationships with Black male students and the impact on those relationships of race and racism. The Guide and the workshop support White teachers in their search for opportunities of personal growth as educators and the academic achievement of their Black male students.



Dr. Eddie Moore, Jr. has pursued and achieved success in academia, business, diversity, leadership and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege and leadership trainings and workshops.

2F. How understanding the social-emotional learning needs of individuals with learning disabilities can enhance bullying prevention efforts - 1.25 CE's Available

Research supports the implementation of social-emotional learning (SEL) curriculum as effective in bullying prevention, but efforts thus far have been focused on neuro-typical students. This session will illuminate how tailoring SEL initiatives to accommodate different learning styles as part of broader school climate improvement efforts can aid schools in strengthening bullying prevention efforts.



Susan Zelinski is a Research Associate at the National School Climate Center. She earned a Master's in Clinical Psychology from Teacher's College, Columbia University. During her initial exposure to research at the behavioral neuroscience lab at Rutgers-Newark, Susan developed a passion for integrating her interests in medicine, neuroscience, and psychology. Susan has also worked in program development with children and adults with developmental disabilities, utilizing emerging research in mind-body health to create initiatives that enhance well-being.

Christian Villenas, Ph.D., is the Director of Research at NSCC. Before joining NSCC Christian was a Senior Research Associate at GLSEN where he designed and managed research and evaluation projects related to LGBTQ issues in education. He also collaborated with GLSEN staff and key organizational allies to promote GLSEN's efforts to achieve policy and programmatic improvements on LGBTQ issues in K-12 schools. Prior to GLSEN, Christian served as a senior policy analyst at Advocates for Children of New York (AFC) where he provided research and analysis of existing and emerging policy initiatives on the federal, state, and local levels related to education rights and education inequality. Christian earned a Ph.D. in Sociology from Johns Hopkins University.



Light Exercise Tuesday Afternoon 1:30 pm - 2:00 pm

Bayview Lawn (weather permitting)

Tuesday Afternoon Sessions 2:00 pm - 3:15 pm

3A. Student led: Youth Solution Makers

In this student-led workshop, attendees will learn strategies to create positive and meaningful youth/adult connections from a student perspective, understand the practical importance of peer-to-peer engagement, and value youth as solution makers in their schools and communities. Through anecdote and evidence, discussion and idea sharing, these high school and early college students will show you what can happen when youth take the lead and create solutions they believe in.



Students from Anchorage Youth Vote: Anchorage Youth Vote has been working to keep youth civically active since 2002. Youth Vote is a youth-led project hosted by the League of Women Voters of Anchorage, Alaska, that seeks to empower youth voice through education and engagement in the democratic process. In addition to youth moderated forums, mock-elections, and candidate events for students, Youth Vote creates media focused on civility and inclusion.

Students from Story Works Alaska's Youth Team: Story Works Alaska believes in the importance of listening and telling, and the power of stories to build connections and foster resilience. Story Works Alaska's Youth Team (SAYIT), works to promote youth voice and support youth storytellers. Launched in January 2015, SAYIT has created student driven content for the Story Works curriculum, hosted sold-out youth storytelling shows, led workshops for elementary students, and produced podcasts featuring stories about bullying and bullying prevention.



Students from Spirit of Youth: In 2017, Story Works Alaska's Youth Team and Anchorage Youth Vote teamed up with Spirit of Youth, an organization dedicated to creating, promoting, and recognizing youth involvement in Alaska. Together, these groups oversee the Spirit of Youth Bullying Prevention Awareness Campaign Grant. This program gives student leaders the autonomy to empower other youth, and select youth-led bullying prevention projects for grant funds.

Cari Zawodny is the adult facilitator and project coordinator for Anchorage Youth Vote and SAYIT. Cari began working with Anchorage Youth Vote and Spirit of Youth in 2012 and added Story Works Alaska's SAYIT to her portfolio of outstanding youth groups in 2017. In addition to her work in youth-service, Cari is a parent, an aunt, and an active ally for youth voice, inclusion, and accessibility.

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INTERNATIONAL BULLYING
PREVENTION ASSOCIATION

TUESDAY, NOVEMBER 6

3B. TED INSPIRED SESSIONS - 20 minutes with Q&A following the three presentations - 1.25 CE's Available

- **Stop Bullying Before it Starts: Giving Kids a Voice, *Victoria Rideout***
This session will discuss findings from a nationally-representative survey of 9- to 11-year-olds about their experiences with and attitudes about bullying, including what they say they need most from adults. The talk will explore children's values and priorities, and how those relate to their behaviors, and will ask whether we adults are modeling good behavior. The presentation will share children's stories of kindness and compassion, including reaching out across differences to help one another.
- **What can go wrong when you do everything "right" in bullying prevention, *Suzanne Greenfield***
The presentation will highlight Washington DC's approach to bullying prevention and will raise important questions about how we frame our bullying prevention approaches, how we translate research to practice, and the need to focus beyond what bullying prevention approaches work, to how bullying prevention is implemented in diverse environments. The presentation aims to begin a dialogue about these issues for which there are no easy solutions.
- **Conceptual Framework of Bullying Victimization and Resiliency, *Jenny Mischel***
The conceptual framework was developed to help explain the potential process of bullying victimization with the hope of overcoming detrimental outcomes and repetition. The framework explains how individuals process the experience, particular coping strategies employed, and self-efficacy beliefs in ability to execute strategies. This process helps identify why individuals repeat the cycle of victimization, or are able to achieve resiliency. The subthemes this framework addresses are bullying, cyberbullying/ digital citizenship, mental health, and prevention/intervention strategies.



Victoria Rideout is a nationally recognized independent researcher. She has directed numerous large-scale, nationally-representative surveys among children, teens, parents, and educators. She has conducted research for the Cooney Center at Sesame Workshop, Common Sense Media, Northwestern's Center on Media and Human Development, and Arizona State's Center on Gender Equity in Science and Technology. Her research has been published in peer-reviewed journals such as *Pediatrics* and *American Behavioral Scientist*.

Suzanne Greenfield is the Director of the Citywide Bullying Prevention program in the DC Office of Human Rights. Prior to joining OHR she worked on education policy issues for youth with special needs. Before that she was at DC Public Schools where she teamed with schools and school leaders to address behavior concerns and create holistic approaches to changing school climates.



Jenny Mischel is a doctoral candidate within the College of Education and Human Development at George Mason University. Her primary specialization is Educational Psychology with a secondary emphasis in Teaching and Teacher Education. She specifically focuses on victimization from bullying/cyberbullying experiences in relation to preventing, and overcoming, detrimental outcomes. She has developed an instrument to better define adolescent perspectives with cyberbullying situations. She is also interested in potential coping strategies to overcome bullying/cyberbullying experiences.



3C. Supporting and Safeguarding Immigrant Students and Families - 1.25 CE's Available

With the fate of many immigrants and their families currently hanging in the balance, this session provides educators with clarity and background information on historic and contemporary policies that affect a huge proportion of students in U.S. schools. This session also provides guidance on how schools can support student and families who are immigrants, foster an inclusive and safe school climate through proactive measures and effectively address anti-immigrant bias and bullying.



Kelsey Greenberg Young is Assistant Education Director for the Anti-Defamation League's San Diego region. Kelsey implements ADL's No Place for Hate™ programs to enhance and sustain inclusive school climates. She also facilitates ADL's A World of Difference® Institute programming and leads students and educators in interactive trainings to combat prejudice and develop skills to effectively respond to bias incidents. Kelsey has extensive experience in start-up tech and brings knowledge of the social media landscape to her work.

Monica Bauer is Director of Hispanic Affairs for the Anti-Defamation League (ADL). She is responsible for establishing and strengthening ADL's relationships with Hispanic communities. She received two degrees from Universidad Iberoamericana, Mexico City. Monica has served as commissioner on the City of San Diego Human Relations Commission since 2011. Additionally, she serves on the Latino Advisory Group for Mayor Kevin Faulconer. Monica was also an adviser for the Advisory Council of the Institute for Mexicans Abroad.



3D. Surviving or Thriving? The Intentional Practice of Workplace Wellness - 1.25 CE's Available

With pressures and increasing demands of the workplace, fostering resilience & the practice of professional wellness often takes a back seat. This workshop addresses the importance of these coping strategies and their connection to workplace success. Participants will review current methods for managing career stress and explore the eight areas of wellness that are key to fostering resilience. In addition, they will create an individualized plan to support their continued professional and personal growth.



Mona Johnson is Director of Student Support at the Office of Superintendent of Public Instruction. Student Support at OSPI is a resource for school districts and communities regarding a wide array of nonacademic barriers to learning—from homelessness to schools safety. Mona provides strategic leadership, policy guidance and is responsible for coordinating a variety of initiatives to assist districts in the provision of safe, civil, healthy, and intellectually stimulating environments that foster success for all students.



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3E. Bullying Prevention and Online Safety on Facebook - 1.25 CE's Available

Facebook considers safety its most important responsibility. Attend this workshop to learn all about Facebook's approach to online safety and the policies, tools, programs and resources Facebook provides so you can prevent bullying as well as control your online safety.



Karuna Nain, Global Safety Policy Programs Manager, Facebook Nain is the global safety programs manager at Facebook. She oversees the development and implementation of Facebook's safety policy programs throughout the world. Prior to this role she managed safety policy programs for teens and women in India.

Caroline Millin, Safety Policy Programs Manager, Global. Facebook. Caroline manages global Safety Policy Programs for Facebook where she collaborates with safety experts, NGOs, civil society and policy makers, to build innovative initiatives, partnerships, programs and campaigns that support Facebook's safety efforts. Caroline specializes predominantly in the safety and wellbeing of young people, women and LGBTIQ+ communities. Prior to joining Facebook's Global Safety Team, she was part of Facebook's Public Policy team specializing in teen safety and spent several years working in public relations. She holds a BA in Politics and International Relations from The University of Nottingham.



3F. An innovative, multi-tier approach to promoting and sustaining healthy schools - 1.25 CE's Available

Building positive youth development through effective mentoring - A collaborative partnership between local schools, the college community, and the community at large Recent research has challenged the field of bullying to look beyond isolated behaviors/individuals and instead, to the greater school culture in an effort to develop and sustain healthy schools. Students are part of a multi-tier system and as such, so must our prevention and intervention efforts. Supported by evidence from recent research, this workshop will focus on providing participants with an innovative, strengths-based approach to address bullying prevention efforts at the school level.



Charisse Nixon received her Ph.D. from West Virginia University and is currently a Full Professor of Psychology at Penn State Erie. Her primary research interest focuses on all forms of peer mistreatment, including both relational and physical mistreatment. Charisse is currently studying protective factors related to effective prevention and intervention efforts to reduce peer mistreatment and its associated harm. Building students' resiliency through mentoring is a core tenet of her work.

Mary Baird serves as Penn State Behrend's Mentor Coordinator. She has over a decade of experience in the field of mentoring and relational aggression. Formerly, she served as the CEO of The Ophelia Project. During her tenure, she traveled throughout the nation working with students on all levels to reduce relational aggression and build a comprehensive mentoring program. She has co-authored anti-bullying and mentoring curriculum, as well as developed video materials for general use.



WEDNESDAY, NOVEMBER 7



Sunrise Yoga on Bayview Lawn 6:15 am – 7:00 am

Continental Breakfast 7:30 am – 8:00 am

Registration Open 7:00 am – 4:00 pm

Exhibits Open 7:30 am – 11:00 am

Wednesday Early Morning Sessions 8:00 am – 9:15 am

4A. Student led: Baffle Away Bullying! Interactive Stage Play: Learn Life Skills to Help You Build

Resilience and Manage Encounters with Anyone Who Mistreats You

Empower yourself! In this fun, student-led, interactive stage play, you'll learn prevention and intervention strategies to help you, your students, or your children overcome and combat bullying and improve resilience. Participants will leave equipped to teach tools simple enough for Kindergarteners, yet relevant to any age - specifically, how to: (1) Stomach breathe to remain calm; (2) Focus on what makes you happy; and (3) Interact in ways that deflect attempts at bullying. Includes Q&A.



Theatre of Peace is a group of experienced actors, ages 11-21, who want to change the way their generation treats each other. Under Ms. Anichini's guidance, they run anti-bullying workshops, packed with tools to help students stand up for themselves and stand up for others. Each has had experience with bullying, which they draw on to help keep all content current and real. TOP teaches students how to find their voice and be part of the solution.

Amy Jones Anichini is a youth empowerment and anti-bullying mentor. She authors content that teaches children and teens how to overcome and combat bullying and equips their parents and teachers to help them. As Founder & President of California non-profit Act Like You Matter and Executive Director & Author of Theatre of Peace: Bullying Awareness Acting Troupe, Amy creates and runs anti-bullying workshops, packed with tools students can use immediately, for K-12 in San Diego County.



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4B. Adverse Childhood Experiences - 1.25 CE's Available

This session explores the scientific discovery, definitions, and health implications of adverse childhood experiences including bullying. Integrating trauma informed care into bullying prevention programs for both the bully and the victim may impact long-term health and wellness.



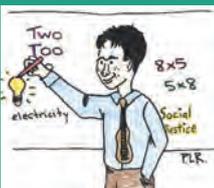
Maria McColgan is a Child Abuse Pediatrician at The CARES Institute, Associate Professor of Pediatrics at Rowan SOM, and the CARES Child Abuse Pediatrics Fellowship Director at Cooper University Health. Dr. McColgan is board certified in Pediatrics and Child Abuse Pediatrics. Dr. McColgan received a Master's in Elementary Education and her Medical Degree from Temple University. Dr. McColgan completed her pediatric residency at St. Christopher's Hospital for Children, and was the founding Medical Director of the Child Protection Program, a position she held for over 13 years. Dr. McColgan is the founding Advisory Board Chair and Pediatric Advisor of Prevent Child Abuse Pennsylvania. In 2018, she was appointed to the School District of Philadelphia Board of Education and has served on the Pennsylvania Children's Trust Fund Board and the Philadelphia Academy Charter School Board.

Sally Kuykendall, RN, PhD (CHES) is a professor in health services and an independent evaluator of community-based programs. Kuykendall authored numerous articles and reports on bullying and violence prevention. She wrote the reference book *Bullying: Health and Medical Issues Today* and served as content consultant on the public television movie *Beyond the Bully* (2014) by KSMQ in Rochester, MN.



4C. Weaving LGBTQIA into Culturally Competent Curriculum--The Make-It/Take it - 1.25 CE's Available

Learn to promote and embrace equity through text (even when your district is in beginning implementation phases) that allow LGBTQIA students to accurately see themselves reflected in the curriculum. Teacher-tested methods for infusing LGBTQIA-affirming content into pre-existing curricular framework. Review and practice recognizing and "mining" useful books for framing LGBTQIA inclusion and discussion around broader themes of affirmation, advocacy, and empathy. Turn EVERY BOOK into an opportunity! Hands-on, make-it/take-it. Teachers and all education stakeholders welcome.



Mick Rabin taught in the classroom for 21 years. Working at a Title-1 school with limited resources and under district policies of limited scope, Mick needed to get creative. Now a project resource teacher for LGBTQIA Advocacy in San Diego Unified (and many years with GLSEN San Diego), Mick has facilitated numerous PDs that explore resourceful ways to promote identity exploration through a curricular lens with a priority for embracing diversity including the LGBTQIA experience.



4D. Integrating Bullying Prevention and Positive Behavior Interventions to Promote School Safety - 1.25 CE's Available

While many schools have successfully implemented specific programs to address bullying, such as the Olweus Bullying Prevention Program (OBPP), or broader school behavioral issues, such as Positive Behavioral Interventions and Supports (PBIS), there have been national calls to integrate school interventions in order to address the shortcomings or limitations of each "stand alone" program. This workshop will describe the development, implementation, and early research findings of an integrated OBPP/PBIS program in South Carolina.



Susan Limber, PhD., MLS, is a professor in the Department of Youth, Family & Community Studies at Clemson University. She is a developmental psychologist who also holds a Masters of Legal Studies. Dr. Limber's research and writing have focused on psychological and legal issues related to bullying among children, as well as youth participation and children's rights.

Matthew Hudson-Flege, PhD, is a Research Assistant Professor in Clemson University's Institute on Family & Neighborhood Life. Matt earned his PhD in International Family and Community Studies from Clemson University. Prior to beginning his academic career, Matt served in AmeriCorps, the Peace Corps, and worked in the nonprofit sector for several years. His research and teaching interests include bullying prevention, human rights, and humanitarian assistance.



Jane Riese, L.S.W., is the Associate Director of Safe and Humane Schools and one of the developers of certification training for the Olweus Bullying Prevention Program (OBPP) at Clemson University. She is co-author of OBPP print and online program materials and has provided training in the U.S. and abroad. Jane has worked in the fields of victim services and restorative practices and is a certified facilitator of Trauma Center Trauma-Sensitive Yoga.

4E. Surviving Girlhood: The Complexities of Femininity & Girls' Relationships - 1.25 CE's Available

Girls' relationships are often complex and confusing to adults – girls fall out and make up with startling regularity, and the behavior which seems to be 'girls being girls' can quickly escalate into relational aggression, cyber bullying and violence. This workshop explores the complexity of girls' relationships drawing upon years of international work with young women, highlighting the need to empower girls to build a healthy inner relationship, creating friendships of trust and mutual respect.



Nikki Giant is an author and founder of social enterprises Full Circle Education and Girls Circle in Wales, UK, supporting youth to connect with their potential. A passionate proponent of gender equality and launched the first Manifesto for Girls' Rights in Wales in 2016. She is an ambassador for Girl Rising, an organization which seeks to empower girls across the globe.

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4F. Bullying and Suicide: A Better Understanding - 1.25 CE's Available

Too many times we hear “he was bullied to death” or “bullying caused her suicide”. Learn about the complex relationship between bullying and suicidal behavior. This session will focus on research that has been done to help us understand that bullying is a risk factor for suicide, it does not cause it. Learn about circumstances and outcomes to make better decisions about what actions to take to prevent bullying and behaviors related to suicide.



Nancy Buyle has worked at the MISD for 18 years providing leadership, service and support to educators in Michigan. Areas of focus: school safety, crisis, suicide prevention, bullying prevention and mental health promotion. She also leads the county's suicide prevention coalition and is an associate of Strategic Alternatives to Prevention Education (SAPE). SAPE has developed the comprehensive research-based Circle of Support for Learning: Bully-Free Schools. She has her LPC and MA in Counseling and Mental Health.

Wednesday Morning Sessions 9:45 am – 11:00 am

5A. Student led: Youth Voices: engaging young people to tackle bullying on and offline

This workshop will bring together young people who have implemented peer-led anti-bullying strategies with social media and tech companies to discuss the power of peer-to-peer empowerment. The Diana Award will host an interactive Q&A session giving attendees the opportunity to participate in a rich and engaging discussion with the panel.



Katie Wilmore is Head of Anti-Bullying at The Diana Award, a London-based charity whose aim is to continue Princess Diana's belief in the power of young people. Her work with The Diana Award aims to shape attitudes and change behaviors around bullying and equip young people with the confidence, skills and knowledge they need to tackle bullying in their schools and communities. She has previously worked at research company Populus and the Department for Education.

5B. Superhero Therapy - 1.25 CE's Available

Superhero Therapy workshop will focus on empowering those who had experienced bullying and mental health struggles. The presenter, Dr. Janina Scarlet, is a trauma and bullying survivor who focuses on using pop culture to help other survivors in finding strength and developing posttraumatic growth. This workshop will focus on assisting teachers, administrators, and mental health professionals in helping bullying survivors to become their own versions of a superhero in real life (IRL).



Dr. Janina Scarlet is a Licensed Clinical Psychologist, an author, an anti-bullying advocate, and a philanthropist. A Ukrainian-born refugee, she survived Chernobyl radiation, bullying, and persecution. She immigrated to the United States at the age of 12 with her family and later, inspired by the X-Men, developed Superhero Therapy to help patients overcome bullying, anxiety, depression, and PTSD. She currently works with the Pop Culture Hero Coalition to help empower bullying and trauma survivors.

5C. Bullying as a Traumatic Event: Using Trauma-Informed Practice to Enhance Bullying Prevention Efforts - 1.25 CE's Available

Successful bullying prevention programs require comprehensive systemic efforts to ensure effectiveness. However, a bullying situation is more than a systems problem; it makes an impact on individuals. The National Institute for Trauma and Loss in Children describes “trauma” as any real or perceived experience leaving a person feeling helpless and fearing for life. Using that definition, bullying is a traumatic event. This session explores the promise of trauma-informed practice at both system and individual levels.



Julie McDaniel-Muldoon is a Student Safety and Well-Being Consultant at Oakland Schools in Waterford, Michigan. She is a certified trainer for Bully-Free Schools. Julie is also an Advanced Certified Trauma Practitioner and Trainer for the National Institute for Trauma and Loss in Children. She is a former ELA high school teacher. In addition to two MAs and an EdSpec degree, Julie holds a PhD in education from the University of Michigan.

5D. Integrating restorative physiological practices with socio-emotional learning interventions: impact on self-regulation and potential applications for bullying prevention - 1.25 CE's Available

Participants will learn of links between emotion regulation difficulties and bullying, and studies showing impact of combining SEL content with physiologically-restoring interventions, such as restorative breathing techniques, on emotion regulation. The potential for such integrative programs to improve school climate by bringing emotional balance to students and adults in the school community will be discussed. Participants will experience examples of impactful breathing techniques and SEL processes that promote a sense of belongingness and social connection.



Dr. Dara Ghahremani is associate research faculty in the UCLA Department of Psychiatry. He received his Ph.D. in Psychology from Stanford University. His research aims to understand self-control behavior, including emotion regulation, its neural basis, and how it may be strengthened using behavioral and body-based interventions. His recent studies on non-pharmacological approaches have focused on the YES! for Schools program, a body-based socio-emotional learning workshop for adolescents that promotes self-regulation.

Elan Gepner-Dales spent the last 15 years organizing and delivering empowerment programs for youth, including leadership academies, poetry and theater festivals, youth film productions, and personal development coaching and instruction. In his current role he serves as the U.S. Director of the YES! for Schools program, where he has spent the last 5 years overseeing the creation of sustainable and scalable programming to support long term school climate shift in programs across the country.



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5E. Project Mindful Movement, Creating a Culture of Mindfulness in the Classroom - 1.25 CE's Available

This interactive session will present training techniques to learn how to apply mindful movement practices in a classroom setting. Mindfulness and yoga-based movement has been shown to help students learn to focus, decrease stress responses, and improve cognitive functioning such as emotional regulation, mood and physical health. Participants will learn how to help children and youth connect their bodies and minds through games, yoga-based movements, breath exercises and mindfulness based practices.



Kim DeMoss, is the founder and creator of Project Mindful Movement, a program specifically designed for educators to simplify teaching mindfulness-based practices to students in a classroom environment. She is a health and fitness professional and certified yoga instructor that has a passion for bringing yoga and mindfulness practices into the classroom. Kim has a 200 hour RYT certification as well as over 100 hours of specialized trauma informed yoga training for adults and children. She has published several articles about yoga and teaches yoga classes for all ages in her community. She loves watching young children learn to express themselves through movement and mindfulness practices.

5F. The Arizona-Kansai Cyberbullying Prevention Project - 1.25 CE's Available

This presentation will describe a unique international project in which high school students from a province in Japan and from a high school in Arizona collaborated to create strategies to combat cyberbullying that could be adopted in both cultures. Ben's Bells, a Tucson non-profit devoted to kindness education, was the inspiration for the Arizona students' work. Teams visited the other country to inform their collaborative effort.



Dr. Sheri Bauman is a professor at the University of Arizona. Before earning her doctorate, she worked in public schools for 30 years, 18 of those as a school counselor. She conducts research on bullying, cyberbullying, peer victimization, and related issues. She is the sole author/editor or first author of six books and has over 60 publications in peer-reviewed journals, and many book chapters. She is on the board of trustees of DitchtheLabel.org, and serves as their research consultant.

Kaito Abe is a master's student at Osaka University of Education and a graduate of Wesleyan University, Connecticut. He is also Internet Security Advisor Support Staff at Kyoto Police Department, Secretary for Teens Online Japan, and a KDDI Cellphone Class Registered Facilitator.



Sarah Johnson is a master's student in school counseling at the University of Arizona. She is an administrative assistant with the Kansai-Arizona Cyberbullying Project, and the facilitator of the Changemaker High School Be Kind Online student group.

Keynote 11:00 am - 12:30 pm

Times are Changing: Are You Ready? - 1.0 CE's Available

It is patently obvious in these charged times that society is at a crossroads. Controversy, division, in-group vs. out-group mentalities, racism, and hatred seem to be the norm some days, instead of the exception. Through an interactive, challenging and energetic session, Dr. Eddie Moore contextualizes our current situation while examining and exploring the major issues of diversity, privilege, oppression and power which affect our perspectives and choices. Furthermore, he boldly challenges participants to examine their own biases, behaviors and belief systems. We all have a clear opportunity every day to be positive role models, powerful decision makers, and effective agents of change, and we are desperately in need of more leaders for social justice and equity across America. What is your role? How can you help us collectively make progress so that the next generation doesn't struggle in these same, painful ways?



Dr. Eddie Moore, Jr. has pursued and achieved success in academia, business, diversity, leadership and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege and leadership trainings and workshops.

Lunch on your own 12:30 pm - 1:30 pm

Wednesday Afternoon Sessions 1:30-3:30 pm

6A. Cyberbullying: Perspectives on Current Research and Best Practices - 2.0 CE's Available

Cyberbullying: Perspectives on Current Research and Promising Approaches for Prevention and Response. Research on cyberbullying has increased dramatically in recent years. In this presentation, Dr. Patti Agatston will highlight the latest research to synthesize what we know and what we don't know about the nature and prevalence of cyberbullying, prevention and intervention programming and strategies, and useful resources for school personnel, community organizations, parents and youth.



Dr. Patricia Agatston is a Licensed Professional Counselor and consultant with the Prevention/Intervention Center. She is co-author of the book, *Cyberbullying, Bullying in the Digital Age* and the *Cyberbullying Prevention Curriculum for Grades 3-5 and Grades 6-12*. She has presented nationally and internationally and appeared on CNN and other media outlets to discuss bullying and cyberbullying. She has served on two CDC expert panels on bullying and cyberbullying.



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6B. Creating a Culture of Compassion -- Sponsored by Chicken Soup for the Soul - 2.0 CE's Available

From the classroom to the boardroom, creating a culture of compassion is *essential* to the success of every student, teacher and administrator. Join one of the country's top teachers for a bold and honest look at why some schools and organizations flounder, while others thrive. Weaving in recent research with effective teaching techniques and stories of triumphs and failures, you will return to your school or district with *strategies* that work.



Alex Kajitani is the 2009 California Teacher of the Year, and Top-4 Finalist for National Teacher of the Year. A highly sought-after keynote speaker, he has authored several books, including *Chicken Soup for the Soul's Inspiration for Teachers*. Known worldwide as "The Rappin' Mathematician," he created MultiplicationNation.com, has a popular TED Talk, was honored at The White House, and featured on The CBS Evening News with Katie Couric. For more inspiration, check out www.AlexKajitani.com.

6C. The How, What, and Why of Happiness: The Science of Kindness and Gratitude Interventions Aimed at Increasing Well-Being - 2.0 CE's Available

Happiness not only feels good; it is good. Happy youth and adults have more friends, are healthier, and are more creative and productive. Fortunately, experiments have shown that people can intentionally increase their happiness. In this presentation, I will describe brand new research on the "how" of happiness—that is, when and why such practices as gratitude or kindness work "best" and how small and simple activities can transform people into happier and more flourishing individuals.



Sonja Lyubomirsky, Ph.D., is Professor and Vice Chair of Psychology at the University of California, Riverside and author of *The How of Happiness* and *The Myths of Happiness*, translated in 28 countries, respectively. She received her B.A. *summa cum laude* from Harvard University and her Ph.D. in social psychology from Stanford University. Lyubomirsky's teaching and mentoring of students have been recognized with the Faculty of the Year (twice) and Faculty Mentor of the Year Awards. Her research – on the possibility of lastingly increasing happiness — have been the recipients of many honors, including the Templeton Positive Psychology Prize, a Psychology & Philosophy grant, a Science of Generosity grant, and several John Templeton Foundation grants. Lyubomirsky lives in Santa Monica, California, with her husband and four kids, ages 5 to 19.



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Student Registration (full time student at a university, college or high school)	\$175

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Premier Member	\$395
Non-Member	\$435
Join/Renew IBPA Premier Membership + Conference Registration (BIGGEST SAVINGS!)	\$475
Student Registration (full time student at a university, college or high school)	\$275

PRE-CONFERENCE SESSIONS

Olweus Day (You must be a certified OBPP trainer/consultant to attend this session)	8:00 am – 4:00 pm	\$95
Bullying Prevention Best Practices	8:00 am – 12:00 pm	\$65
HELP! My Child is Being Bullied	1:00 pm – 5:00 pm	\$65
Creating a Culture of Dignity in Your Community developed by Rosalind Wiseman	1:00 pm – 5:00 pm	\$99

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