



- Bullying is not the same as the most common kinds of teasing, peer conflict and inappropriate behavior. These behaviors should not necessarily be viewed as bullying.

TARGET BULLYING
School-Based Prevention and Intervention
Strategies for Mentors

TeamMates Mentoring Program
Lincoln Public Schools
www.lincolnteammates.org

The mission of TeamMates is to positively impact the world by inspiring youth to reach their full potential.

Target Bullying Research
University of Nebraska-Lincoln
www.targetbully.com

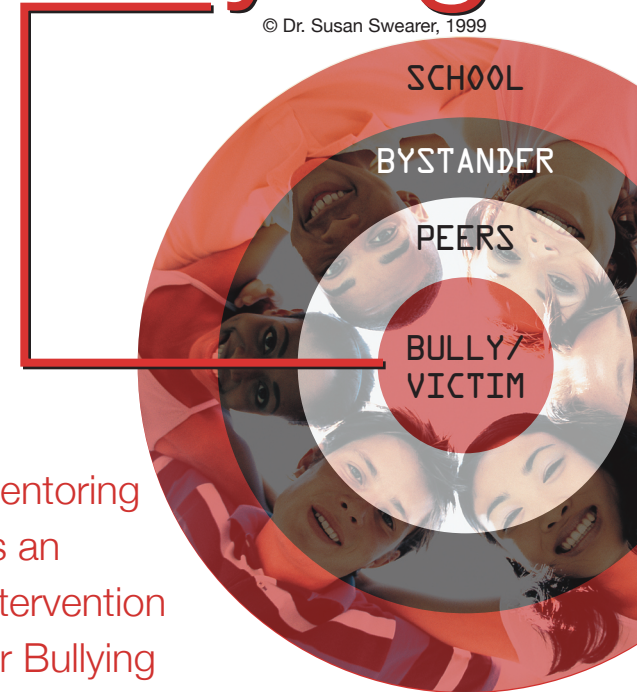
Contact Information

Please contact us if you have any questions:
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Target Bullying

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Mentoring
as an
Intervention
for Bullying

TEAMMATES™
MENTORING PROGRAM
LINCOLN PUBLIC SCHOOLS

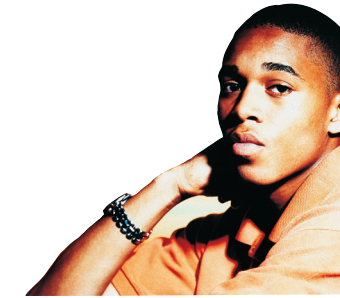
The Program

- TeamMates of Lincoln has partnered with Target Bullying, a prevention and intervention program, at the University of Nebraska Lincoln for a federally funded mentoring grant.
- The project is designed to help students, grades four through eight, that have been identified as being affected by bullying behaviors and the mentors working with these students.
- The project proposes that TeamMates mentors can make a critical difference in the lives of young people who are involved in bullying by fostering resilience hope and affirmation.
- Expected outcomes for mentees includes improved academics, attendance, pro-social behavior and post-secondary goal setting.
- Expected outcomes for mentors includes increased rate of mentor retention and mentor/mentee match longevity.
- Ongoing support will be provided for mentors through frequent communication from TeamMates staff, recommended readings, web sites and Mentor Academies/Net meetings.



How to Get Involved

- Submit a completed TeamMates Mentor Application.
- Participate in an initial mentor training.
- Complete an advanced training that focuses on studying the impact of bullying and intervention strategies needed to work effectively within the mentor/mentee relationship.
- Complete bullying surveys, end of year TeamMates surveys and assist the mentee with completing a Clifton Youth Strengths Explorer survey.
- Participate in select Mentor Academies and Mentor Net meetings as your schedule allows based on interests and/or needs.



Defining Bullying

Bullying:

- Refers to intentional actions repeated over time that harm, intimidate or humiliate another person (the victim).
- Includes an imbalance of power (real or perceived) between the bully and the victim.
- Can be physical, verbal or relational.

Bullies:

- Experience more negative outcomes in life than non-bullies.
- Exhibit conduct problems, poor academic achievement, anxiety, depression and delinquency.

Victims:

- Are at risk for negative outcomes such as anxiety, stress, depression, suicidal thoughts, distrust of peers, fear/avoidance of school and underachievement.