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Western Illinois University

Exclusion & Aggression: Identifying and Intervening in Bullying Behavior

Featured Presenter
Susan M. Swearer, PhD
University of Nebraska–Lincoln

September 30, 2009

The Lodge
Hotel and Conference Center
Bettendorf, Iowa

Sponsors

Western Illinois University
School of Extended Studies
Office of Non-Credit Programs
Rock Island Regional Office of Education
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GENERAL INFORMATION

Registration

The professional registration fee is \$89. The registration fee includes lunch, learning materials, and conference attendance. Registration closes on **September 25, 2009**. Please complete the attached registration form and return with credit card information or a check payable to **Western Illinois University**.

Accommodations

Overnight hotel accommodations may be made by contacting The Lodge Hotel and Conference Center at (563) 359-7141.

Continuing Education Units

CPDUs: If you are an Illinois public school teacher, you are eligible to receive five (5) continuing professional development units (CPDUs) for participating in the program. You **must** indicate your interest in receiving CPDUs by checking the appropriate box on the registration form included in this brochure. You **must** also complete the required evaluation form at the conclusion of the conference.

WIU CEUs: Western Illinois University awards certificates of Continuing Education Units (CEUs) to all participants who request them and who provided their social security number to the Office of Non-Credit Programs. This program carries .5 CEUs.

OTHER CEUs: The WIU Department of Social Work is an approved provider of continuing education for social workers, license no. 159.000188.

Only registrants attending the **full program day** are eligible for CPDUs, WIU CEUs, or documentation of social worker contact hours.

ADA Compliance

WIU is in compliance with the Americans with Disabilities Act of 1990. Please let us know how we can accommodate any special needs you have at least two weeks prior to the conference date. Please call the Non-Credit Programs office at 309-298-1911.

Refund Policy

WIU reserves the right to withdraw a program because of unforeseen circumstances or insufficient enrollment. If a program is canceled, registrants are notified and all fees are refunded. A \$20 cancellation fee is charged to participants who cancel less than one week prior to a program. No refunds will be given on or after the conference date.

Further Information

For further information, call the Non-Credit Programs office toll free at 866-933-8964 or at 309-298-1911. You can also check us out on the Web at wiu.edu/noncredit.

Non-Credit Programs
1 University Circle
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED



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THE PROGRAM

According to the National Association of School Psychologists, approximately 160,000 students fail to attend school each day due to their fear of being bullied. Although bullying can be direct physical violence, it can also be online, anonymous, or emotional abuse directed at a male or a female student.

The American Academy of Pediatrics is including, for the first time this year, a section on bullying in its recommendations for pediatricians. The Illinois General Assembly as well is charging schools to create and maintain a policy on bullying, including prevention and instruction regarding intimidation, student victimization, sexual harassment, sexual violence, and strategies for student-centered problem-solving.

Educators, counselors, social workers, and psychologists are invited to learn ways they can identify and intervene in exclusionary and aggressive behavior. Dr. Susan M. Swearer, from the Educational Psychology department of the University of Nebraska—Lincoln, will present research on the prevalence, means, and effects of bullying on school-aged youth. In addition, Dr. Holly Nikels and graduate student Michelle Aurand of the Counselor Education department at Western Illinois University and Dan Jens and Ellen Reilly, both certified Olweus Bully Prevention trainers, will present afternoon break-out sessions. This program is intended to familiarize participants with the signs and methods of bullying and to provide effective strategies for intervention. *Participants are eligible for CPDUs, WIU CEUs, and social worker contact hours.*

The Featured Presenter

Dr. Susan M. Swearer is an associate professor of School Psychology at the University of Nebraska—Lincoln. She is the principal investigator on the *Target Bullying: Ecologically-Based Prevention and Intervention* project and has a long-standing track record working with schools and districts nationwide to reduce bullying behaviors. Over the past decade, she has collected data and conducted staff training in elementary, middle, and high schools, with the goal of helping school personnel establish cost-effective and data-based strategies to reduce bullying behaviors. She writes extensively on bullying, depression, and anxiety in youth and is the co-author of *Bullying Prevention and Intervention: Realistic Strategies for Schools* (Swearer, Espelage, & Napolitano, 2009). She is the co-director of the Nebraska Internship Consortium in Professional Psychology and is a supervising psychologist in the Child and Adolescent Therapy Clinic at UNL.

Break-Out Presenters

Dr. Holly Nikels is an associate professor in the Counselor Education department at Western Illinois University. Her area of research focuses on cyber-bullying, online safety, and mentoring programs for at-risk youth.

Dan Jens is a school social worker, certified trauma and grief specialist, trained mediator, and a nationally certified Olweus Bully Prevention trainer.

Ellen Reilly is the Learning Supports Specialist for Davenport Community Schools. She oversees the district guidance program and is a certified Olweus Bully Prevention trainer.

PROGRAM GOALS & OBJECTIVES

General Knowledge

Participants will increase their knowledge regarding exclusion and aggression (bullying), including

- Definitions of physical, emotional, and cyber-bullying
- Identification of the five categories of involvement: bullies, victims, bully-victims, bystanders, and those not involved
- Incidence and prevalence rates
- Effects of bullying

Specific Skills

Participants will learn how to

- Identify various types of bullying
- Respond to disclosures and/or assist other school personnel in responding to abuse disclosures
- Make informed reporting decisions
- Address the mental health needs of those involved by providing direct services at school
- Consult with teachers and parents
- Plan and implement prevention programs using data-based decisionmaking

Who Should Attend

Teachers, School Administrators, School Psychologists, Social Workers, Counselors, Mental Health Professionals, Members of Community Service Agencies

PROGRAM SCHEDULE

8:00 AM	Registration
9:00 AM	Featured Presentation <i>Exclusion & Aggression</i> , S. M. Swearer
12:00 PM	Lunch
1:00 PM	Break-Out Sessions <i>Bullying and Mental Health Issues</i> , S. M. Swearer <i>Cyber-Bullying</i> , H. Nikels & M. Aurand <i>Olweus Bully Prevention Program</i> , D. Jens <i>It's Elementary: Teaching LGBT Issues in School</i> , E. Reilly
2:15 PM	Break-Out Sessions <i>Bullying and Mental Health Issues</i> , S. M. Swearer <i>Olweus Bully Prevention Program</i> , D. Jens <i>It's Elementary: Teaching LGBT Issues in School</i> , E. Reilly
3:30 PM	Program Conclusion

REGISTRATION FORM Western Illinois University “Exclusion & Aggression: Identifying and Intervening in Bullying Behavior”

Name _____ Source Code (see back panel) _____

Professional Title and Affiliation _____

Home Address _____

City/State/Zip Code _____

Business Phone (include area code) _____

Home Phone (include area code) _____

E-Mail Address _____

If you would like WIU CEUs, please contact our office at 309-298-1911 to provide your social security number for documentation purposes.

Please indicate what type of documentation you prefer:

- Continuing Professional Development Units (CPDUs)
 WIU Continuing Education Units (CEUs)
 Social Worker Contact Hours
 No documentation needed

I prefer a vegetarian meal.

- Yes No

Registration Fee

- Professional registration \$89

Three Ways to Pay

- Check, payable to **Western Illinois University**, enclosed
 Credit card (information provided below)
 Fax registration form and credit card information to 309-298-2226.
Charge to Visa MasterCard Discover

Card Number _____

Expiration Date _____

CV Code _____

Authorized Signature _____

Mail completed form to Non-Credit Programs, WIU, 1 University Circle, Macomb, IL 61455-1390. Registration closes September 25, 2009. Duplicate this form for additional registrations.

Western Illinois University complies with all applicable state and federal nondiscrimination laws, orders, and regulations. The University is an Affirmative Action and Equal Opportunity institution and affirms its commitment in all programs and activities to nondiscrimination on the basis of sex, race, color, sexual orientation, gender identity and gender expression, religion, age, marital status, national origin, disability, or veteran status.