

# Zepf Center's H.O.P.E. Project Services

## ASSESSMENTS

- School-wide surveying on bullying attitudes and behaviors
- Staff, administrator, and parent surveys
- Zepf-sponsored Town Hall meetings with community and parents

## INTERVENTIONS

- Evidence Based Individual Services
- Education and Counseling for Bullies, Survivors and Bystanders
- Screening/Referral to Mental Health Services for Youth and Adults

## STUDENT-LED SERVICES

- Zepf-sponsored school education events such as pep rallies, switch it up lunches etc.

## CONSULTATION SERVICES

- Educational seminars / in-services to raise awareness for staff and administrators in:
  - Bullying 101
  - The Trauma Effects caused by Bullying
  - Bullies, Victims and Addressing the "Real" needs
  - Identifying Mental Health Issues
  - Preventing Burnout and Secondary Traumatization
  - Additional seminars to follow



HOPE  
BEGINS  
HERE



ZEPF CENTER'S H.O.P.E. PROJECT

School-Based Bullying  
Prevention, Education,  
and Intervention



CONTACT ZEPF CENTER TODAY.

419.841.7701

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[www.zepfcenter.org](http://www.zepfcenter.org)



# Why Choose The H.O.P.E. Project?

- Between 45-53% of youth in grades 5-12 in the state of Ohio reported problems with bullying in their school experience.
- Approximately 10-12% of those children will attempt suicide each year.
- Up to 25% of youth experience clinical-level depression symptoms while in school, increasing their risk of suicide, violence, and academic issues.
- Schools with comprehensive bullying education, prevention, and intervention programming experience:
  - Increase standardized test scores
  - Increased school attendance
  - Reduced incidence of school violence
- Zepf's H.O.P.E. Project is offering services to your school in order to reduce overall lifetime incidence of suicide, severe and persistent mental health issues, and violence in our communities.



## WHO ARE THE SURVIVORS?

Although anyone can be a target for a bully, the victim is often singled out because of their psychological traits more than their physical traits. A typical target is shy, sensitive and more anxious than their peers. Some children are chosen because of their appearances such as being overweight, short, disabled or not the typical norm that is expected in their school.

## WHO ARE THE BULLIES?

Some bullies are outgoing, aggressive, active and expressive. Some however may be quiet, manipulative and not want to be recognized as a harasser. They try to control by being the "smooth talker" waiting for the right time to strike. This type of bullying gets his or her power discreetly through cunning, manipulation, and deception.

Bullying can be physical, verbal, cyber and relational in nature. Relational bullying is hard to detect, as it is covert in nature.

## BULLYING BEHAVIORS AND RISKS

Bullying behaviors may seem insignificant compared to kids who are bringing guns to school or drugs. However, bullying is connected to the majority of incidents of targeted violence (e.g. shootings) and drug use. Quite often those involved in bullying behaviors are at-risk for turning to self-medication for feelings of anxiety, depression, and other internalizing problems.

Those who bully often cause serious problems that schools, families and neighbors do not see 100% of the time. Teasing at the bus stops, taking another child's lunch money, insults and threats, kicking and shoving – it's all fair game to those who bully that sometimes can become deadly.

Research suggests that children change roles based on the setting in regards to bullying behaviors. They are not one or the other, bully or victim. On any given day, one's role can change. They may be powerless in one setting, pushing others around in another and so on.

Fears and increased anxiety to not only the survivor of bullying but those who witness the actions can cause school avoidance, failing grades, declining personal appearance, and possible weapon possession in school.

## BULLIES DO NOT DISCRIMINATE!