

Dear Volunteer Participants,

As a part of a coalition of San Diego individuals and organizations whose focus is on ending bullying and improving relationships in our County, we would like to thank you for volunteering to be a part of this survey.

The goal of this coalition is to compile information from the attached surveys into a research document which will be used to develop a plan to improve relationships and communities in San Diego County. We would like to have the surveys back to us by **August 15, 2011**. As you can see by the attached documents, this survey is designed to be delivered in a focus group format. The groups can be conducted in schools, organizations, jobsites, or neighborhoods—or the form can be simply filled out by an individual. The bottom line is we feel there is value in getting as much feedback as possible. One of the reasons this project is designed for a focus group format is that we believe there is true value in like-minded folks getting together to discuss their challenges and victories, their resources, and their hopes and dreams for peace.

**Note: An individual can fill out and return the survey on their own. All participation is greatly appreciated!**

On **October 15, 2011**, we will be uniting as a community to share the results of this survey and join forces to create solutions for ending abuse as we move forward as individuals and organizations to make San Diego County a model for peaceful homes, schools, and communities. If you are interested in becoming more involved, please fill out the following information.

**I am interested in the following:** (check all that apply)

- Volunteer to assist at the Oct. 15<sup>th</sup> event
- Attend the Oct. 15<sup>th</sup> event
- Make a \$10 donation to the success of the event
- Receive a copy of the survey results
- Be on the email distribution for all events connected to this coalition

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

**\*\* NOTE - Surveys and all communication should be emailed to:**  
**[I4PFocusGroup@gmail.com](mailto:I4PFocusGroup@gmail.com)**

## Bullying Behavior Focus Groups

We invite you to join a small group of individuals to share real life experiences with others who have had encounters with bullying. We will identify what really strengthens our ability to deal with bullying behavior. Be part of the solution; use your life experiences as an opportunity to give back to others in our community.

This Project is designed to explore real life situations, and discover the key to developing the self awareness and confidence needed to better understand bullying behavior.

The mission of the BBFGs is to examine, through the four focus questions, what bullying is, the effects that bullying behaviors have on individuals and groups, and the support systems for violence prevention in San Diego County.

Each BBFG will respond to the following four questions. This anonymous information will be summarized and documented in the new Bullying Awareness publication and shared with others at the I4P Bullying Behavior and Violence Prevention Symposium on October 15<sup>th</sup>, 2011 at USD.

1. In general terms, what is bullying behavior?
2. What are the bullying behaviors that you have experienced? Share an example.
3. What specific behaviors (yours or others) escalated the situation?  
What specific behaviors de-escalated the situation? Identify what happened as a result of those actions.
4. What Community Solutions\* were used? If there were no resources or if the outcome was not satisfactory, what kind of support would you have wanted?

\* COMMUNITY SOLUTIONS: Organizations or groups in San Diego County that support those who are affected by violence and bullying behavior.

## Bullying Behavior Focus Groups (BBFG)

### FACILITATOR GUIDELINES

Each BBFG will have a Facilitator, a Recorder, and Participants.

There are no restrictions as to the number of participants.

The Facilitator will provide the organization, and leadership necessary to:

- actively seek out and recruit BBFG participants with a common focus;
- coordinate the time and place for the gatherings (could be on line if needed);
- guarantee the anonymity and confidentiality of group discussions;
- ensure that the four questions are discussed, summarized and submitted no later than August 15<sup>th</sup>, 2011;
- email the summaries to [i4pfocusgroup@gmail.com](mailto:i4pfocusgroup@gmail.com) .

BBFG's may be organized by interest (for example - relationships, domestic violence, cyber-bullying, disability awareness), place (for example - home, school, work, community), or age groups (for example - pre-school, teens, young adults, elderly, or parents/children of a certain age group). *People of all ages may join any BBFG.*

The Facilitator will support:

- participation by all members and keep the conversation focused on the questions as well as any additional group activities;
- the Recorder with ideas to find patterns, summarize, and accurately document the ANONYMOUS AND CONFIDENTIAL answers to the four questions;
- people who are hurting, and need help dealing with their personal situations by providing community mental health resources information - BBFGs are NOT therapy sessions....Do NOT engage in analysis or treatment.

The Facilitator will discuss the possibility of participation in the I4P Symposium on October 15<sup>th</sup>, 2011.

The Facilitator will communicate with the BBFG Coordinators. If requested, relevant resources that support the interests of the BBFG's participants may be distributed.

If you have questions you may call our BBFG Coordinator, Belen, at 619.754.6226, or Interactions for Peace, Executive Director, Eden, at 619.421.5046

## I4P Bullying Behavior Focus Group Questions

### MY OWN THOUGHTS AND EXPERIENCES

Briefly write down your ideas for group discussions. Don't use specific names. Remember everything is anonymous and confidential.

1. In general terms, what is bullying behavior?
2. What are the bullying behaviors that you have experienced? Share an example.
3. What specific behaviors (yours or others) escalated the situation?  
What specific behaviors de-escalated the situation? Identify what happened as a result of those actions.
4. What Community Solutions\* were used? If there were no resources or if the outcome was not satisfactory, what kind of support would you have wanted?

Please use your answers to help your group complete the group summary sheet

If you have questions you may call our BBFG Coordinator, Belen, at 619.754.6226, or Interactions for Peace, Executive Director, Eden, at 619.421.5046.

## I4P Bullying Behavior Focus Group Questions

### GROUP SUMMARY

Briefly write down a summary of the group's discussions. Don't use specific names.  
Remember everything is anonymous and confidential.

**Group Information:** number of participants\_\_\_\_\_

Ages of each participant\_\_\_\_\_

Check One Area of Focus: HOME\_\_\_\_\_ SCHOOL\_\_\_\_\_ COMMUNITY\_\_\_\_\_

1. In general terms, what do all of you agree is bullying behavior?
2. What are the bullying behaviors that you have experienced? Share examples.
3. What specific behaviors (yours or others) escalated each situation?  
What specific behaviors de-escalated each situation? Identify what happened as a result of those actions.
4. What Community Solutions were used? If there were no resources or if the outcome was not satisfactory, what kind of support would you have wanted?

Submit only one summary (may be multiple pages) of answers to the four questions to:  
[i4pfocusgroup@gmail.com](mailto:i4pfocusgroup@gmail.com)

If you have questions you may call our BBFG Coordinator, Belen, at 619.754.6226, or  
Interactions for Peace, Executive Director, Eden, at 619.421.5046.