



## Empowering Youth Voice to End Bullying Grant Guide

### Preventing Bullying and Its Consequences

Spirit of Youth is working to improve the behavioral health of Anchorage youth. In 2014, Spirit of Youth began working in partnership with partners on an in-depth community needs assessment to identify behavioral health issues in our city. Through community input and local data, we learned that there is a direct link between poor mental health conditions and bullying. From this, Spirit of Youth decided to focus its efforts on preventing bullying and its consequences, which includes poor mental health. Our efforts toward this end include providing trainings, improving policies, and building awareness around the issue.

### Goals

Empowering Youth Voice to End Bullying Grants are specifically intended to support youth led projects for middle and high school students that meet the following goals:

- Promote respect and inclusion.
- Increase the broad community awareness and concern of bullying and its serious consequences.
- Promote the use of the Careline (More info about Careline at <http://carelinealaska.com/>).
- Reduced stigma among middle and high school youth about reporting bullying.
- Increased understanding of the definition of bullying behavior among students, parents, teachers and Anchorage School District staff.
- Community members advocate for bullying prevention.

### Grant Requirements

**Grant deadline:** Friday, October 11th, 2019

**Grant timeline** **October 11th, 2019** - All applications submitted to Spirit of Youth.

<https://goo.gl/forms/lvR3YvHzw5bm7JnC3>

**October 2019** - Grant awards will be announced by 10/16/19. Signed MOA, W9 and invoice required. Grant recipients will participate in a required one hour training. Pre-surveys will be administered.

**February 2019** - Projects complete or ready for production.

**March 2019** - Post-surveys will be administered, brief final reports due.

## Grant Funding Limits

Each selected project is limited to a maximum of \$3,000 and must be focused on addressing two or more of the aforementioned goals.

## Budget

Allowable expenses may include:

- Paid staff time
- Consultants
- Supplies
- Equipment
- Incentives
- Facility rental
- Printing
- Distribution
- Value of volunteer time

If you are a volunteer organization that does not pay staff, consider how much time volunteers will give to the project. Your organization can be compensated up to \$25.43 per hour for volunteer time. These funds may be used to support other projects/programs for your organization. For example: If 5 volunteers each give 10 hours of time, that's 50 hours multiplied by roughly \$25.40 per hour, or \$1,270 for your organization's future efforts.

Sample budgets are found in the application.

## Grant Project Team

Projects are intended to support youth led initiatives within the 12-18 year old age range. Priority will be given to proposals reaching this age group.

For every project, Spirit of Youth requires a "Youth Representative" and an "Adult Representative" to lead the Grant Project Team. The Team will carry out the implementation of the project, and the Youth Representative and Adult Representative will be the main points of contact between Spirit of Youth staff and their Team.

## Project Expectations and Proposal Criteria

Project proposals should be clear and have a tangible message. Spirit of Youth understands that projects may shift and become more focussed as students complete the required training and begin their work.

**Goals:** Projects must meet at least two of the goals detailed in this document, as well as incorporate information presented in the "Bullying Fact Sheet" in Appendix A.

**Aim:** Grants are meant to support projects involving middle school and high school youth in the Municipality of Anchorage that spread awareness for bullying prevention.

**Priority:** We will give priority to youth led initiatives within the 12-18 year old age range. Additionally, some populations of youth may experience more bullying and its consequences than others, including LGBTQ+ youth, youth who experience disabilities, youth who struggle with issues relating to body type,

and students in the 9th grade. Priority will also be extended to projects seeking to work within these populations.

**Youth Involvement:** Projects will receive higher scores that involve youth in leadership roles, in decision-making, and project proposal development and implementation. We also value youth and adult partnerships that foster support, respect, and shared values. Often these projects will give youth participants new opportunities and experiences, and in some cases even help students learn a new skill.

**Adult Roles:** Adult mentoring is vital to the success of projects. Adults are especially valuable in organization, scheduling, and logistical roles. Adults can lend expertise and professional mentoring.

**Project Themes:** Your proposal could focus on one or more of the following themes:

- Positive Friendships
- Healthy Activities
- Mental Health
- Mentoring
- Generosity

**Impact:** Projects will receive higher scores if they have a plan for lasting impact.

**Examples:** Your proposal may be a series of events or activities, a media project, peer-to-peer programs, culture and arts, civic engagement, or anything that can serve as part of a community wide bullying prevention campaign.

If a media project is selected, expert assistance may be available at no cost through Spirit of Youth's Alaska Teen Media Institute (ATMI). If you plan to utilize these services please contact ATMI Director Rosey Robards at [rosey@alaskateenmedia.org](mailto:rosey@alaskateenmedia.org) or 907-272-2864 prior to submitting your application.

Here are a few ideas:

- Hold a school assembly or other school-community building event
- Produce podcasts or radio stories
- Create a play or short skits
- Art based projects like murals or an art installation
- Create a video or short film
- Produce and display posters
- Incorporate bullying prevention messages into school media - newspaper, announcements, etc.
- Social media messaging
- Work to establish existing programs like "Dude Be Nice Day" or the "Sit with Us" initiative

**Quality:** Projects should be high quality and reflect significant effort.

### Who is Eligible to Apply?

Spirit of Youth is looking to be inclusive in its awards so that youth organizations and other non-profit 501(c)(3) organizations are eligible to submit proposals. Applications must be within the Municipality of Anchorage.

### Who Cannot Apply?

Individuals, for-profit, 501(c)(4) or (c)(6) organizations, non-Municipality of Anchorage based organizations are not eligible. Applications are also not eligible if they promote lobbying, fundraising,

electioneering, or are partisan. Applications will not be eligible if they discriminate based on, but not limited to, race, ethnicity, gender, sexual preference, marital status, age, ability, or creed. Organizations with focused demographic targets remain eligible.

## Evaluation

A scoring rubric is provided for you in Appendix B. This will guide the selection committee as they review all applications.

## Additional Requirements

There are required activities if your organization is selected for this grant. A one-hour training on bullying prevention messaging, pre and post surveys, and final reporting will be outlined in the grant agreement. All successful grantees will be considered members of Spirit of Youth's Anchorage Coalition. Grantees may be asked to attend up to three coalition meetings and be asked to complete surveys regarding the coalition.

## Spirit of Youth's Role as a Sponsoring Organization

Spirit of Youth sponsors the Empowering Youth Voice to End Bullying grants. Our staff will administer, monitor, and report on these grants. Spirit of Youth staff will provide support for the project along with students from past grant recipient, Anchorage Youth Vote, who will make up the evaluation committee. These students are responsible for the creation of this guide and application, selecting the new grant recipients, creating and providing the required training for new grant recipients, and will be available to offer support and guidance throughout the project development period.

## Spirit of Youth

Spirit of Youth builds resilience in youth by encouraging participation in the community. We celebrate and recognize hard working, inspiring young people and youth groups.

## Anchorage Youth Vote

Youth Vote is a youth-led program that works to foster civic engagement in youth. Youth Vote is hosted by the League of Women Voters of Anchorage and works in partnership with the Anchorage School District on a variety of projects during and outside of election cycles. They received this grant in the spring of 2017 to work on a visual campaign focussed on civil discourse and compassion.

## For more information:

**Contact:** [info@spiritofyouth.org](mailto:info@spiritofyouth.org)

**Visit:** <https://endbullyingak.org> for more about bullying behavior, rates, and consequences.

**Call:** Karen Zeman 907-272-2875

**REMEMBER: Applications are due Friday, October \_\_, 2022!**

# BULLYING FACTSHEET

### • DEFINITION

Bullying is unwanted aggressive, intentional behavior among peers that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. (1)

### • THREE ELEMENTS OF BULLYING BEHAVIOR

1. Repeated
2. Intentional
3. Power Imbalance

### • BULLYING BEHAVIOR IN ANCHORAGE

In 2017 1 in 4 traditional high school students in Anchorage reported being bullied. In 2017, 21% reported being cyber-bullied. Rates of bullying in Anchorage are highest among 9th grade students. (2)

Youth in Anchorage who experience bullying are:

- Over 2.5 x more likely to feel sad or hopeless
- Over 2 x more likely to drink alcohol
- Nearly 2 x more likely to use marijuana
- Nearly 3 x more likely to consider suicide. (3)

### • BULLYING PREVENTION VOCAB

People are not solely defined by their behavior.

- No one *IS* a bully. Some individuals do engage in bullying behavior.
- No one *IS* a victim. Some individuals are targets of bullying behavior.

### • PREVENTION AND INTERVENTION

Foster an environment of inclusion, and create safe spaces that are inclusive and free from bullying behavior. If bullying does occur, do not encourage the target of bullying to engage with the person exhibiting bullying behavior, instead you can:

1. Intervene - interrupt the bullying
2. Seek help - look to a trusted adult or ally
3. Distract - start a conversation with the target of the bullying (4)

### • THINGS TO KEEP IN MIND

- Avoid using humor to belittle someone or perpetuate stereotypes.
- Talking about bullying as a main cause of suicide is harmful and inaccurate. (5)

*If you have any questions or concerns as you are developing your project, feel free to contact Spirit of Youth at [info@spiritofyouth.org](mailto:info@spiritofyouth.org) or (907) 272-2875.*

1. Leeb, R. T., Paulozzi, L. J., Melanson, C., Simon, T. R., & Arias, I. (n.d.). Child Maltreatment Surveillance: Uniform Definitions for Public Health and Recommended Data Elements. PsycEXTRA Dataset. doi:10.1037/e587022010-001

2. 2017 Center for Disease Control Youth Risk Behavior Surveillance System

3. Heath, K., Garcia, G., Hanson, B., Rivera, M., Hedwig, T., Moras, R., Reed, D., Smith, C., Craig, S. (2015). Growing up Anchorage: Anchorage youth and young adult behavioral health and wellness assessment. University of Alaska Anchorage: Center for Human Development.

4. Olweus, D. (2007). Olweus bullying prevention program: teacher guide. Center City, MN: Hazelden.

## Appendix B - Evaluation Rubric

Grant Proposal	Points available	Notes
Proposals are evaluated based on the following:	100 points	
Project is clearly stated and shows a basic understanding of “Bullying Facts” from Appendix A	15	
Project is designed to meet two or more of the goals stated in the grant guide	15	
Evidence of youth involvement in the proposal, decision making, and future implementation	15	
Target group of youth identified. Higher score for projects that address higher risk groups (see guide)	10	
Plan for sharing/distributing the project	10	
Achievable project impact is described including measures of success	10	
Commitment to meet project requirements including realistic timeline and a clear and actionable budget	15	
Overall completeness and quality of proposal	10	