

1. TX, MO, CO, AR, AZ, NC, MS, HI are the states with weak bullying legislations. I named them all because it's not hard to name them all, and what's missing is that they don't have both laws and policies.

2. There is no school right now in my life, but personally I have learned to be better at having empathy, friendship, emotional management, problem solving and communication as people skills. I am challenged by having assertiveness.

3. Classroom approach:

The classroom skill that I feel like is most needed is getting educated on what bullying is and how to address it, report it and deal with it. Students need to achieve the greatest level of autonomy through education. Also the philosophy of equality must be developed, as well as differentiating instruction so students can appear more independent and less deviating from peers. A teacher must be aware of students' social strengths and weaknesses, pairing positive student behavior with someone who has lower social skills and giving each group explicit tasks that are divided without hierarchy.

4. Resilience means capacity to withstand or recover quickly from difficulties. It's the opposite of weakness and fragility. It's a synonym for strength, toughness, durability, adaptability and flexibility. Resilience is like teaching controlling emotion, attention and physiological responses through cognitive and behavioral processes and strategies which support goal-oriented actions. Bully/victims have poor emotional self-regulation, so they must be taught to better self-regulate their emotions.

5. Rachael Simmons video:

It's important to know how to identify healthy relationships. Relationships can be a source of resilience and joy but it can also be a kryptonite meaning it can be something that can weaken and harm us. Just because girls have relationships doesn't mean they know how to manage them. Girls outpace boys in school and yet there is alarming loss of self-esteem. There is a pressure to be conventionally feminine, pleasing, passive, modest. Girls need help. Despite this age of girl power, girls continue to get conflicting messages about that power. Women enter professions that pay them less and offer them less prestige and they are less likely to ask for a raise and to advocate for themselves. Aggressive women are not well responded to. The conflicting messages are: yes, you can be powerful, but you still be nice how you do it or be smart but don't make anyone uncomfortable.

This begins in girlhood. Little girls are fearless but as they grow up they pay a steep price for modesty. Girls need help in developing their inner resume meaning what they know and feel. Girls need to learn how to assert minority opinion, face challenges with grace, be better leaders, advocate for themselves, Girls need skills to access the courage to face risks and flex the muscles they'll need in the future.