



Steps Schools Can Take to Stop Bullying

School Administration

Establish school-wide behavior strategies that all teachers know about and adhere to, including:

- A clear, positive purpose
- A set of positively stated expectations for prosocial behavior
- Procedures for teaching school-wide expectations
- A continuum of procedures for encouraging students to display expected behaviors
- A continuum of procedures for discouraging violations of school-wide expectations
- A method for monitoring implementation and effectiveness.*

Develop and implement clear policies and a system for taking reports of bullying and harassment and following up on them.

Provide students and staff with access to a range of resources, including professionals with expertise in intercultural and diversity-related counseling and human relations.

Instruct all school staff on the importance of bullying and provide training in bullying prevention.

Post staff throughout the school (and especially in “hot spots”) to detect and report incidents of bullying.

Develop programs to help those bullied as well as children who are engaging in bullying.

Develop an anti-bullying team, including teachers, parents, administrators, and students.

Teachers

Use class time to prevent bullying through class discussion, role playing, examples from literature and history.

Teach students the difference between tattling and bullying. (Tattling is to get someone in trouble. Reporting is to keep someone safe).

Teach students strategies to deal with bullying such as:

- Teaching victims to be assertive and say, “That’s bullying.” If the bullying continues, the child should report it.
- Teach bystanders how to respond, *i.e.*, not joining in or offering support.

Reach out to *all* students, so students feel connected to school and school personnel.

Cyberbullying

Discuss cyberbullying, *i.e.*, what it is, it is important to take seriously, the victim has done nothing wrong.

Ensure students know to report cyberbullying to a responsible adult.

Provide information about how students can protect themselves when using a chat room and other Web services.

Provide information about what to do if cyberbullying occurs: report it to a trusted adult, keep and save messages, do not respond to the message, get cell phone number changed, share phone and e-mail addresses only with trusted friends.

**From the Center for Positive Behavioral Interventions and Support, George Sugai and Robert Horner.*