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Bullying prevention and fight



A possible pathway

10 steps

Here listed a series of main steps to be followed from prevention to the fight of bullying as a system and a method for your school

TIPS for teachers means

TIPS for school

A Teacher alone can't fight drop out

It's a society problem or a community problem

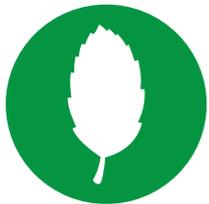
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TIPS to prevent

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can



- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable.



- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends,



- Encourage kids to do what they love. Special activities, interests, and hobbies can boost



- Model how to treat others with kindness and respect.



Help Kids Understand Bullying

[Kids who know](#) what bullying is can better identify

- Encourage kids to [speak to a trusted adult](#) if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to [report bullying](#) if it happens.
- Talk about [how to stand up to kids who bully](#). Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don't work, like walking away
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to [help kids who are bullied](#) by showing kindness or getting help.
- Watch the short [webisodes](#) and discuss them with kids.



Keep the Lines of Communication Open



Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What would do you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids.

Encourage Kids to Do What They Love

Help kids take part in activities, interests, and



Model How to Treat Others with Kindness and Respect

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.

Activities to Teach Students About Bullying



Schools don't always need formal programs to help students learn about bullying prevention. Schools can incorporate the topic of bullying prevention in lessons and activities. Examples of activities to teach about bullying include:

- Internet or library research, such as looking up types of bullying, how to prevent it, and how kids should respond
- Presentations, such as a speech or role-play on stopping bullying
- Discussions about topics like reporting bullying
- Creative writing, such as a poem speaking out against bullying or a story or skit teaching bystanders how to help
- Artistic works, such as a collage about respect or the effects of bullying
- [Classroom meetings](#) to talk about peer relations

Activities to Teach Students About Bullying



Evidence-Based Programs and Curricula

Staff Training on Bullying Prevention

Assess Bullying



Assessments—such as surveys—can help schools determine the frequency and locations of bullying behaviour. They can also gauge the effectiveness of current prevention and intervention efforts. Knowing what’s going on can help school staff select appropriate prevention and response strategies.

Assessments involve asking school or community members—including students—about their experiences and thoughts related to bullying. An assessment is planned, purposeful, and uses research tools.



What an Assessment Can Do

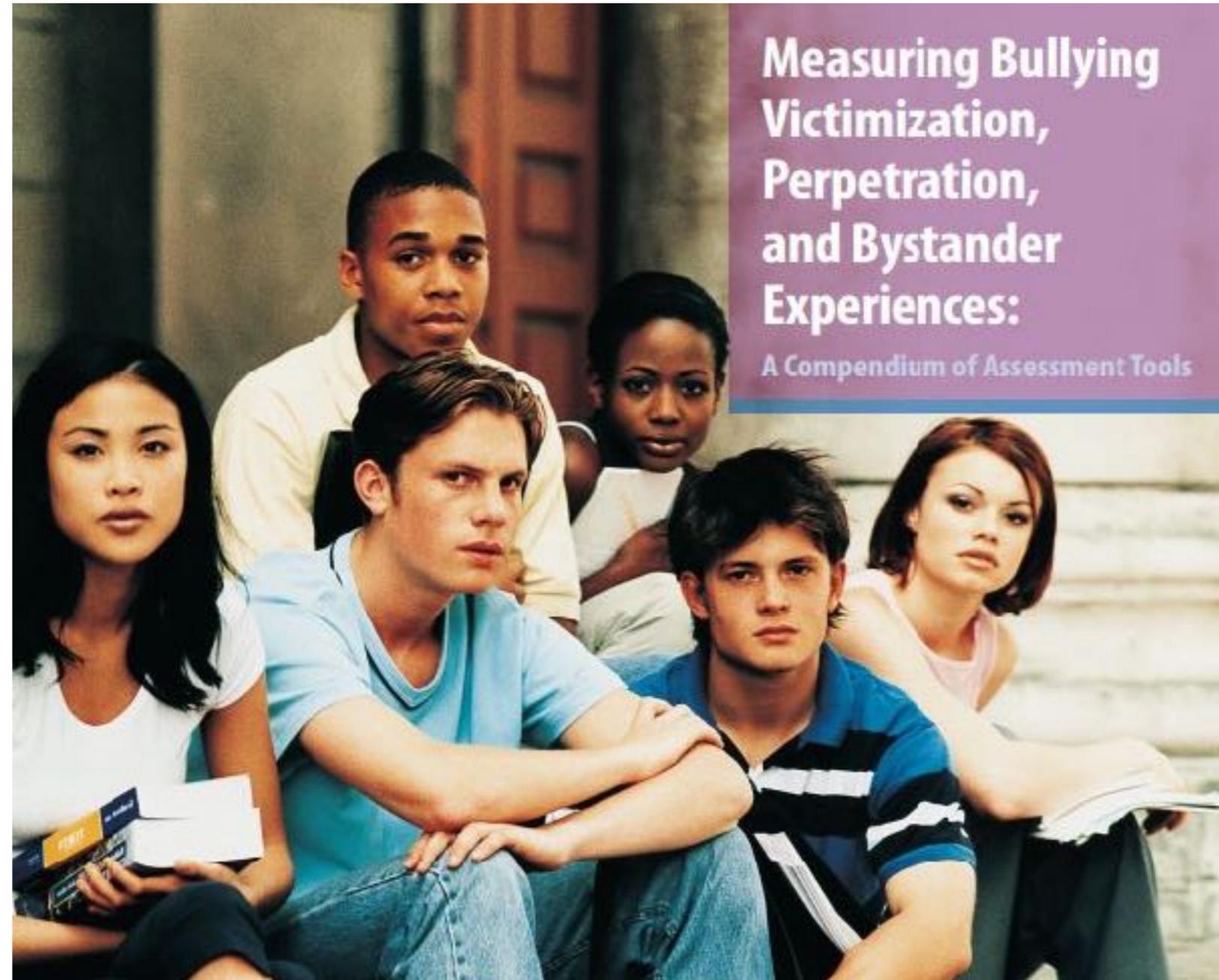
Assess to

- Know what's going on. Adults underestimate the rates of bullying because kids rarely report it and it often happens when adults aren't around. Assessing bullying through anonymous surveys can provide a clear picture of what is going on.
- Target efforts. Understanding trends and types of bullying in your school can help you plan bullying prevention and intervention efforts.
- Measure results. The only way to know if your prevention and intervention efforts are working is to measure them over time.



An assessment can explore specific bullying topics, such as:

- Frequency and types
- Adult and peer response
- Locations, including “hot spots”
- Staff perceptions and attitudes about bullying
- Aspects of the school or community that may support or help stop it
- Student perception of safety
- School climate
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[LINK TO THE COMPENDIUM](#)

Engage Parents & Youth

School staff can do a great deal to prevent bullying and protect students, but they can't do it alone. Parents and youth also have a role to play in preventing bullying at school. One mechanism for engaging parents and youth, a school safety committee, can bring the community together to keep bullying prevention at school active and focused.

- [Benefits of Parent and Youth Engagement](#)
- [How Parents and Youth Can Contribute](#)
- [School Safety Committees](#)
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School Safety Committees

A school safety committee—a small group of people focused on school safety concerns—is one strategy to engage parents and youth, as well as others, in bullying prevention. The following people can make positive contributions to a school safety committee:

- Administrators can answer questions about budget, training, curriculum, and national laws on protection and safety of minors.
- Inventive, respected teachers with strong classroom and “people” skills can give insights.
- Other school staff, such as school psychologists, counselors, school nurses, librarians, and bus drivers, bring diverse perspectives on bullying.
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- Parents can share the family viewpoint and keep other parents in the loop on committee work.
- Students can bring fresh views and help identify real-life challenges to prevention.
- Other community stakeholders, such as police officers, clergy members, elected officials, and health care providers can provide a broader perspective.



The ***primary activities*** of the school safety committee could be to:

- Plan bullying prevention and intervention programs. Set measurable and achievable goals.
- Implement a bullying prevention effort. Meet often enough to keep momentum and address barriers.
- Develop, communicate, and enforce bullying prevention [policies and rules](#).
- [Educate the school community](#) about bullying to ensure everyone understands the problem and their role in stopping it.
- Conduct school-wide [bullying assessments](#) and review other data, such as incident reports.
- Evaluate bullying prevention efforts and refine the plan if necessary.
- Advocate for the school's work in bullying prevention to the entire school community.
- Sustain the effort over time.
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- **This committee is not a forum for discussing individual student behaviours.**

Set Policies & Rules



School staff can help prevent bullying by establishing and enforcing school rules and policies that clearly describe how students are expected to treat each other. Consequences for violations of the rules should be clearly defined as well.

- [Types of Rules and Policies](#)
- [Integrating Rules and Policies into a School's Culture](#)
- [Establish a Reporting System](#)

- Think about a School Manifesto or a graphic, an info-graphic, a video of the school or a SOLUTION TREE made of wood and paper where all the people of the school community can share and communicate their idea of a safe school....

Teachers are not policemen....

Their eyes prevent,

Their words shape students' mind

Their knowledge is their weapon

Build a Safe Environment



A safe and supportive school climate can help prevent bullying. Safety starts in the classroom. Students should also feel and be safe everywhere on campus—in the cafeteria, [in the library](#), in the rest rooms, on the bus, and on the playground. Everyone at school can work together to create a climate where bullying is not acceptable.

- [Create a Safe and Supportive Environment](#)
- [Manage Classrooms to Prevent Bullying](#)
- [Classroom Meetings](#)
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Respond to Bullying

Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

Do:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.



Get police help or medical attention immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion—using force to get money, property, or services.



Determine if it's Bullying

There are [many behaviors that look like bullying](#) but require different approaches. It is important to determine whether the situation is bullying or something else.

Review the [definition of bullying](#). [State law](#) and school policy may have additional guidelines for defining bullying behavior.

To determine if this is bullying or something else, consider the following questions:

- What is the history between the kids involved? Have there been past conflicts?
- Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
- Has this happened before? Is the child worried it will happen again?
- Have the kids dated? There are special responses for [teen dating violence](#).
- Are any of the kids involved with a [gang](#)? Gang violence has different interventions.

Remember that it may not matter “who started it.” Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.

Once you have determined if the situation is bullying, [support the kids](#)



Support the Kids Involved

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn't continue and effects can be minimized.

- [Support Kids Who are Bullied](#)
- [Address Bullying Behavior](#)
- [Support Bystanders Who Witness Bullying](#)



Support Kids Who are Bullied

Listen and focus on the child. Learn what's been going on and show you want to help.

Assure the child that bullying is not their fault.



Know that kids who are bullied may struggle with talking about it. Consider referring them to a school counselor, psychologist, or other [mental health service](#).

Give advice about [what to do](#). This may involve role-playing and thinking through how the child might react if the bullying occurs again.

Work together to resolve the situation and protect the bullied child. The child, parents, and school or organization may all have valuable input. It may help to:

- Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging classroom or bus seating plans for everyone. If bigger moves are necessary, such as switching classrooms or bus routes, the child who is bullied should not be forced to change.
- Develop a game plan. Maintain open communication between schools, organizations, and parents.



- Discuss the steps that are taken and the limitations around what can be done based on policies and laws. Remember, the [law does not allow school personnel](#) to discuss discipline, consequences, or services given to other children.

Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

Avoid these mistakes:

- Never tell the child to ignore the bullying.
- Do not blame the child for being bullied. Even if he or she provoked the bullying, no one deserves to be bullied.
- Do not tell the child to physically fight back against the kid who is bullying. It could get the child hurt, suspended, or expelled.
- Parents should resist the urge to contact the other parents involved. It may make matters worse. School or other officials can act as mediators between parents.

Address Bullying Behavior

Parents, school staff, and organizations all have a role to play.

Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.

Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.

Work with the child to understand some of the reasons he or she bullied. For example:

- Sometimes children bully to fit in. These kids can benefit from participating in positive activities. Involvement in sports and clubs can enable them to take leadership roles and make friends without feeling the need to bully.
- Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support, such as [mental health services](#).

Use consequences to teach. Consequences that involve learning or building empathy can help prevent future bullying. School staff should remember to follow the [guidelines in their student code of conduct](#) and other policies in developing consequences and assigning discipline. For example, the child who bullied can:

- Lead a class discussion about how to be a good friend.
- Write a story about the effects of bullying or benefits of teamwork.
- Role-play a scenario or make a presentation about the importance of respecting others, the negative effects of gossip, or how to cooperate.
- Do a project about civil rights and bullying.
- Read a book about bullying.
- Make posters for the school about [cyberbullying](#) and being smart online.





Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

- Write a letter apologizing to the student who was bullied.
- Do a good deed for the person who was bullied or for others in your community.
- Clean up, repair, or pay for any property they damaged.
- on in their lives. They also may have been bullied. These kids may be in need of additional support, such as [mental health services](#).

Avoid strategies that don't work or have negative consequences.

- Zero tolerance or “three strikes, you're out” strategies don't work. Suspending or expelling students who bully does not reduce bullying behavior. Students and teachers may be less likely to report and address bullying if suspension or expulsion is the consequence.
- Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- Group treatment for students who bully doesn't work. Group members tend to reinforce bullying behavior in each other.

Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good friend.

Support Bystanders Who Witness Bullying

Even if kids are not bullied or bullying others they can [be affected](#) by bullying. Many times, when they see bullying,

Follow-up. Show a commitment to making bullying stop. Because bullying is behaviour that repeats or has the potential to be repeated, it takes consistent effort to ensure that it stops.

