

The way you communicate is key.

Model Respectful Communication.

- ⇒ Keep the expression on your face and your tone of voice neutral
- ⇒ Once you have the students attention, lower your voice
- ⇒ Use "I" statements, such as, "What I heard sounded very insulting"
- ⇒ Make it clear how you expect students to treat each other
- ⇒ Be careful not to use your own authority in an intimidating way

Follow up in private. When you step in and stop the bullying, it sends a very powerful message to the bullying student, the victim and the bystanders. However, follow up by speaking individually with those involved. Make sure the bullied student knows what is being done to report and resolve the incident.

Ask students to commit to:

- ⇒ Not bullying others
- ⇒ Helping others who are being bullied
- ⇒ Including everyone in activities-especially those who tend to be left out
- ⇒ Reporting incidents of bullying

****Post this list where students can see it. Discuss it with them often!**



Work Together:
Teachers, administrators, staff, parents and students are all a part of the solution

Take steps every day to create a school free from bullying.

- ◆ **Supervise hot spots.** The more adults are present, the less opportunity there is for bullying.
- ◆ **Give praise when students treat each other well.** Take notice when a group includes a shy student in their activities.
- ◆ **Offer students who bully positive alternatives.** For example, students who bully tend to be leaders. You might help involve them in causes they care about.
- ◆ **Help victims connect to other students.** Encourage them to become involved in groups or use class activities to show other students their strengths.
- ◆ **Make sure it is reported.** Make students aware that reporting incidents to a principal or SRO may be the only way to get it to stop. Also, be sure to report any bullying that you are aware of.

Primary sources used:
Channing Bete Company

ECHO Lit Posters and More

Some helpful websites:
www.nea.org/schoolsafety/bullying.html

www.StopBullyingNow.hrsa.gov

www.getnetwise.org

Creating a Bullying-Free School

-A guide for staff

Fort Zumwalt East High School



Bullying should not be a fact of life for any child.

What is bullying?

File: JFCF

Bullying – For purposes of this policy, bullying is defined as repeated and systematic intimidation, harassment and attacks on a student or multiple students on or off school grounds perpetuated by individuals or groups. Bullying includes, but is not limited to,



Everyone on the school staff can help prevent bullying!

*...damaging property, or
...exclusion from a peer group.*

“District staff will report incidents of hazing and bullying to the building principal immediately.” “District staff who violate this policy may be disciplined or terminated.”

Bullying can take many forms

Physical Bullying is usually the easiest type to spot. It includes:

- * Assaults such as hitting, pushing or tripping.
- * Taking items such as money, food, or homework
- * Damaging belongings such as clothing or school projects

Verbal Bullying is the most common type. It includes:

- * Teasing and taunting
- * Criticizing
- * Spreading rumors
- * Racial or ethnic slurs



Keep an eye out for all types of bullying!

Nonverbal (relational) bullying can be very subtle. It includes:

- * Nasty looks
- * Ignoring or excluding on purpose
- * Trying to harm a person's friendships

Cyber bullying can happen in and out of school. It may involve:

- * Sending cruel emails or instant messages
- * Threatening others in chat rooms, via Facebook, Twitter, etc.
- * Creating Web sites meant to damage reputations
- * Taking embarrassing photos with cell phone cameras (snipeing)

Bullying “hot spots”

Bullying tends to happen in areas where fewer adults are present.

Some of our hotspots according to our students:

- Hallways and stairwells
- Locker rooms and restrooms
- The commons/cafeteria
- The bus ride

Bullying can and has also been reported right in the classroom.

Responding to bullying

- **Address the situation right away.** Follow the schools policy for handling bullying situations. Never assume the problem will resolve itself.
- **Point out the bullying behavior.** Keep the focus on the student's actions. Make it clear that the behavior is unacceptable.
- **Talk to the bullied student.** Offer support and reassurance. This student needs to know that adults are capable of protecting him or her from further bullying.
- **Talk to the bullying student.** It's important to get all sides. But don't allow the student to talk his or her way out of the situation.
- **Give consequences, if necessary.** For example, you might write the student up or send them to the principal's office immediately.