

Bullying Prevention Awareness and Prevention:

1. Knowing how to recognize bullying behaviors and how to communicate with the bully.
2. Knowing the factors that place students at risk of being bullied.
3. Teaching the victims of bullies how to stand up for themselves.
4. Knowing how to diffuse student anger.
5. Implementing a school-wide anti-bullying philosophy

1. Common bullying behaviors:

- **Elementary School:** hitting, kicking, teasing, pushing, pulling, pestering, threatening, intimidating, bothering or annoying others.
- **Middle School:** gossiping, teasing, insulting, bragging, threatening, hitting, tormenting, intimidating, pestering, taunting or annoying behaviors
- **High School:** playing mind games, bragging, heckling, taunting, ridiculing, insulting

Some Bullying Prevention Techniques:

1. Behavioral Contracting:

- This is a proven way of consolidating an agreement between the counselor and the student to refrain from bullying behavior. The contract should spell out specific behaviors and the student should sign and date it.

2. Problem-solving:

- a. Generate specific alternative to the actions taken in the bullying incident.
- b. Review the alternatives calmly.
- c. Evaluate the alternatives (The counselor should assist with this).
- d. Select one or more of the alternatives and implement the strategy.

3. Self monitoring:

- Put the student in charge of his own behavior and the student tally and keep record period by period each day for each inappropriate remark made to others. Encourage the student to generate positive alternatives to fill in the negative words and actions

(Hoover & Oliver)

What factors place a student at risk of being bullied?

- Students are bullies for numerous of different reasons. The follow is a chart of the reasons students thought they were bullied ranked by grade level and sex.

Highest Ranked Reasons for Being Bullied

A. Eighth through twelfth grade

<u>Rank</u>	<u>Males</u>	<u>Females</u>
1	didn't fit in	Didn't fit in
2	physical weakness	facial appearance
3	short tempered	cried/emotional
4	who friends were	overweight
5	clothing	good grades

Fourth through eighth grade

<u>Rank</u>	<u>Males</u>	<u>Females</u>
1	didn't fit in	didn't fit in
2	who friends were	who friends were
3	physical weakness	clothes worn

Fourth through eighth grade continued.

<u>Rank</u>	<u>Males</u>	<u>Females</u>
4	short tempered	facial appearance
5	clothing	overweight

Needs Assessment Development: Use the following questions to assess how big of a problem bullying is in your school

General Information:

- Ask for information about their grade, sex and age. Leave off name and other information that may identify the student. Make the survey anonymous.

Frequency of Bullying:

- Have you been bullied by another student this school year?
- How often (develop a range for the number of times for them to circle i.e. 1, 2, and 3 etc...)
- How often have you been teased?
- How often have you been intentionally excluded?
- How often has someone played a practical joke on you?

Who Does The Bullying?

- Who does the most bullying, boys or girls?
- How old were the kids who did the bullying?
- How well did school officials handle the bullying situation?
- How safe do you feel at school?
- What part of the school does bully take place the most?

Attitude toward Bullying:

- Most teasing I do is in fun and is not intended to hurt someone.
- Kids who are bullied bring it on themselves.
- Bullying helps people by making them tough.

The following are the steps to implement a non-bullying philosophy in your school.

- ***Implement the needs assessment:***

The data you collect will provide valuable information about the factors that triggers bullying behaviors. Insure confidentiality to the students

- ***Develop an empathetic school:***

Adopt a I-am-my-brothers-keeper philosophy among students and staff and provide professional development.

- ***Generate literature to post throughout the school and community:***

Pictures and posters should be visible around the school emphasizing the philosophy of anti-bullying

- ***Provide classroom guidance*** to address the negative attitudes toward bullying

- ***Develop a anti-bullying committee:*** of parents, students, counselors, teachers, and administrators to set up the campaign and review the results of the surveys

- ***Learn how to talk to bullies to help them change their behavior using the following:***

1. Behavior contracts
2. Problem solving techniques
3. Self monitoring techniques

- ***Learn how to diffuse student anger by doing the following:***

1. Act immediately
2. Do not show anger
3. Show acknowledgement for what the student has said
4. Get the student seated
5. Allow the student to vent

6. Make suggestions
7. Follow up with the student