



Teachers want to create an inviting and healthy environment for their students to learn, grow, and build strong relationships. But students come from a variety of backgrounds and often experience circumstances and situations that cause them to react in ways that can hurt others by acting out or bullying. It's important as an educator to respond appropriately.

**1. GET CONNECTED**

Consult with your principal or administrator to learn more about your school's policies and procedures regarding bullying. Collaborate with other teachers and leaders about your specific situation and develop a strategy together.

**2. OFFER A SAFE PLACE FOR THE VICTIM/TARGET**

Do this in a way that allows him dignity and to feel safe from retaliation. Increase supervision to assure bullying is not repeated. Work with him to develop a strategy of how best to respond if he is bullied again.

**3. OFFER A SAFE PLACE FOR THE BULLY**

Many bullying-prevention programs suggest ways to hold the bully accountable, but fail to pursue the underlying issues spawning his negative behavior. Set up regular meetings with the student. Provide a safe place for him to confide about his life or why he is acting out. Show you care. If the only time a teacher or administrator meets with the child is to reprimand him, there is little opportunity to explore what's really going on and help him turn a corner.

**4. ENCOURAGE BYSTANDERS TO BECOME "UPSTANDERS"**

Teach those who may witness bullying how they might intervene or get help by infusing lifeskills into your school's curriculum and staff development. Tell them you noticed their inaction or, conversely, if you were pleased with the way they tried to help. Create an environment where bullying behavior is knowingly unacceptable among peers, while fostering a culture of respect and dignity for everyone.

**5. NOTIFY OTHERS**

Let colleagues and parents of the student who is bullying know about the behavior. Let the students know they are being observed and what is expected of them. When speaking with parents or guardians, offer the *Top 10 Bullying Prevention Tips for Parents*, as well as other materials in this book, to help them respond appropriately.

**6. STEP OUTSIDE THE CLASSROOM**

Observe and engage with students outside the classroom. Building healthy relationships with students can create a more inviting atmosphere and can encourage students to talk openly and honestly with trusted adults about bullying.

## **7. TAKE ACTION**

If you see bullying taking place, intervene immediately. It's okay to ask another adult to help. Talk to the kids involved separately, and don't make the kids involved apologize to patch relationships on the spot. To avoid escalating the tension, wait to sort out the facts and talk to the parties involved once they are calm.

## **8. BOOST CONFIDENCE**

Encourage students to get involved in special activities, interests, and hobbies to boost confidence, make friends, and protect them from bullying behavior. Having an outside focus can also provide an outlet for students to help find value in something besides the feeling of power experienced when hurting others.

## **9. LIVE IT OUT**

Students should know and understand the values you expect from them, and the values that your school upholds: respect, kindness, love, and understanding. Live it. Model how to treat others with kindness and respect. Post these expectations in your classroom, staff lounge, and school hallways.

## **10. CONDUCT BULLYING PREVENTION ACTIVITIES**

Be an advocate in your school for activities, such as all-school assemblies, communications, activism, campaigns, or creative art contests which highlight your school's values and reinforce those behaviors.

*Tips compiled from:  
US Dept. of Education <http://www.ed.gov/blog/2012/04/top-5-ways-educators-can-stop-bullies/>,  
US Dept. of Health & Human Services, [www.Stopbullying.gov](http://www.stopbullying.gov) by Deborah L. Tackmann.*