



# Teens Against Bullying:

Teacher Edition

- **Build a safe environment:**

- Create a safe and supportive environment

- Establish a culture on inclusion and respect that welcomes all students. Reward students when they show respect for their peers, adults and the school
    - Make sure that students interact safely. Monitor bullying “hot spots” in and around the building
    - Enlist the help of all school staff: Teachers, bus drivers, cafeteria staff, office staff, librarians, school nurses, and others who see and influence students every day. Messages reach kids when they come from many different adults who talk about and show respect and inclusion. Train school staff to prevent bullying.
    - Set a tone of respect in the building

- **Managing classroom to prevent bullying**
  - Create ground rules with students using positive terms that support school- wide rules
  - Reinforce the rules:
    - Be a role model and enforce the rules yourself
    - Make expectations clear. Keep your requests simple, direct, and specific
    - Reward good behavior
    - Use one-on-one feedback
    - Help students correct their behaviors
- **Classroom Meetings**
  - Hold short, regularly scheduled classroom meetings that provide a form for students to talk about school related issues beyond academics. They can be held in a students main classroom, home room, or advisory period.
- **Bullying the guidelines for Teachers**
  - Professional development
  - Bullying
  - Some anti-bullying policies actually do more harm than good. Educators can use the following tips to intervene appropriately when bullying occurs.
- **What to do as an educator**
  - *Stop bullying immediately*
  - *Refer to school rules regarding bullying*
  - *Support the bullied child*
  - *Offer guidelines to bystanders*
    - Let them know that they might appropriately

intervene or get help next time. Tell them that you noticed their interactions or that you're pleased with the way they tried to help

- *Follow up and intervene if necessary.*
  - Support the bullied child and the bully, Enabling them to vent feelings and recognize their own behavior. The Bully may need to learn new methods of using his or her power and influence on the classroom.
- **The don't's for educators**
  - *Do not confuse bullying with conflict*
    - Bullying is a form of victimization, and addressing it as a conflict downplays the negative behavior and the seriousness of the efforts. Educators should strive to send the messages that "no one deserves to be bullied," and let the bully know that the behavior is wholly inappropriate.
  - *Do not use group treatment for bullies*

