

Just Do It: Tips for Classroom Teachers

- * **Promote Cooperation and Caring:** Reinforce acts of kindness and communicate values of tolerance, respect and responsibility
- * **Hold Classroom Meetings:** Discussing the issue with students promotes empathy
- * **Role-Play Social Situations:** Role-play a bully-victim scenario and discuss
- * **Present Lessons With a Bullying Theme:** Read a book, design a survey or use art
- * **Supervise Areas Where Bullying is Likely:** Be visible during less structured times
- * **Encourage Bystanders to Act:** Share tips with your students. Tell a bully to stop, distract the bully by getting the focus on something else, reach out to the victim in friendship and inform a staff member.
- * **Catch the Bully Being Kind:** Make a special effort to say something positive to a student who is prone to unkind behavior.
- * **Inform Other School Staff:** Let other school personnel know, including special subject teachers and paraprofessionals to help monitor behavior
- * **Support the Victim:** Take all reports seriously. Listen, provide reassurance and encouragement, inform student that school will do its best to ensure it does not happen again,
- * **Improve the Victim's Coping Skills:** Help the victim be more assertive with the bully without being aggressive
- * **Act Quickly:** Take immediate action and document interventions made. Inform the principal and parents. The longer the abuse goes on, the greater the impact on the student.

(Adapted with permission from An Educator's Guide to Bullying Prevention, Kenneth Shore, 2011)