



BULLYING PREVENTION

FOR STUDENTS

POSSIBLE CONSEQUENCES OF BULLYING

School-Based Consequences

- **Warnings and Discussions:** Initial steps may involve conversations with the student about their behavior and how it affects others.
- **Parental Involvement:** Parents may be called in for meetings to discuss their child's behavior.
- **Disciplinary Actions:** These could include detention, suspension, or other appropriate measures depending on the severity.

Emotional and Social Consequences

- **For the Bully:** Bullying can lead to feelings of shame, guilt, and isolation. It can also affect the bully's ability to form healthy relationships.
- **For the Victim:** Victims may experience anxiety, depression, and a lack of self-esteem. They might also suffer academically or socially.



UNDERSTANDING BULLYING

What is Bullying?

Definition: Bullying is when someone repeatedly hurts or threatens another person on purpose. It can be physical, verbal, or social.

- It's important to recognize the difference between bullying and a single act of conflict or misbehavior.

TYPES OF BULLYING

Types of Bullying:

- **Physical Bullying:** Involves physical harm or threats. Examples include hitting, pushing, or damaging someone's belongings.
- **Verbal Bullying:** Involves words or language used to hurt. This includes teasing, name-calling, or making threats.
- **Social Bullying:** Involves hurting someone's reputation or relationships. Examples include spreading rumors, excluding someone, or embarrassing someone in public.
- **Cyberbullying:** Using technology, like social media or texting, to bully someone, which can include sending mean messages or sharing embarrassing photos.

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HELPING OTHERS WHO MIGHT BE BULLYING

Understand the Behavior

- **Listen and Empathize:** Talk to the person and try to understand why they are behaving this way. There might be underlying issues such as stress or problems at home.
- **Provide Support:** Offer support and guidance. Let them know that they can change and that you're willing to help them find positive ways to express themselves.

Encourage Positive Change

- **Set Positive Examples:** Encourage them to spend time with peers who demonstrate kindness and respect.
- **Suggest Positive Outlets:** Encourage involvement in activities like sports, art, or clubs where they can channel their energy positively.

Involve Trusted Adults

- **Seek Adult Intervention:** If you notice someone consistently bullying, inform a teacher or counselor who can intervene and provide professional help.
- **Counseling Opportunities:** Suggest they talk to a school counselor who can offer guidance and support.

ENSURING YOU ARE NOT ENGAGING IN BULLYING

Self-Reflection and Awareness

- **Reflect on Your Actions:** Think about how your words and actions affect others. Are they kind and respectful?
- **Recognize Triggers:** Identify situations or feelings that might lead you to act unkindly and find ways to manage these emotions.

Practice Kindness

- **Use Empathy:** Put yourself in others' shoes. How would you feel if you were treated the same way?
- **Communicate Respectfully:** Practice using polite language and listening to others without interrupting.

Seek Feedback

- **Ask for Feedback:** Check in with friends or family about your behavior and be open to their suggestions for improvement.
- **Apologize When Needed:** If you realize you've hurt someone, apologize sincerely and learn from the experience.

Build Positive Habits

- **Engage in Team Activities:** Participate in group activities that require cooperation and teamwork, which can help build positive relationships.
- **Find Positive Role Models:** Look up to those who demonstrate kindness and respect in their interactions.

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RESOURCES FOR SUPPORT

School Resources

- **School Counselor:** Provides a safe space for students to talk about their concerns and get support.
- **Teacher Support:** Teachers are trained to help mediate and support students involved in bullying.

External Resources

- **National Bullying Prevention Center:** Offers resources and support for students and parents. Helpline: 1-800-273-TALK

TIPS!

For Students

- **Be an Upstander, Not a Bystander:** If you see bullying, report it to a trusted adult. Stand up for others in a safe way.
- **Include Everyone:** Make sure no one feels left out. Invite classmates to join activities or sit with you at lunch.
- **Communicate Openly:** Talk to friends or adults if you feel uncomfortable or see something wrong.

For Teachers and Parents

- **Create Open Lines of Communication:** Encourage students to talk about their day and any issues they face.
- **Model Positive Behavior:** Demonstrate respectful behavior in your interactions with others.
- **Be Observant:** Watch for signs of bullying, such as changes in behavior or unexplained injuries.

BULLYING PREVENTION ACTIVITIES

Promoting Kindness and Empathy

- **Kindness Challenges:** Encourage students to perform random acts of kindness throughout the week, such as complimenting peers or helping someone in need.
- **Empathy Workshops:** Use role-playing to help students understand and empathize with others' feelings and perspectives.

Building a Supportive Environment

- **Buddy Programs:** Pair students up to ensure everyone has a friend, especially during lunch and recess.
- **Classroom Pledges:** Create a class pledge to stand against bullying and promote respect and kindness.

Skills Training

- **Conflict Resolution Skills:** Teach students how to resolve conflicts peacefully and effectively.
- **Assertiveness Training:** Help students practice standing up for themselves and others in a respectful way.



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This handout aims to provide a comprehensive understanding of bullying, prevention strategies, and resources for both students and adults involved in supporting a safe school environment. If you need more specific activities or details, please reach out to your Project Frontier District Liaison!

The strategies and information provided in the handout are based on established practices and insights from the following resources:

1. The Art and Science of Teaching by Robert J. Marzano: This book provides research-based strategies for effective teaching and classroom management, including fostering a positive classroom environment.
2. Teachers as Architects of Learning by Gavin Grift and Clare Major: This resource emphasizes the role of teachers in shaping student experiences and promoting positive behavior through intentional teaching practices.
3. StopBullying.gov: A government resource offering comprehensive information on bullying prevention, intervention strategies, and support for students and educators.
4. PACER's National Bullying Prevention Center: Provides resources and support for bullying prevention, including strategies for helping both victims and perpetrators of bullying.

These sources provide foundational knowledge and practices for addressing bullying in schools and promoting a positive, inclusive environment for all students.

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