

# 10 Tips for Students to Prevent Bullying

- 1** If bullied, tell a parent, teacher or administrator. In the instance of bullying, telling is not "tattling" or "snitching". It is a safety measure that can save someone's life.
- 2** Do not retaliate or get angry. This may result in bad decisions. Stay calm and seek help from adults.
- 3** If approached by a bully, respond evenly and firmly or say nothing and walk away.
- 4** Develop friendships and stick up for each other.
- 5** Take a different route to and from school.
- 6** Avoid unsupervised areas of school.
- 7** Do not bring expensive items to school.
- 8** Submit a written notice with date, time, and summary of the bullying incident to the principal and counselor. (Keep a copy for yourself)
- 9** If you witness bullying in or out of school, tell a parent, school administrator, or local authorities as soon as possible.
- 10** If bullying continues without help from parents or school administrators, please contact your local Board of Education and/or Superintendent's office.

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## 10 Tips for School Staff to Prevent Bullying

- 1 Establish a bullying prevention committee.
- 2 Use student surveys to determine if there is a bullying problem.
- 3 Involve parents in planning, discussions and action plans.
- 4 Establish written school rules against bullying. Create signage to display rules in classrooms, hallways, and common areas of the school.
- 5 Create negative consequences for bullying and spectating.
- 6 Create positive incentives for preventing and reporting bullying.
- 7 Assign student "bully patrollers" and school staff to monitor common areas during/ after school, and on school buses.
- 8 Create an anonymous outlet or tip line to report bullying and violent activity (i.e. Comment box in main office or voice message system).
- 9 Follow-up with bully victims and parents to monitor improvements and future occurrences of bullying.
- 10 Coordinate school rallies and showcases geared towards anti-bullying and violence prevention.

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