

# Bullying Prevention and Intervention Tips for Schools/Institutions

## 1 Assess Bullying at Your Institution

Administer anonymous surveys among youth, families and staff/faculty in order to gather information about the nature and extent of bullying in your community as well as perceptions about climate and safety. Use this information to inform curricular and programmatic approaches, focus your intervention strategies and measure progress over time.

## 2. Create a Team

Charge a committee with oversight of bullying related matters. The committee should keep informed about current policies, practices and trends; implement surveys and evaluations; help to establish and educate staff about protocols for responding to reports of bullying; plan school-wide events; and build relationships with local law enforcement and other key community members who may need to be involved in response to serious incidents.

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## 3. Educate the Community

Provide ongoing professional development and family education for adults on bullying prevention and anti-bias education. Implement curricula and programming that address social and emotional learning, including ethical standards for on and offline communication and interpersonal behavior. Teach youth that all forms of bullying are unacceptable and help them identify strategies for responding to social aggression and acting as allies to targets.

## 4. Establish Policies

Make sure your institution's anti-bullying, harassment and non-discrimination policies are current, reflect district and state guidelines and include clear definitions and consequences. Establish technology use guidelines and have students/families sign acceptable use agreements. Publicize policies and guidelines in multiple ways.

## 5. Monitor "Hot Spots"

Ensure that typically unsupervised/unstructured areas (e.g., cafeteria, hallways, locker room, bus, school yard, etc.) are adequately monitored and that students are aware of behavioral expectations in these locations. Provide training to aides and support staff who oversee these areas so that they can respond effectively when bullying occurs.

