



Bully Prevention Strategies for Teachers & Staff

Preventing and responding to bullying should not create an additional burden for dedicated teachers.

The same atmosphere that promotes effective teaching and successful learning can help address the challenge of student bullying.

Teachers can apply a repertoire of strategies that will help prevent, deter, and respond to bullying. Following are some of these strategies:

- Model desired attitudes and behaviors
- Fostering student – shared responsibility to report such acts
- Identifying and intervening upon undesirable attitudes & behaviors
- Teaching students how to ask for help and how to report bullying
- Responding to requests of help
- Referring critical bullying cases to the appropriate sources or support
- Promoting personal and social skills development

Intervention Hotline

If you see bullying happening,
MAKE THE CALL!

We want the information...
not your name.

All calls will be anonymous
and confidential!



TIP LINE

(412) 948-1117



**BULLYING IN SCHOOLS
MAKE THE CALL!**

BULLYING In Schools



Information and Strategies for Preventing Bullying in Schools



West Mifflin Area School District

Bullying is any hurtful or aggressive act toward an individual or group that is intentional and repeated. There is typically a real or perceived imbalance of physical power, a social network or verbal skills that favor the perpetrator(s). - Dr. Ken Rigby



Understanding Bullying

It is important to distinguish between occasional taunts, aggressive behaviors, and injured feelings that sometimes happen in the course of a school day and the pattern of negative and repeated behaviors that define the problem we know today as bullying.

Over time, most students are involved with teasing or aggressive behaviors as either a perpetrator or target. The prevalent and intermittent nature of this fact feeds the notion for many people that school bullying is a natural part of growing up.

Why Do People Bully?

When you make someone feel bad, you gain power over them. Power makes people feel like they are better than another person, and then that makes them feel really good about themselves. Power also makes you stand out from the crowd. It's a way to get attention from peers, and even from adults.

Can Talking About Bullying Help?

The answer is YES! Talking about key safety issues and challenges can emphasize their importance and build awareness. It can also influence resolution of safety problems. Communication among children youth, and adults can help build understanding, rapport and ultimately partnerships that can help make a school safe, welcoming and effective for all students.

Types of Bullying

School Bullying

Bullying can occur in nearly any part in or around a school building, though it more often occurs in PE, recess, hallways, bathrooms, on school buses and waiting for buses, classes that require group work or during after school activities. Bullying in schools sometimes consists of a group of students taking advantage of or isolating one student in particular and gaining the loyalty of bystanders who want to avoid becoming the next victim.

Verbal Bullying/Teasing

Name-calling: Who ever came up with the phrase "Sticks and stones can hurt my bones but words can never hurt me" must never have had someone call them names or make fun of them. Verbal bullying is demeaning and mentally hurtful.

In many classrooms teasing and name-calling are the most common forms of bullying. Unfortunately, because they don't leave scratches or bruises and often happen when there are no adults around, it can go unnoticed by parents or teachers.

Insulting / Threatening

When someone threatens another, they are stating that they are going to hurt someone physically, take their belongings or spread personal information or rumors about them.

Physical

Some kids not only tease and exclude others, they may also be physically abusive. Kicking, punching, pinching and pushing are all forms of physical bullying. Stealing, hiding, or ruining someone else's belongings are another form of physical bullying. Making someone do things he or she does not want to do. Being physically bullied is incredibly scary for a victim and puts them at great risk.

Exclusion

Exclusion, or leaving someone out, is another form of bullying. It occurs when a person or group of people purposefully won't let someone play with them, join a group activity or invite everyone to come to a get-together or take part in a game except for that one person.

Cyber-Bullying

Cyber-bullying is bullying that takes place on the internet or with cell

phones. It can take the form of many of the above forms of bullying: name-calling or teasing, exclusion or threatening.

The only difference is instead of it happening face-to-face, it takes place on-line via web sites, chat rooms or text messaging.

While all forms of bullying are very hurtful and embarrassing for the victim, cyber-bullying can be especially painful because of how many people may see the photos, videos, taunting or teasing. Once something is put on a web site or in a chat room it becomes public. This means that anyone can see it anywhere in the world!

Hazing

Hazing may constitute harassment, abuse or humiliation which requires the victim to perform meaningless tasks. Hazing sometimes is used as a form of initiation into a social group. The term can refer to either physical (sometimes violent) or mental (possibly degrading) practices.

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