

Bullying Prevention: Recommendations for Students

(Center for the Study and Prevention of Violence and Stop the Bullying by Ken Rigby)

What to do if you are bullied:

- Tell someone you trust. Parents, teachers, a coach would be able to help. It is not ratting/tattling to report this. A trusted adult can help you figure out what to do.
- Do not retaliate against a bully. Try to diffuse the situation, walk away and get help.
- Respond firmly to stop, or say nothing at all. A bully likes to feel power and likes to see that they have hurt or upset you.

How to prevent being bullied:

- Develop friendships with others. Bullies tend to leave you alone when you are surrounded by others. Stick up for one another as well.
- Develop interests in social and physical activities. Join a club or a team. This will help you develop other friendships and feel supported by others who share the same interests as you.
- Act confident. A bully tends to leave those alone who are confident- able to walk with your head held high, make eye contact, and stand straight.

Avoiding bullying situations:

- Sometimes the best way to prevent being bullied is to avoid situations where it can happen. These are only short term solutions. You should still report the incident(s) and trust an adult to help you solve the situation.
- Take a different route to and from school. If you ride a bus, sit close the drive.
- Take different routes throughout the school- to and from classes, or to your locker.
- Be with classmates when moving through the halls or at lunch- try to keep yourself from being alone or isolated
- Speak up at school assemblies against bullying. Students who stand up and talk about bullying are more influential than any staff member

How can you help a victim of bullying:

- Refuse to join in
- Get a trusted adult- parent, teacher, coach to come help
- Try to get the victim to report it with your support
- Tell a trusted adult yourself if the victim does not want to report it

What can students do about bullying:

- Monitor the halls and report bullying
- Provide staff with info if you see or hear of bullying happening
- Get involved in Say Hi Day, Random Act of Kindness Day, Think Day, Challenge Day- school wide events to bring our school community together
- Promote anti-bullying! Take a stand. Tell a bully to stop! Report it!