



**Bullying Prevention:
Psychological and Educational Strategies**

Planning Guide

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This booklet will serve as a guide to the Bully Intervention Team (BIT) members as they work to alleviate bullying and cyberbullying in their school.

Action Plan Format

- **Form Bully Intervention Team**
- **Articulate the problem**
- **Collect data to substantiate the problem
(bully survey, climate survey)**
- **Analyze the data**
- **Create a plan of action
(policy, reporting system, consequences,
interventions)**
- **Implement the plan**
- **Collect new data
(re-administer surveys)**
- **Evaluate change**
- **Modify and implement revised plan**

Bully Intervention Team (BIT)

SCHOOL NAME:

(suggested members)

TEAM MEMBERS

POSITION IN THE SCHOOL COMMUNITY

1.

Administrator

2.

Psychologist, Social Worker, Guidance, Dean

3.

Psychologist, Social Worker, Guidance, Dean

4.

Teacher

5.

Teacher

6.

School aide, non-teacher personnel

7.

Parent (optional)

8.

Student (optional)

Meeting Dates: _____

SAMPLE PROBLEM: Too many of our students are coming to school unable to learn because they are consumed by the fear of being bullied on a daily basis.

SAMPLE QUESTION: How can we create an effective bullying prevention and intervention plan in our schools so that ALL children feel physically and emotionally safe and able to learn?

III. Data collection to substantiate problem: (i.e. bully surveys, school climate surveys, qualitative data collection through observation)

Suggested data sources

- 1) Bully Survey (i.e. targetbully.com)
- 2) School Climate Survey
- 3) Observational reports from school personnel, parents, etc.

Analyze Data

- What is the extent of the problem?
- Where is it happening?
- What are the perceptions of teachers?
- What are the perceptions of the non-professional staff?
- What are the perceptions of parents?
- What are the perceptions of students?

Plan Development

SUGGESTED AREAS TO ADDRESS

- School Culture (develop and support a climate for prevention)
- Teacher/Administrator Intervention training
- Non-teaching staff Intervention training
- Student bystander intervention training
- Development of a school-wide reporting system
- Development of hierarchal consequences
- Interventions for the bully
- Interventions for the victim

Plan Implementation

- Roles of Bully Intervention Team (BIT) members
- Develop time-line for implementation
- Define pre- and post - implementation assessment

BULLYING WEBSITES

Bully Intervention Experts

<http://www.bullyinterventionexperts.com/>

Anti-bullying Network

<http://www.education.unisa.edu.au/bullying/>

Stop Bullying Now

<http://www.stopbullyingnow.com/>

Safe Communities/Safe Schools

<http://www.colorado.edu/cspv/safeschools/bullying/overview.html>

Olweus Program U.S. site

<http://www.clemson.edu/olweus/>

Survey and Intervention System

targetbully.com (contact for survey and intervention system)

Stop Bullying Now (government site)

<http://www.stopbullyingnow.hrsa.gov/kids/>

Reporting System

<http://www.bullystoppers.com/> (reporting system)

Champions for Students with Disabilities

<http://www.pacer.org/>

Committee for Children

<http://www.cfchildren.org/programs/str/overview/>
[committee for children](http://www.cfchildren.org/)

CYBERBULLYING WEBSITES

Cyberbullying Research Center: www.cyberbullying.us/resources.php

netSmartz: www.netsmartz.org/resources/reallife.htm

Wired Safety: www.wiredsafety.org

<http://www.cyberbully.org/> Center for Safe and Responsible INTERNET use

Books for Educators

Beaudoin, M. N. & Taylor, M. (2004). Breaking the culture of bullying and disrespect: Grades K-8: Best practices and successful strategies. Thousand Oaks, CA: Corwin Press.

Bolton, J., & Graeve, M. A. (2005). No room for bullies: From the classroom to cyberspace teaching respect, stopping abuse, and rewarding kindness. Boys Town, NE: Boys Town Press.

Bonds, M. & Stoker, S. (2000). Bully-proofing your school : A comprehensive approach for middle schools. Longmont, CO: Sopris West.

Centrone, T. (2007). How not to be a bully target. Chapin, SC: Youthlight, Inc.

Coloroso, B. (2003). The bully, the bullied, and the bystander: From preschool to high school, how parents and teachers can help break the cycle of violence. Boys Town, NE: Boys Town Press.

Conn, K. C. (2004). Bullying and harassment: A legal guide for educators. Association for Supervision & Curriculum Development.

Conoley, J. C., & Goldstein, A. P. (Eds.). (2004). School violence intervention: A practical handbook. New York: Guilford Press.

Froschl, M., Sprung, B., & Mullin-Rindler, N. (1998). Quit it! A teacher's guide on teasing and bullying for use with students in grades K-3. New York, NY: Educational Equity Concepts, Inc.

Garbarino, J. & deLara, E. (2002). And Words Can Hurt Forever: How To Protect Adolescents From Bullying, Harassment, and Emotional Violence. New York: The Free Press.

Garrity, C., Jens, K., Porter, W., Sager, N., & Short-Camilli, C. (1994). Bully-proofing your school: A comprehensive approach for elementary schools. Longmont, CO: Sopris West.

Geffner, R. A., Loring, M. T., & Young, C. (2003). Bullying behavior: Current issues, research, and interventions. Binghamton, New York: Haworth Maltreatment and Trauma Press.

Hoover, J. H. & Oliver, R. (1996). The bullying prevention handbook: A guide for principals, teachers,

Juvonen, J., & Graham, S. (2001). Peer Harassment in School: The Plight of the Vulnerable and Victimized. New York, New York: Guilford Press.

Kaufman, G., Raphael, L., & Espeland, P. (1999). Stick up for yourself: Every kid's guide to personal power & positive self-esteem. Minneapolis, MN: Free Spirit Publishing.

Kocs, K. J. (1999). Sticks and stones: Challenging the dynamics of bullying and youth violence (A youth violence prevention and reduction series). Madison, WI: Wisconsin Clearinghouse for Prevention Resources.

***Go to www.bullyinterventionexperts.com for full list
for educators, parents and students***