

# RESOURCES FOR IDENTIFYING, PREVENTING, AND ADDRESSING BULLYING AMONG ADOLESCENTS

## WEB-RESOURCES

### **BULLYING RISK FACTORS**

<http://www.stopbullying.gov/at-risk/factors/index.html>

### **BULLYING WARNING SIGNS**

<http://www.stopbullying.gov/at-risk/warning-signs/index.html>

### **ASSESS BULLYING**

[http://www.cdc.gov/ViolencePrevention/pub/measuring\\_bullying.html](http://www.cdc.gov/ViolencePrevention/pub/measuring_bullying.html)

<http://www.stopbullying.gov/prevention/at-school/assess-bullying/index.html>

### **CYBERBULLYING RESOURCES**

<http://www.stopbullying.gov/cyberbullying/index.htm>

<http://www.cdc.gov/ViolencePrevention/youthviolence/electronicaggression/index.html>

### **CONSIDERATIONS FOR SPECIFIC POPULATIONS**

<http://www.stopbullying.gov/at-risk/groups/index.html>

Bullying and LGBT Youth:

<http://www.stopbullying.gov/at-risk/groups/lgbt/index.html>

Bullying and Youth with Disabilities and Special Needs:

<http://www.stopbullying.gov/at-risk/groups/special-needs/index.html>

### **PREVENT BULLYING RESOURCES**

How to Talk About Bullying:

<http://www.stopbullying.gov/prevention/talking-about-it/index.html#KeeptheLinesofCommunicationOpen>

### **BULLYING RESOURCES FOR PARENTS**

<http://intranet.cdc.gov/oshe/eap/parenting/bullying/>

### **RESOURCES FOR ADDRESSING BULLYING IN SCHOOLS**

Prevention at School: <http://www.stopbullying.gov/prevention/at-school/index.html>

Setting Policies: <http://www.stopbullying.gov/prevention/at-school/rules/index.html>

Build a Safe Environment: <http://www.stopbullying.gov/prevention/at-school/build-safe-environment/index.html>

Educate About Bullying: <http://www.stopbullying.gov/prevention/at-school/educate/index.html>

### **COMMUNITY RESOURCES FOR PREVENTING BULLYING**

Working in the Community: <http://www.stopbullying.gov/prevention/in-the-community/index.html>

Community Action Planning: <http://www.stopbullying.gov/prevention/in-the-community/community-action-planning/index.html>

### **RESPONDING TO BULLYING**

<http://www.stopbullying.gov/respond/index.html>

<http://www.stopbullying.gov/get-help-now/index.html>

# Bullying Prevention at School

## Getting Started

Assess school prevention and intervention efforts around student behavior, including substance use and violence. You may be able to build upon them or integrate bullying prevention strategies. Many programs help address the same protective and risk factors that bullying programs do.



## Assess Bullying in Your School

Conduct assessments in your school to determine how often bullying occurs, where it happens, how students and adults intervene, and whether your prevention efforts are working.

## Engage Parents and Youth

It is important for everyone in the community to work together to send a unified message against bullying. Launch an awareness campaign to make the objectives known to the school, parents, and community members. Establish a school safety committee or task force to plan, implement, and evaluate your school's bullying prevention program.

## Create Policies and Rules

Create a mission statement, code of conduct, school-wide rules, and a bullying reporting system. These establish a climate in which bullying is not acceptable. Disseminate and communicate widely.

## Build a Safe Environment

Establish a school culture of acceptance, tolerance and respect. Use staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook to establish a positive climate at school. Reinforce positive social interactions and inclusiveness.

## Educate Students and School Staff

Build bullying prevention material into the curriculum and school activities. Train teachers and staff on the school's rules and policies. Give them the skills to intervene consistently and appropriately.

# Prevent Cyberbullying



## Be Aware of What Your Kids are Doing Online

Talk with your kids about cyberbullying and other online issues regularly.

- ✓ Know the sites your kids visit and their online activities. Ask where they're going, what they're doing, and who they're doing it with.
- ✓ Tell your kids that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control

filtering software or monitoring programs are one option for monitoring your child's online behavior, but do not rely solely on these tools.

- ✓ Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
- ✓ Ask for their passwords, but tell them you'll only use them in case of emergency.
- ✓ Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.
- ✓ Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.

## Establish Rules about Technology Use

- ✓ Establish rules about appropriate use of computers, cell phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they're online. Show them how to be safe online.
- ✓ Help them be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.
- ✓ Encourage kids to think about who they want to see the information and pictures they post online. Should complete strangers see it? Real friends only? Friends of friends? Think about how people who aren't friends could use it.
- ✓ Tell kids to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.

## Understand School Rules

Some schools have developed [policies](#) on uses of technology that may affect the child's online behavior in and out of the classroom. Ask the school if they have developed a policy.

# Bullying Prevention in the Community



Bullying can be prevented, especially when the power of a community is brought together. Community-wide strategies can help identify and support children who are bullied, redirect the behavior of children who bully, and change the attitudes of adults and youth who tolerate bullying behaviors in peer groups, schools, and communities.

## The Benefits of Working Together

Bullying doesn't happen only at school. Community members can use their unique strengths and skills to prevent bullying wherever it occurs. For example, youth sports groups may train coaches to prevent bullying. Local businesses may make t-shirts with bullying prevention slogans for an event. After-care staff may read books about bullying to kids and discuss them. Hearing anti-bullying messages from the different adults in their lives can reinforce the message for kids that bullying is unacceptable.

## Potential Partners

Involve anyone who wants to learn about bullying and reduce its impact in the community. Consider involving businesses, local associations, adults who work directly with kids, parents, and youth.

- Identify partners such as mental health specialists, law enforcement officers, neighborhood associations, service groups, faith-based organizations, and businesses.
- Learn what types of bullying community members see and discuss developing targeted solutions.
- Involve youth. Teens can take leadership roles in bullying prevention among younger kids.

## Community Strategies

### Study community strengths and needs:

- Ask: Who is most affected? Where? What kinds of bullying happen most? How do kids and adults react? What is already being done in our local area to help?
- Think about using opinion surveys, interviews, and focus groups to answer these questions. [Learn how schools assess bullying.](#)
- Consider open forums like group discussions with community leaders, businesses, parent groups, and churches.

### Develop a comprehensive community strategy:

- Review what you learned from your community study to develop a common understanding of the problem.
- Establish a shared vision about bullying in the community, its impact, and how to stop it.
- Identify audiences to target and tailor messages as appropriate.
- Describe what each partner will do to help prevent and respond to bullying.
- Advocate for [bullying prevention policies](#) in schools and throughout the community.
- Raise awareness about your message. Develop and distribute print materials. Encourage local radio, TV, newspapers, and websites to give public service announcements prime space. Introduce bullying prevention to groups that work with [kids](#).
- Track your progress over time. Evaluate to ensure you are refining your approach based on solid data, not anecdotes.

## Additional Resources

- [Three Bold Steps for School Community Change: A Toolkit for Community Leaders](#)  (Safe Schools/Healthy Students). This kit shows how partnerships with people from different parts of a community can create positive, lasting change for students. At: <http://toolkit.promoteprevent.org/>
- [Striving to Reduce Youth Violence Everywhere \(STRYVE\)](#) is a national youth violence prevention effort. STRYVE Online helps communities with access to information and tools, effective strategies, training and technical assistance, and online community workspaces. At: <http://www.vetoviolence.org/stryve/>