



Bullying Prevention Resources Guide



Bullying is defined as repeated and unwanted aggressive behavior that occurs over a period of time with an imbalance of power between the bully and the victim.

Bullying behaviors can take many forms, including hitting, teasing, name-calling, intimidation, social exclusion, and sending insulting texts or emails. Girls who bully are more likely to use verbal and social methods, while boys who bully are more prone to use physical violence.

Regardless of what form bullying takes, developing an understanding of bullying and the facts and myths that surround it is critical to dealing with it effectively. You must be aware of its warning signs and be prepared to help kids who are bullied, kids who bully, and kids who are bystanders to bullying.

Keep in mind that it's important to show kids how to resolve problems firmly and fairly, to guide them toward demonstrating assertive behavior, and to teach them that it's OK to say "No" to unacceptable demands.

Creating an emotionally and physically safe environment requires a coordinated effort among staff, students, families, and your community. The following resources contain a wealth of information dedicated to helping you create a safer, more respectful school culture that helps you enable students to learn and thrive.

Please note that while CPI does not endorse the external resources, we believe that they may be helpful to you in your efforts to address this complex issue.



Bullying Prevention Resources for Staff

[10 Ways to Help Reduce Bullying in Schools](#)

Learn to define bullying, remove labels, set clear and enforceable rules and expectations, and address behaviors.

[Boys Don't Tell on Sugar-and-Spice-but-Not-So-Nice Girl Bullies](#)

Review the characteristics of bullying and get anti-bullying strategies and practices for home, school, and community settings.

[Bully-Proofing Your School: A Comprehensive Approach for Elementary Schools](#)

This book explores strategies for helping students prevent bullying.

[Bullying in School: The Traumatic Effects of Bullying on Children](#)

Dr. Terry Ehiorobo, a principal at an alternative school in Kenosha, WI, ties bullying to traumatic stress and explores steps schools can take to stop it.

[Center for the Prevention of Youth Violence](#)

The center provides education and training geared toward violence prevention for youth.

[Center for the Study and Prevention of Violence](#)

The center offers bullying prevention and intervention tips.

[Grabbing a Bully by the Horns](#)

Get tips for teachers to model and teach tolerance, respect, character building, good citizenship, self-control, and self-worth.

[Kids Are Worth It!](#)

Author Barbara Coloroso offers insight into parenting, teaching, school discipline, and nonviolent conflict resolution.

[Model Bullying Prevention and Intervention Plan](#)

The Massachusetts Department of Elementary and Secondary Education presents bullying prevention and intervention resources.

[Olweus Bullying Prevention Program](#)

The Olweus Program is a bullying prevention program designed for school-wide use in elementary, middle, and high schools.

[Bully Prevention Manual](#)

The OSEP Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS) offers a handbook focused on reducing bullying behavior through the use of school-wide PBIS.

[Preventing Classroom Bullying: What Teachers Can Do](#) [PDF]

School psychologist Jim Wright offers guidelines to help you manage the problem of bullying.

[Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying](#)

In this book, school counselor Stan Davis offers strategies for reducing bullying that are part of statewide initiatives throughout the US.

[StopBullying.gov](#)

Learn how to engage kids and parents in creating a safe school climate.

[Teaching Tolerance](#)

This website for educators offers publications and classroom resources for promoting respect for differences in schools.



[Threat Assessment in Schools: A Guide to Managing Threatening Situations and to Creating Safe School Climates](#) [PDF]

The US Secret Service and the Department of Education provide information on conducting school threat assessments and managing threatening situations.

[The Principal's Perspective: School Safety, Bullying and Harassment. A Survey of Public School Principals](#) [PDF]

This report presents findings from a survey of public school principals.

Bullying Prevention Resources for Youth

[PACER Center's Kids Against Bullying](#)

PACER offers bullying info, facts, and handouts with an emphasis on what kids with disabilities can do to prevent bullying.

[Pacer Center's Teens Against Bullying](#)

Get bullying info, facts, and handouts with an emphasis on what teens can do to prevent bullying.

[Stop Bullying Now](#)

This site outlines training programs, seminars, books, and videos aimed at reducing bullying.

[The Trevor Project](#)

Lesbian, gay, bisexual, and transgender youth can get crisis intervention and suicide prevention services through this project.

[School Bullying Infographic](#)

Check out an illustration of facts about the methods of bullying, the effects of bullying, and preventive measures schools and students can take against bullying.

[StopBullying.gov](#)

Find out what teens can do to stop bullying.

Bullying Prevention Resources for Families and Communities

[Bully-Proofing Your Child](#)

This book helps you equip your child with a personal strategy to help her cope with and feel defended against bullying behaviors.

[The School Bully Can Take a Toll on Your Child's Mental Health](#)

Get six tips to help you teach kids how to respond to bullying behavior.

[Stop Bullying Now](#)

Find out about seminars, training courses, books, and videos designed to help you stop bullying.

[StopBullying.gov](#)

Learn to recognize the warning signs of bullying, and find out what you can do to help.

[Eyes on Bullying: What Can You Do?](#) [PDF]

Download a toolkit geared at parents and caregivers for helping pre-school and school-age children understand and address bullying.



Legislation

[Legislative Definitions of Bullying](#)

Find out about the effects of bullying, defining bullying legislatively, and laws aimed at addressing harassment, intimidation, and bullying in school.

[National Association of State Boards of Education \(NASBE\)](#)

Read about bullying/harassment, cyberbullying, and hazing policies by state.

[National Conference of State Legislatures \(NCSL\)](#)

Read about cyberstalking and cyberharassment laws by state.

Learn More!



To find out more about CPI and bullying prevention and intervention, watch our on-demand webinar, [Supporting All Students: Creating a Safe and Caring School](#). Get tips on:

- What you can and can't control during a crisis.
- How your response can positively affect the outcome.
- How to use our 10 Tips for Crisis Prevention.

[Watch the webinar now!](#)