

Easy Bullying Prevention Tips for High School Teachers

Know the policies!

Know your school and district policies on bullying and do your part to implement them effectively.



What You Can Do:

Activities to Teach Students Bullying Prevention:

You can incorporate the topic of bullying prevention in lessons and activities. Here are a few examples:

- Help your class identify bullying in books, TV shows, and movies, and discuss the impact of that bullying and how it was/could be resolved...this encourages students to develop critical analysis skills and to recognize the prevalence of bullying behavior in pop culture and how it becomes accepted as normal
- Have your students create their own Personal Action Plan, which answers the question, "So, what can I do about it?" Students create their own action plans for how they will treat others, how they commit to respond if they witness bullying, and when and how they will reach out for help from adults

Check out these other resources for lesson plans and activities:

<http://www.tolerance.org/lesson/sounds-change-middle-and-high-school>

http://www.pbs.org/newshour/extra/lessons_plans/bullying-education-resources/

www.readwritethink.org

http://www.educationworld.com/a_special/bully.shtml

SOLUTIONS DEFINED BY STUDENTS AND PEER-TO-PEER ACTIONS Support your students in defining the problems and solutions needed to incorporate peer-to-peer actions, make their school safe, and help bystanders gather the courage to become "upstanders." A student-led anti-bullying assembly is a powerful way to encourage everyone to get involved.

WORK WITH THE BULLY Don't forget that the bully has issues to deal with as well and also needs help from adults. Bullies often engage in bullying behaviors out of a lack of empathy and trust, or as a result of issues at home. Bullies first need to recognize that their behavior is bullying. Then, they need to understand that bullying is harmful to others and leads to negative consequences.

REMOVE LABELS AND ADDRESS BEHAVIOR When teachers and staff call a student a bully or a victim, they place judgment on that child, which can then cause problems in the future for that student. When addressing students' behavior, be nonjudgmental. First, find out what happened before deciding whether or not the incident qualifies as bullying. Looking at the specific behaviors that occurred is important so that they can be addressed at a later time. Keep in mind that each student involved in a situation comes from different circumstances. Everyone has baggage.



Contact us and find out how we can help.

FHF of Jefferson, part of a statewide FHF network.

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