

# Easy Bullying Prevention Tips for Middle School Teachers

## Know the policies!

Experts agree that most incidences of bullying occur in middle school! Know your school and district policies on bullying and do your part to implement them effectively.



## What You Can Do:

**TAKE CYBER BULLYING SERIOUSLY** Go online, get familiar with the social networking sites. Also, teach your students ways to avoid victimization. Remind them to never put anything sensitive into an electronic format.

**YOU HAVE AN ALLY IN THE SCHOOL COUNSELOR** Counselors have experience teaching kids what it means to be kind, responsible, and respectful, and that translates to their behavior online.

**STOP BULLYING ON THE SPOT** Stand between the bullied student and the bully(ies), blocking eye contact. Don't send any bystanders away. To avoid escalating the tension, wait until later to sort out the facts. Talk to the parties involved separately once they are calm.

**TREAT STUDENTS WITH RESPECT** Teach cooperation by assigning projects that require collaboration. Such cooperation teaches students how to compromise and how to assert without demanding. Take care to vary grouping of participants and to monitor the treatment of and participants in each group.

## 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
- Discussions about topics like reporting bullying
- Creative writing, such as poems speaking out against bullying, stories, or a skit teaching bystanders how to help
- Artistic works, such as a collage about respect or the effects of bullying
- Classroom meetings to talk about peer relations
- 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:

[www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html#lp](http://www.nea.org/tools/lessons/teaching-students-to-prevent-bullying.html#lp)

[www.goodcharacter.com](http://www.goodcharacter.com)

[www.readwritethink.org](http://www.readwritethink.org)



Contact us and find out how we can help.

FHF of Jefferson, part of a statewide FHF network.

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