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Social Emotional Learning  
Bullying Prevention and Intervention  
Workshops-Courses-Consultation  
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## 23 Ways to Bully-Proof Your School

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1. Train everyone. Get on the same page: staff, parents, kids. Provide ongoing training: Keep the dialogue going. No end date.
2. Stress social-emotional learning that begins in preschool and continues through high school.
3. Integrate bullying prevention themes across the curriculum.
4. Survey students and staff to assess the nature, extent, and attitudes toward bullying.
5. Decide on rules and interventions. Consequences should be non-hostile and consistent.
6. Prepare staff to recognize and respond to bullying.
7. Spread the anti-bullying message. Model it!
8. Teach cooperative learning. Older kids can teach younger: Big Buddy-Little Buddy
9. Develop empathy skills in children. Start at an early age! It’s developmental!
10. Provide incentives for positive behavior. Feedback! Encouragement!
11. Raise “relational” awareness with kids. Talk. Role play. Survey. Research.
12. Discuss the difference between tattling and telling/reporting.
13. Teach no-go-tell and bystander buddy.
14. Provide individual and group work for children who have been targeted.
15. Provide individual work for children using bully behavior.
16. Always intervene in bullying. Work with the bully, target, and bystanders PRIVATELY AND SEPARATELY. Teach new behaviors!
17. Follow-up. Check-in frequently with the bullies, targets, and bystanders.
18. Focus on bystander power.
19. Teach the importance of reparations, of acting to repair the wrong.
20. Supervise the “hot spots”
21. Use teacher and staff groups to increase knowledge and commitment related to ending bullying and meanness.
22. Involve parents as valued members of the team.
23. Remember: silence won’t solve the problem. Spread the word: We do not allow bullying here! Post it! Model It!