**Ways to Help Prevent Bullying**

1. **In general,** **focus on the two key aspects of effective classroom management**: **Structure/Demandingness** and **Support/Responsiveness**. Hold high behavioral expectations while also striving to meet the social and emotional needs of all students. An authoritative (not to be confused with authoritarian) style characterizes the most effective parents and teachers and has been shown to prevent bullying.

2. **Respond immediately** to all acts of bullying (verbal, physical, social, and cyberbullying). Response should include negative consequences for the bully and support for the victim. However, it should also include a plan to prevent the bullying from reoccurring (e.g., teaching bully prevention strategies to the victim, problem-solving discussions with the bully to understand actions and prevent reoccurrence).

3. **Build and maintain positive and supportive relationships**, including teacher-student, student-student, and family-school relationships. Positive relationships not only prevent bullying but also serve to help protect victims of bullying from emotional harm.

4. **Have clear, consistent school-wide and classroom rules and policies against all forms of bullying**. The message should be clear throughout the school: Respect and responsibility are expected, and bullying is not tolerated.

5. **Teach “bystanders” important roles they can play in preventing bullying by not supporting it and actively stopping it** (where appropriate and when it is safe to do so).

6. **Teach students (including bystanders) how to respond when bullied**. For example, encourage students to do the following (where appropriate) when bullied: control their emotions, walk away and ignore, tell an adult, and seek support from others. Teach bystanders not to reinforce the bullying and to intercede where appropriate.

7. **Teach specific lessons on bullying including its effects on victims, bullies, and the general school climate**. This can be done using a “packaged” curriculum or by integrating lessons throughout the existing curriculum, such as in literacy, social studies, or health. If using a curriculum program, be sure it is evidence based (visit CASEL.org for a list of evidence-based programs). Videos have shown to be especially effective in developing students’ empathy, perspective taking, and problem-solving skills.

8. **Increase supervision and monitoring in places where bullying most often occurs, such as the playground, hallways, cafeteria, and bus.** Schools should use their data sources in order to make informed plans and be efficient and effective with resources.

9. **Provide individual and small-group services and supports to bullies and their victims**. This might include counseling, social skills training, individual intervention plans, and parent trainings/meetings.

10. **Overall, work toward establishing school-wide and classroom norms that prevent bullying**. To do so, students must be actively involved in ways to prevent bullying. Activities should include cooperative learning, class meetings about bullying, school assemblies, information to parents about bullying (including meetings), bullying surveys (such as the DE School Climate Survey), and systems that recognize and support prosocial behavior.