Effective Proactive Bully Prevention Efforts

★ Focus on all students
★ Fits within tiered approach
★ Sustainable effort
★ More emphasis on prevention
The US Department of Education office of Safe Schools defines bullying as unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power - such as physical strength, access to embarrassing information, or popularity - to control or harm others. Power imbalance can change over time and different situations even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than others.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

BASIC STEPS TO ADDRESS BULLYING

STEP ONE
If someone treats you in a way that feels disrespectful, use the school wise “Stop” phrase.

STEP TWO
If the person stops, say “Cool” or “Ok” and move on with your day.

STEP THREE
If the person does not stop, walk away and seek support.

STEP FOUR
When you walk away, don’t look at or talk to the person, approach a trusted adult and ask for support.
Stopping Strategy

(For the child who is bullying)
If someone uses the school-wide “Stop” phrase toward you:

STEP ONE
Stop what you are doing, even if you don’t think you are doing anything wrong.

STEP TWO
Remind yourself “No big deal if I stop now and don’t do it again.”

STEP THREE
Say “OK” to the person who asked you to stop and move on with your day.

Bystander Strategy

If you observe someone using the “Stop” strategy and the inappropriate behavior doesn’t stop, so one of 2 things:

Use the “Stop” strategy toward the child who is being disrespectful.

Ask the child who was disrespected to go with you, and leave the area. Comfort the person by saying something like “I’m sorry that happened. It wasn’t fair.”

When Bullying is observed staff members must report bullying to the principal/site administrator.

The principal/site administration shall inform the student or parent/guardian of the right to file a formal written complaint in accordance with AR 1312.3 - Uniform Complaint Procedures.
Stopping Strategy
(For the child who is disrespected)
If someone uses the school-wide “Stop and Walk” strategy and the person does not stop

**STEP ONE**
Decide whether to walk away or seek support.

**STEP TWO**
If you seek support, select a trusted adult to talk with.

**STEP THREE**
Approach the adult, and say “I’m having a problem with _______ I asked the person to stop and they continued” OR “I’m not feeling safe because _______.

**STEP FOUR**
If the adult isn’t able to help solve the problem right then and you need help right away, ask the adult to assist you in finding another staff member.

**School Board Members**

BETH ALBIANI
DR. CRYSTAL MARTINEZ-ALIRE
BOBBIE SINGH-ALLEN
NANCY CHARLES ESPINOZA
CARMINE S. FORCINA
CHET MADISON, SR.
ANTHONY “TONY” PEREZ

(916) 686-7568
Student Support and Health Services
9510 Elk Grove-Florin Road
Elk Grove, CA 95624
http://blogs.egusd.net/pbis

CHRISTOPHER HOFFMAN
Superintendent

MARK CERUTTI
Deputy Superintendent, Education Services & Schools

SUSAN LARSON
Executive Director, Education Services

DON ROSS
Director, Student Support & Health Services

LISA VARTANIAN
Program Specialist, Office of Behavioral Health

**LINKS & REFERENCES/RESOURCES**

http://blogs.egusd.net/educational-equity
http://blogs.egusd.net/digitalcitizenship
https://www.commonsensemedia.org

University of Oregon, Bullying and Harassment Prevention in Positive Behavior Support: Expect Respect, Brianna C. Stiller, Rhonda N.T. Nese, Anne K. Tomlanovich, Robert H. Horner, Scott W. Ross