

THE ULTIMATE SCHOOL BULLYING PREVENTION ADVICE GUIDE

ABOUT THE ULTIMATE SCHOOL BULLYING PREVENTION ADVICE GUIDE

Bullying is a collective problem, so its prevention requires a collective answer.

That's why we asked you (that's right—everyday parents, professionals, and kids like YOU!) for advice on the subject.

While CPI does not endorse the advice contained in this guide, we believe that it may help you in your efforts to address the complex issue of bullying.

We conducted an online survey asking those in our social media communities to answer one or more of five questions about bullying.

The result? The Ultimate Bullying Prevention Advice Guide! This guide is a collection of enlightened answers to help:

- Kids who are being bullied
- Teachers
- School administrators
- Advocates
- Kids who bully

The pages that follow feature the many thoughtful responses we received. We hope you'll use and share them with everyone they might benefit.



Here's how we can stop bullying!



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**What's the best piece
of advice you can
offer to someone
who's being bullied?**

What's the best piece of advice you can offer to someone who's being bullied?

"Try to stay calm! The person bullying you is trying to make you upset or angry. Don't give them that reaction."

Irene Nettekoven
School Counselor

Moneta, VA

"Be swift to hear and slow to speak without reacting."

Dr. Sharon Joy Shoatz-Mayazi
Teacher

Philadelphia, PA

"Tell the person/s you will not tolerate their behavior. If that doesn't stop it they need to report it to an adult."

Mary Jones
School Counselor

Pleasant Grove, UT

"Make sure you ask them to stop in a confident voice while using eye contact. If they do not stop, try to move away from them. If they still don't stop after that, tell an adult. If they continue to bully you after that, tell the same adult or another adult. Don't let them hurt you physically or mentally. Make sure they are stopped."

Kari Altman-Wood
School Counselor

St. Petersburg, FL

"Always report the bullying, even though it might make you afraid that the bully will retaliate. No one can help you if they don't know it's being done."

Marian E. Hazelton
Teacher Consultant for Behavior/CPI Coordinator

Lapeer, MI

"Tell an adult at home or school."

Beatriz Moreno
Social Worker

Mission, TX

"Ignore or avoid the bullies if you can. Stay away from them or if possible always go with a buddy."

Cecile Abando
Counselor

Manila, Philippines

"Stay strong and talk it out with your friends or family. While it may not seem like it, people who bully are very insecure about themselves who feel the need to belittle people to make them feel better. You are not the issue, they are. If they are taking the time to bully you, they are jealous of something you have they do not."

Heidi Koon
Student Services Assistant
Sunbury, OH

"Talk to someone about the way you feel and explain what's happening."

Joel Ramkissoon
Founder,
Bully-Proof Project
Brampton, ON Canada

What's the best piece of advice you can offer to someone who's being bullied?

"Tell someone. Bullying is very silent the less one talks about how they feel, the fear, the anger of not being able to protect themselves: the more the bully has control and power. Talking is the first step in stopping a bully."

Mr. Watson
Community Support
New York, NY

"Don't be a victim. Tell an adult."

Kathy George
Teacher
Marietta, OH

"Realize it's not about you. Turn and walk away."

Anonymous

"Don't let them see that it affected you ... it gives them more power to continue."

Barbara Held
Administrative Assistant
Cumming, GA

"Ignore the bad behavior."

Sandra Simpson
Teacher
Biolxi, MS

"I hear you and I want to help."

Sylvia Westcott-Tigwell
Staff Registered Nurse
Penetanguishene, ON
Canada

"Tell someone in authority that you feel has your back and will act in your best interest. Then, hold your head up high and realize that a person who bullies is unhappy with their own self or life, and it has nothing to do with you. Finally, stay close to your family or friends that love and support you."

Christine Zanassi
Retired Teacher
Oakley, CA

"They do not deserve it!"

Thomas Lawton
Special Education Teacher
Lempster, NH

"They do not have to endure the bullying. Help the individual understand that they are important and help them to gain enough self esteem so they can take pride in themselves. When a person gains confidence the bully does not have any power over you."

Sherry L. Cook
Program Support
Mobile, AL

What's the best piece of advice you can offer to someone who's being bullied?

"Just had this conversation with a student today. We talked about how although it hurts to try and remember that the other person is unhappy with themselves and they are taking their bad feelings on you to make themselves feel better. Always remember it's not just a quick conversation with the victim you need to address and validate their feelings. In the 30 minutes of conversation we were able to turn tears into laughter."

Anonymous

"You do not have to take it and telling school staff will help you stop it."

Chris K Briggs
District Resource Teacher
Albuquerque, NM

"Bullies are a part of life, they thrive on the weak! So be proud of who you are and don't let them get to you, ultimately they will move along!"

Christal Baroody
Mom
Inwood, WV

"Tell someone! You do not have to deal with this issue of bullying alone. Pick a person that you trust and let them know. If the results are not what you expect from telling that person, do not stop there tell someone else, it is not ok to be bullied! Tell someone until you get the results that work in your favor! Never think it is ok to have someone bully you no matter how many threats they make against you."

Pamela Smith
School Psychologist
Monroe, LA

"Seek help. Talk to an adult about it."

Angela Hagen
Elementary School Counselor
Port Alice, BC
Canada

"It is not about you ... Tell somebody you trust what is going on."

Suzanne St. Yves
Consultant
Winnipeg, MB
Canada

"It's okay to tell someone that you are being bullied. Bullying is wrong and you are not the problem."

Alan Rubeck
Coordinator
West Seneca, NY

"Never struggle alone . Tell someone you trust."

John Young
Training & Development Manager
Krikby Lonsdale, Cumbria
UK

What's the best piece of advice you can offer to someone who's being bullied?

"Learn to laugh at yourself and not take it personally. If you're comfortable with it, agree with the bully; adding humor can defuse a bullying situation."

Holly Lueth
Counselor
Russell, KS

"This is so relative but essentially, I would say 'I am here for you. I will help you. I will defend you. I've got your back.'"

Mary M
Parent
Laval, QB Canada

"Talk about what is happening. Don't stop until you feel the problem is solved."

Sharon Olson
Bus Driver
Grand Rapids, MN

"Realize it is not your fault and asking for help and support is not a sign of weakness. Find someone in school that you can trust."

Jim Dillon
Director of the Center for Leadership for Bullying Prevention
Albany, NY

"There are others out there, you aren't alone. No matter how others make you feel, know that you have value and that there are many out there than need what you have."

Stephen Baldrige
President
Abilene, TX

"Stand up for yourself and let someone know what is going on."

Myiesha Antwine
Assistant Principal
Ardmore, OK

"Tell someone and if nothing improves or get worse ... tell someone else ... tell someone until someone listens and something is done."

Lois Cann
CCA
Sydney Mines, NS Canada

"Tell a trusted adult and remember that you are strong . Walk with your head held high, making eye contact and walking with friends."

Sabrina Green
Licensed Specialist in School Psychology
Commerce, TX

What's the best piece of advice you can offer to a teacher dealing with bullying?

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Don't ignore it because you think it is just a natural 'conflict' between kids."

Thomas Lawton
Special Education Teacher
Lempster, NH

"Be restorative in approach, rather than being punitive."

Cecile Abando
Counselor
Manilla, Philippines

"Never tell a child 'just ignore it.' Do not challenge a bully in front of their peers—it raises their status."

John Young
Training & Development Manager
Kirkby Lonsdale, Cumbria UK

"Listen without the need to reply, but with the need to understand."

Robert J. Norton
Author
*Pickering, ON
Canada*

"Intervene as soon as you have collected enough information to be able to verify that a situation is actually bullying. It is important to contact both the parents of the bully and the victim."

Heather Smith
Teacher
Norris City, IL

"Make bullying a macro issue, not a micro issue. Use positive reinforcement for your entire class to create attitudes of acceptance and support. If the majority of the class stops accepting it, it will get better."

Stephen Baldrige
President, ADDICAS Behavioral Solutions, LLC
Abilene, TX

"Include social stories into lessons as much as possible."

Kimberly Chesney
Special Education Coordinator
Red Oak, TX

"Notify parents and administrators immediately."

Michelle Karp
School Administrator
Tucson, AZ

"Educate yourselves on how to properly deal with it."

Orlando Murrell
Lead BMT
Charlotte, NC

"Stay calm but authoritative."

Susan Scharles
HRD
Fort Mohave, AZ

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Talk with colleagues, find out all information you can about the situation. Inform parents. Know your state laws."

Dorothy Fair
Teacher
Cleveland, OH

"Do not ignore it or pass it off as 'kids being kids.'"

K Cook
School Resource Officer
Albemarle, NC

"Talk with the student who is being bullied. Find out all that you can about the situation. Call in all students involved. Get the students to face one another and talk it out, as you guide them to see things in a more empathetic way. Have class meetings to discuss bullying and its effects on students and what they can do to help stop it. Educate parents. Send home information regarding bullying and share that same information with the students. Most of all, try to emulate in your classroom a sense of self-worth and belonging. Make your classroom a safe haven for your students."

Christine Zanassi
Retired Teacher
Oakley, CA

"LISTEN! Do not dismiss what a student is trying to tell you because you are 'busy'. Your attentiveness could mean life or death (in some situations)."
Myiesha Antwine
Assistant Principal
Ardmore, OK

"Make sure you have knowledge of school policy and previous experiences with bullying. Follow up during parent/teacher conferences."
Gwendolyn Bullard
Staff Development Coordinator
Warren, AR

"Know that the individual is suffering more than you see and understand that they need to find self-assurance in themselves so they can ward off future situations. Do not single out the individual being bullied in front of others, it will only make them more self-conscious."

Sherry L. Cook
Program Support
Mobile, AL

"Intervene on behalf of the child getting bullied by letting the parents of the bully know what is happening."

Barbara Held
Administrative Assistant

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Teachers have to be aware of the needs of the students and stop the bullies right away. Talk in general with the students and make them think about bullying."

Lourdes Vasquez
Teacher
Garden Grove, CA

"Listen deeply. Understand that communication takes many forms. Believe! Be aware that you are the example as much as you may be the beacon of hope and safety, as much as you may be the culprit, as much as you may have been that child once."

Mary M
Parent
Laval, QB Canada

"Immediately stop suspected bullying and report it—you do not need to do an investigation or decide if it is bullying. Teach your class how to be kind and supportive to one another."

Sabrina Green
Licensed Specialist in School Psychology
Commerce, TX

"Keep a vigilant eye on your students. Take notes bi-weekly or monthly of their attitudes and whether they are happy or sad. Sometimes a change in a child's emotional state is a red flag, and I say take notes because a teacher's schedule is hectic. You will not always remember the small things and this will help you remember. Also have lesson plans geared towards problem-solving and start a small debate club in class about different topics concerning bullying, how to talk to each other, etc."

Mr. Watson
Community Support
New York, NY

"All schools have anti-bullying policies the teacher is or should be made aware of. Support from other faculty members, etc. Parents need to play a primary role in their child's bullying issues as well. Take care of yourself and debrief."

Jenny M Desjardins
Manager Residential Services
Coquitlam, BC Canada

"Do not minimize. Do not expect a child to ignore it and carry the pain all alone."

Sharon Olson
Bus Driver
Grand Rapids, MI

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Do some relationship building with both the bully and the victim. Focus on empathy building with your students, creating a class community/team spirit..."

**Angela Hagen Elementary
School Counselor**

Port Alice, BC Canada

"Have empathy and listen to the victim. Step in as the professional and do your part. Receive knowledge on how to deal with bullies and enforce the rules."

**Joseph J. Bove
Director of Therapeutic Martial Arts**

"Be supportive and try and find the root of the problem."

**Sylvia Wescott-Tigwell
Staff Registered Nurse**

Penetanguishene, ON Canada

"Be observant. Victimization does not usually happen in isolation. It happens across settings and often."

**Anne Johnson-Oliss
Director**

Tipp City, OH

"Talk to the student being bullied and the student doing the bullying separately. Try to determine what is causing the bullying and how you can put a stop to it."

**Irene Nettekoven
School Counselor**

Moneta, VA

"Really care about what is happening, do not look the other way. Watch, listen, and be aware of the person going through this."

**Theresa Auck
Administrative Professional**

Sandusky, OH

"...If it's knowledge of a child, call the child in alone and speak with them. Gather facts and let them know they are not in it alone and that they [the teachers] are very supportive. Go with the child to the administrators and report the situation, call the parents of the child. Complete the bullying forms, and administration notify the other child's parents as well of the bullying complaint and the investigation that is about to take place. Complete the investigation and notify all parties of the findings and go from there! I would still be supportive of the child and get some outside agency counseling for the child if needed."

**Pamela Smith
School Psychologist**

Monroe, LA

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Take it seriously and create a safe class environment."

Chris K Briggs
District Resource Teacher
Albuquerque, NM

"Talk to the parents."

Lynn Kayseas
Family Prevention Services Worker
Punnichy, SK Canada

"Listen and talk to the students! Truly be that someone they can come to at any time. Not because you are just a teacher, but because you are a genuinely good person. If you weren't a life guard and saw someone drowning, you would at least try to save the person to the best of your ability, right? "

Heidi Koon
Student Services Assistant
Sunbury, OH

"Do not ignore even the smallest form of bullying. Report it to your counselor or social worker so we can help the child."

Beatriz Moreno
Social Worker
Mission, TX

"Make sure you understand your definitions of bullying. If it is occurring, take action. Kids need to see that when they say something, action is taken. Usually kids are instructed to tell, but when they do nothing happens. The bullies are then emboldened and the kids are labelled as snitches."

Brett
Teacher
Central, CA

"Teach resiliency skills to students."

Mary Jones
School Counselor
Pleasant Grove, UT

"Spread the word among other teachers and the involved parents to keep an eye out for any signs of bullying happening in school or at home. If people are aware of the behavior they can be more prepared to face the situation and stop it."

Sergio Barrera
Physical Education Teacher
Rio Grande City, TX

"Document everything."

Cathy Bickley
Manager & Trainer
Sutton, ON Canada

"Talk to your administrators."

Sheila McLean
Middle School Counselor
Wyckoff, NJ

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Share the bullying with other staff members for support, including the bully and victim's counselors/parents. Report the bullying to the school's Dignity Act designee."

Alan Rubeck
Coordinator
West Seneca, NY

"Depends on the age of the child bullying. If it's grade school, the bullying person gets a consequence. Lose recess and write sentences the whole time."

Sherley A Schooler
District Resource Teacher
Gatesville, TX

"Ensure that all children are treated fairly and that you address bullying or taunting immediately. Make your class a safe haven for all children. "

Tishun
AP
Jacksonville, FL

"Teach kids how to stand up to bullies."

Rosemary Poole
Educator
Dahlonega, GA

"Realize that bullying is happening in your blind spot so even if all looks well, some students are not feeling safe. Be proactive in finding students who are vulnerable or feel disconnected and form a positive relationship with them."

Jim Dillon
Director of the Center for Leadership for Bullying Prevention
Albany, NY

"Bullying is a symptom. Kids need to be taught how to treat each other. What's acceptable and what's not—and it has to be consistently practiced. Co-create the criteria with kids with regards to how we are going to treat each other on a daily basis. Post those criteria in the classroom and refer to them ALL OF THE TIME. If it's important, spend some time on it.."

Bruce Lyons
Retired Teacher
Winnipeg, MB Canada

What's the best piece of advice you can offer to a teacher dealing with bullying?

"Do not ignore this or minimize. Investigate, be aware, and talk about bullying openly with the students. Obviously always keeping confidences."

Jennifer Brion
RN
Toronto, ON Canada

"Take all reports of bullying seriously, even if the reporter is a repeat customer. When the person being bullied is sharing his/her perspective, really listen, and listen to the underlying things they might be saying."

Marian E. Hazelton
Teacher Consultant for Behavior
Lapeer, MI

"Deal with the situation immediately. Do not tolerate any form of bullying, always be on the lookout for it. Report even the smallest instances."

Kathy George
Teacher
Marietta, OH

"To listen to the reporting person and either act on it themselves or go to a more authoritative person to ensure support for the target person."

Ann
Behavior Support Teacher
Proserpine, Queensland Australia

"Document. Make sure you have the facts straight, especially if the person who reports being bullied isn't an accurate reporter or has a tendency to exaggerate. Work with your supervisor to enforce policy."

David Simone
Family Support Coordinator
Attleboro, MA

"Please focus on the bullies....never put the victim and bully in the same room together to try to resolve the problem because it will only escalate. Also report it in writing and verbally."

Lois Cann
CCA
Sydney Mines, NS Canada

What's the best piece of advice you can offer to an administrator addressing bullying?

What's the best piece of advice you can offer to an administrator addressing bullying?

“Don't ignore it. Find all the resources available to address this topic. Have ongoing assemblies, pep rallies, etc. that address this issue. Engage the students in role play. Have meetings for the parents that include guest speakers that address this issue. Get a committee of parents together that would like to come up with ideas to combat this situation. Do the same on campus with a group of students that are willing to put together skits, make signs to hang around campus, have a campus bulletin board with pics of students getting along, having fun, smiling, etc. Get students involved in helping the elderly, younger students, etc., anything that could help the student body develop a sense of empathy and school pride. Get the superintendent and school board involved, too.”

Christine Zanassi
Retired Teacher
Oakley, CA

“Establish a conflict resolution program.”

Sgt. Dan McLaughlin
School Resource Officer/DARE Instructor
Sandusky, OH

“Come up with guidelines and procedures on how to address bullying incidents.”

Cecile Abando
Counselor
Manila, Philippines

“Give support and time to your staff to work through this important issue. Work through it with your staff.”

Sylvia Westcott-Tigwell
Staff Registered Nurse
Penetanguishene, ON Canada

“Handle the issue immediately communicating with all and set firm consequences for those bullying.”

Michelle Karp
School Administrator
Tuscon, AZ

“Focus on the solution versus the problem. Bullying is resolved by bringing people together.”

Robert J. Norton
Author
Pickering, ON Canada

“Be consistent! You cannot discipline one and not the other. The bully will think they can still get away with doing what they are doing. Please take the accusation seriously and investigate in great detail because the end result could be positive or negative depending on what the administrator does. We do not know how long the bullying has been going on and this child may have now come forth and is depending on this administrator to help. If the administrator doesn't help, suicide may result. If they help, a long life may result.”

Pamela Smith
School Psychologist
Monroe, LA

What's the best piece of advice you can offer to an administrator addressing bullying?

"Develop a culture of compassion, communication, confidence as core values."

Sharon Olson
Bus Driver
Grand Rapids, MI

"Get in-service training for all staff so that they know how to handle situations."

Dr. Sharon Joy Shoatz-Mayazi
Teacher
Philadelphia, PA

"Be consistent and be visible. Also, be proactive and put a plan in place before anything happens."

Tishun
AP
Jacksonville, FL

"Have workshops about how to talk to students and bring in different organizations that will assist you in forming peer mediation programs. Create a mentoring program where students are paired up with teachers after school. Call it "Fifteen" it will be 15 minutes after school like a checkup with the basic questions 'how was school today? What could have made it better? What would you change?' Then the teacher or students take notes. It would be important to implement some of the ideas. If a student feels like they have input in how things work, they will be eager to help when things are not going well."

Mr. Watson
Community Support
New York, NY

"Develop a sense of community in your school, providing clear expectations that are consistently reinforced by all staff. PBIS can offer a practical framework, and sound resources."

Angela Hagen
Elementary School Counselor
Port Alice, BC Canada

"Realize that bullying is not just a problem to be solved but is related to how people treat one another. Be guided by principles and high standards for how all people are treated."

Jim Dillon
Director of the Center for Leadership for Bullying Prevention
Albany, NY

"'Fire-fighting' programs don't work. If you want change to take place, it has to be systemic. Staff has to be on board. It can't be an 'add on.' Any initiative has to be consistent and pervasive; part of what goes on in your building/district on a daily basis."

Bruce Lyons
Retired Teacher
Winnipeg, MB Canada

What's the best piece of advice you can offer to an administrator addressing bullying?

"Administrators should contact the bully's family and meet with them one-on-one to explain the issue. Take a stand for the rights of the person being bullied and if it cannot be solved over time, then separate the people involved. Move the bully, don't move the person being bullied."

Sherry L. Cook
Program Support
Mobile, AL

"My best advice for the administrator is to stop the problem. Also, let the students know about the consequences, such as how it will affect the student's school record."

Lourdes Vazquez
Teacher
Garden Grove, CA

"Take it seriously. Do not blow it off; pursue the necessary consequences. Remember, it's important to find about the bully, too. Perhaps he or she was once bullied, or maybe even has experienced abuse at home, or another traumatic event that is triggering the behavior. When we help all parties involved respect one another, we are saving many souls. Consider having both parties write a journal of what bullying means to them and how they could negotiate to respect each other."

Jennifer Alessio
Registered Nurse, BSN
Cheektowaga, NY

"Take it seriously, supporting your teachers and addressing it with the bully and their family."

Chris K Briggs
District Resource Teacher
Albuquerque, NM

"Talk with both parents. Do an anti-bullying campaign in the school."

Anonymous

"Find out what the underlying cause is to the bullying. Don't pretend to believe that bullying doesn't happen because it does."

Paula Dabel
CESA 2 Consultant
Whitewater, WI

"Have anti-bullying enforcements in place with zero tolerance. You must be consistent."

Barbara Held
Administrative Assistant
Cumming, GA

What's the best piece of advice you can offer to an administrator addressing bullying?

"Take it seriously, follow policies and procedures, don't worry about what anyone will think.

Put the student first above all.

Don't worry about the press, be a school that deals with its problems, not one that sweeps them under the rug."

Anonymous

"Ensure that the school has a bully prevention program embedded in the school. When bullying occurs, act on it immediately and issue consequences to perpetrators and irresponsible bystanders."

Ann
Behavior Support
Teacher
Proserpine, Queensland
Australia

"Create a policy surrounding bullying and support your staff. In many cases, your staff are working with these bullies every day; you can avoid power struggles by taking a strong stance from the top and allowing your staff to defer to you."

David Simione
Family Support Coordinator
Attleboro, MA

"Understand that it [bullying] has deep, lasting effects on one's psyche. Understand that teachers play a big role in setting the example of the treatment of peers to peers. Listen. Believe. Comfort. Protect."

Mary M
Parent
Laval, QB Canada

"...address the issue in a healthy way to stop the process and allow both the victim and bully healing."

Suzanne St. Yves
Consultant
Winnipeg, MB Canada

"Make bullying a macro issue, not a micro issue. Use positive reinforcement for your entire campus to create attitudes of acceptance and support. If the majority of the class stops accepting it, it will get better."

Stephen Baldrige
President
Abilene, TX

"Really listen to the students involved. Don't make assumptions. You might miss key information."

Irene Nettekoven
School Counselor
Moneta, VA

What's the best piece of advice you can offer to an administrator addressing bullying?

"Know your school policies and follow them, including offering character education schoolwide."

Sabrina Green
Licensed Specialist in School Psychology
Commerce, TX

"Develop a plan for when the situation does arise. Be sure to not only address the issue head on, but check back with both parties to ensure it has stopped."

Heather Smith
Teacher
Norris City, IL

"Consistently follow your school's protocol when investigating and verifying the incidents. Comply with Dignity Act regulations."

Alan Rubeck
Coordinator
West Seneca, NY

"Documentation. Always have a co-worker with you that is not partial to the parties involved. Have everyone sign waivers stating that it is confidential. Always ask questions that will get each party to talk."

Cathy Bickley
Manager & Trainer
Sutton, ON Canada

"Don't ignore it and dismiss it as drama, and please do not go right to mediation with the bully and victim. This often makes the victim more vulnerable and gives the bully more power."

Anonymous

"Know best practices and your city and/or state laws about bullying."

Gwendolyn Bullard
Staff Development Coordinator
Warren, AR

"Practice zero tolerance. Pull in the parents. Have anti-bullying workshops."

Kathy George
Teacher
Marietta, GA

"Deal with it. Make an effort and make it stop."

K. Cook
School Resource Officer
Albemarle, NC

"Document, document, document. Make sure you have policies and procedures and follow any legalities that are in place for your area. Get assistance from others, use all resources available to you. Debrief with your team and take care of yourself and each other."

Jenny M Desjardins
Manager Residential Services
Coquitlam, BC Canada

What's the best piece of advice you can offer to an administrator addressing bullying?

"Take it as seriously as the victim. It may not seem important enough to look into but it is for the victim. You are also in the power to prevent it from happening to another victim by these same bullies. Set up programs for the bullies and enforce disciplinary action."

Lois Cann
CCA

Sydney Mines, NS Canada

"Investigate all reports and when the same names keep coming up, you have a pattern of behavior that can't be ignored."

Sheila McLean
Middle School Counselor

Wyckoff, NJ

"... [to] review their policies and standard procedures when it comes to bullying. Amend present bullying policies and look into further prevention steps to prevent bullying from taking place."

Joel Ramkissoon
Founder,
Bully-Proof Project
Brampton, ON Canada

"Have your policies and procedures in place. Be informative to students, staff, and parents. Have legal knowledge and rapport with community police and legislators."

Joseph J. Bove
Director of
Therapeutic Martial
Arts
Akron, OH

"Take all threats seriously, because if we avoid even one disaster with a student, by sorting through a myriad of reported incidents, it was worthwhile."

Sheila McLean
Middle School Counselor

Wyckoff, NJ

"Get to know your kids by name and interest. Spend time with them, let them know you care about them and that they can be proud of themselves."

Anonymous

"Make sure to investigate the situation and speak to witnesses. You don't want to let someone get away with and possibly continue bullying someone because they weren't taken seriously."

Rosemary Poole
Educator

Dahlonega, GA

What's the best piece of advice you can offer to advocates who work to prevent bullying?

What's the best piece of advice you can offer to advocates who work to prevent bullying?

"I've always been a fan of prevention models, as well as the idea that schools are a great place for these types of programs to be implemented. ...there is much more happening in schools that isn't curricula, and that ignoring this reality is impractical if learning is the goal for what we do every day in schools. ...Social/emotional skill development isn't innate; it happens in context with what is going on the daily lives of our kids. ...So, if we (educators) believe that certain customs, habits, daily practices are important, well then, those need to be taught. And they need to be practiced in context.

It's not enough to say 'no bullying allowed.' We have to co-create the create (with the kids) a set of criteria for what good social skills look like, what's acceptable and not acceptable, and teach it in context, all day and every day. Social skills development isn't a course of studies; it's a way of life. In all areas of education, it is the teacher's responsibility to show kids what success looks like. This is not only the case for academic pursuits; it's also true in pursuit of social/emotional skills. We can't expect things from kids when we haven't taught those things. If it's important, let's teach it."

Bruce Lyons
Retired Teacher
Winnipeg, MB Canada

"Engage all members of the school community including students and parents in any prevention and intervention efforts."

Alan Rubeck
Coordinator
West Seneca, NY

"Educate all. There are so many forms of bullying."

Cathy Bickley
Manager & Trainer
Sutton, ON Canada

"Spend time with all the kids, especially the ones who bully, they often are the ones hurting the most."

Anonymous

"Don't give up."

Tishun
AP
Jacksonville, FL

"Continue to do what you do and access on-going training in the prevention of bullying."

Gwendolyn Bullard
Staff Development Coordinator
Warren, AR

"Come to the schools. Speak to the students directly."

Michelle Karp
School
Administrator
Tuscon, AZ

What's the best piece of advice you can offer to advocates who work to prevent bullying?

"Come up with restorative programs for both bullies and victims."

Cecile Abando
Counselor

Manila, Philippines

"The race is not given to the swift, but to those that endure to the end! Many are called, but only a few are CHOSEN! Take the job very serious, because these people are depending on us! Lives are at stake....and you never know when someone may be working to assist someone you love and care about!"

Pamela Smith
School Psychologist

Monroe, LA

"Realize that bullying is not an isolated problem that can be fixed by a policy, program or protocol. Point people in the direction of a positive goal of making schools true communities."

Jim Dillon
Director of the Center for Leadership for Bullying Prevention

Albany, NY

"Build as much awareness as often and frequently as possible."

Lynn Kayseas
Family Prevention Services Worker

Punnichy, SK Canada

"Don't give up, keep searching for strategies to teach tolerance and acceptance. Start a support group for students who are being bullied, or a group who are comfortable with reporting bullying."

Holly Lueth
Counselor

Russell, KS

"Know the life saving value of what you are doing and never get discouraged."

Sharon Olson
Bus Driver

Grand Rapids, MI

"Advocates need to understand two things: 1) the bullied (victim) and 2) the bully. Maybe the person being bullied suffers from low self-esteem. Maybe the bully is using force as a way to hide some of his/her own insecurities. Try to understand and support both."

Sherry L. Cook
Program Support

Mobile, AL

"Teach bullied children the art of self-defense for all types (verbal, physical, cyber) of bullying."

Sherley A Schooler
Retired Business Owner

Gatesville, TX

What's the best piece of advice you can offer to advocates who work to prevent bullying?

"Train, train, train. Provide media support in training. Get parents and authority figures to support your training."

Anonymous

"Be patient and do not stop helping the students, teachers, and parents."

Lourdes Vazquez
Teacher
Garden Grove, CA

"Get involved in schools and the community. Develop partnerships and resources that are widely accessible."

Irene Nettekoven
School Counselor
Moneta, VA

"Ensure that social skills and resilience building programs are explicitly taught to all."

Ann
Behavior Support Teacher
Proserpine, Queensland
Australia

"It is important to remember why we do the work we do. Everyone that bullies does so for a reason. The reason may not be a rational one, but it is a reason just the same. Make sure you document assistance from start to finish. You never know where your next case study comes from."

Jenny M Desjardins
Manager Residential Services
Coquitlam, BC Canada

"I am one and we all need to be one! RESPECT must be encouraged and modelled."

Jennifer Brion
RN
Toronto, ON Canada

"To remember that every case [of bullying] is unique."

Orlando Murrell
Lead BMT
Charlotte, NC

"Keep on working to upgrade services for parents and students. Have workshops at schools, churches, community centers. Set up booths at fairs in different parts of the city to get the word out on bullying. The more we educate others the better they are prepared to deal with issues concerning bullies. Start a phone campaign. Many programs that are out there are not known. Get the word out about your services and then see what can happen."

Mr Watson
Community Support
New York, NY

"Get the word out to parents and kids on how to recognize bullying and how to stand up to it."

Sabrina Green
Licensed Specialist in School Psychology
Commerce, TX

What's the best piece of advice you can offer to advocates who work to prevent bullying?

"How important it is to teach students (and staff) to advocate for themselves. I tell students often, 'You know who will be with you your whole life, to protect and take care of you? You will.' If people got that message early on, they might better speak up and advocate for themselves. Self-worth plays a huge part in helping bullying victims."

Marian E. Hazelton
Teacher Consultant for
Behavior
Lapeer, MI

"Never give up. Even if you feel ignored, you will make a difference in a child's life!"

Anonymous

"Be genuinely kind."

**Mary M
Parent**
Laval, QB Canada

"Consider the informal advocates—bystanders who are taking action by sticking up for the person who is being bullied. If you celebrate and appreciate what they are adding to the equation, it will empower them to continue to want to help those who need it."

Kari Altman-Wood
School Counselor
Saint Petersburg, FL

"Never stop being creative. If something stops working, change it. If something is working, make it better. Bullying will never stop, neither should you."

Stephen Baldrige
President
Abilene, TX

"Make sure you're reviewing laws and procedures as bullying happens, but also amending where appropriate and researching further prevention strategies."

Joel Ramkissoon
Founder
Brampton, ON Canada

"Help victims advocate for themselves through record keeping. Encourage those that you are advocating for to keep a log where they can record dates, times, details, and actions taken against them."

David Simione
Family Support Coordinator
Attleboro, MA

**What's the best
piece of advice you
can offer to a bully?**

What's the best piece of advice you can offer to a bully?

"You have more to offer the world. Let's find those gifts, talents, and strengths together."

Anne Johnson-Oliss
Director
Tipp City, OH

"Dig deep to find out why you bully."

Dorothy Fair
Teacher
Cleveland, OH

"I would tell the person that he or she is not a bully, but is a better person than their actions portray. I would put my advice in the context of helping them live up to their own higher standards and values while still letting them know that bullying is hurtful and unacceptable behavior."

Jim Dillon
Director for the Center for Leadership for Bullying Prevention
Albany, NY

"Work on your self esteem. Don't put others down to make your self feel 'bigger.' Also, it is not "cool" to bully."

Sandra Simpson
Teacher
Biloxi, MS

"It's never too late to stop. I encourage you to look within to find the real reason you are acting the way you are."

Anonymous

"Stop it! Put yourself in the victim's shoes. Would you want to be treated that way?"

K Cook
School Resource Officer
Albemarle, NC

"You can make a different choice. What do you need right now?"

Suzanne St. Yves
Consultant
Winnipeg, MB Canada

"Bullying is not OK, and is not tolerated here or anywhere for that matter. You know our school rules against bullying. Is there anything we can do to help you to stop bullying? What can I do to help you be the best person you can and want to be?"

Alan Ruback
Coordinator
West Seneca, NY

"Sometimes people don't realize they are bullies. Adopt an attitude of mutual respect and caring. Often people bully because they have been bullied or they feel vulnerable and feel they need an upper hand. Talk to people! Bullying others eats away at your humanity. "

Jennifer Brion
RN
Toronto, ON Canada

What's the best piece of advice you can offer to a bully?

"Seek help. Talk to an adult in the school whom you trust, who listens to you, and who can give you advice and support that you trust."

Angela Hagen
Elementary School Counselor
Port Alice, BC Canada

"...address your own problems instead of taking them out on someone else. Confront your fear."

Brett
Teacherr
Central, CA

"Please talk to someone who cares and may help you understand why you are bullying."

Lois Cann
CCA
Sydney Mines, NS Canada

"Ask yourself why. What is missing from your life that you need to see others suffer? Respect others so you can earn respect back."

Robert J. Norton
Author
Pickering, ON Canada

"Depending on the bully, bring up the 'golden rule.' But since we have been taught that some bullies actually enjoy bullying, comment on their behavior in terms of right and wrong. Don't ask why the bullying occurred; there's nothing that would justify the behavior anyway and bullies don't need anyone to listen to their self-centered thinking."

Anonymous

"It can be difficult to reach a person who has resorted to bullying. However, build trust slowly if at all possible.

Look at your company/agency policies, etc., talk in confidence to other professionals get support, take care of you so you can clearly observe the bully themselves."

Jenny Desjardins
Manager Residential Services
Coquitlam, BC Canada

"Think about what you are doing. You may not realize how much you are affecting someone. What if it was you? Maybe it is you. Instead of lashing out at others, get help. Talk to someone you trust."

Irene Nettekoven
School Counselor
Moneta, VA

"Go for counseling and seek help of adult."

Cecile Abando
Counselor
Manila, Philippines

"Talk to someone. People care about you."

Maria Alvarado
Counselor
Houston, TX

What's the best piece of advice you can offer to a bully?

"Stop. Think about what motivates you to be so cruel and how you'd feel if you were on the receiving end."

Barbara Held
Administrative Assistant
Cumming, GA

"Think about why you are choosing to behave this way. What are the real issues? Do you feel good about your behavior? Go talk with a trusted adult who will really listen to you."

Myiesha Antwine
Assistant Principal
Ardmore, OK

"Give the bully responsibility and acknowledgment and connection. Consider having him/her write a paper on bullying to help and really understand what he/she did was wrong. Give him/her the consequences of his/her behavior and then make him/her a leader, so others respect him/her. Include him/her in group while a staff is present to let him feel loved even though he/she made a mistake.

Do not assume that by calling the parents, everything will be OK. Something may be going on at home that is causing them to behave this way at school. Love and accept the bully and give him/her responsibility and compliments. He/she is disconnected and that is why he bullies. "

Jennifer Alessio
Registered Nurse, BSN
Cheektowaga, NY

"Explain to them how it would feel if THEY were the ones being teased or bullied. Teach them alternative ways to accomplish things by not bullying. Show them understanding and try to find the core reason why they are bullying, such as peer pressure, insecurity, hurt, etc."

Sherry L. Cook
Program Support
Mobile, AL

"Still waters run deep. When you attempt to bully another person, you may be taking on more than you intended. And, hurt people hurt people. A bully doesn't act out in a vacuum. There is something going on inside of him/her that feeds the need to have power over others. That is the root cause of the problem. "

Marian E. Hazelton
Teacher Consultant for Behavior
Lapper, MI

"Walk a mile in that person's shoes. Would you like to be in their place?"

Cathy Bickley
Manager & Trainer
Sutton, ON Canada

What's the best piece of advice you can offer to a bully?

"You need other people in life to be happy and healthy. The way you treat others will determine your future."

Sharon Olson
Bus Driver
Grand Rapids, MI

"...Let's work together to find out how this behavior can stop."

Beatriz Moreno
Social Worker
Mission, TX

"Build better relationships with your classmates. At your ten-year reunion, do you want to be remembered as the one they hope doesn't come?"

Holly Lueth
Counselor
Russell, KS

"Learn to see the other person's feelings. Would you want to be hurt, cursed at, or made fun of? Respect can never be given through fear. It is earned through deeds and being kind to others. It all begins with trusting yourself and loving the person you are right now. If you are being hurt or abused and you're trying to prove you're not afraid by picking on others, then you have only proved you're scared and you need to talk with someone you can trust. It helps to discuss your feelings to make you a better person. "

Mr Watson
Community Support
New York, NY

"Taking advantage of people does not make you a stronger person. Standing up to others to do what is good and right takes the most strength."

Sabrina Green
Licensed Specialist in School Psychology
Commerce, TX

"Speak with your student counselor and with your parents and talk about why you are doing the bullying in the first place. You need to understand how what you are doing is making the others feel."

Heather Smith
Teacher
Norris City, IL

"If you are making someone else feel bad for who they are, you are bullying them. That person you are bullying is important and can make a difference in the world. Don't stop them from doing that. "

Stephen Baldrige
President
Abilene, TX

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