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Preventing Bullying

There are a number of things educators can do to make their school safer and prevent bullying. The following are suggestions for how to approach bullying in schools:

- **Assess bullying in your school.** Determine where and when bullying occurs.
- **Increase adult supervision in bullying "hot spots."** Work with support staff, such as cafeteria staff, bus stop and playground monitors and bus drivers, who may observe bullying incidents that unfold outside the classroom.
- **Involve students, parents, teachers, and staff in bullying prevention.** Establish a school safety committee and task force with a coordinator whose job it is to plan, implement and evaluate your school's bullying prevention program.
- **Encourage teachers and staff to file incident reports of bullying.** Keep track of critical incidents, and assess and evaluate your bullying prevention program.
- **Create policies and rules.** Create a mission statement, code of conduct, and school-wide rules that establishes a climate in which bullying is not acceptable. Disseminate and communicate widely.
- **Integrate bullying prevention material into curriculum and school activities.** Implement curriculum-based, class-level discussions and activities about bullying (e.g., role-playing activities) at each grade level.
- **Promote extracurricular activities.** Reinforce positive social interactions in an inclusive environment.
- **Raise awareness about your bullying prevention initiative.** Launch an awareness campaign to make the objectives known to the school, parents, and community members.
- **Establish a school culture of acceptance, tolerance and respect.** Take advantage of staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook.

what is
BULLYING?

RECOGNIZE
the warning signs

how do I
GET HELP?



If you experience bullying or violence because you are lesbian, gay, bisexual or transgender (LGBT) youth, or others think you are, there are resources available to help you.

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Bullying does not just happen face-to-face. Students and young adults may also struggle with hurtful or embarrassing messages via text or online. Learn how you can prevent and stop cyberbullying.

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