Bullying Prevention Checklist
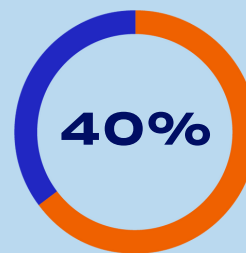# For Teachers

What is Bullying?

The Centers for Disease Control and Prevention defines bullying as any repeated, unwanted aggressive behavior(s). Bullying may be physical, psychological, social, or educational in nature.

Bullying By The Numbers:

1 out of 5
students has reported being a target of bullying.

(Source: National Center for Education Statistics)

40%
Of high schoolers who identify as lesbian, gay, or bisexual and about 33% of students who are unsure of their sexual identity, experience bullying at school.

(Source: CDC)

What You Can Do:

- ✓ Establish a zero-tolerance bullying policy in your online classroom.

- ✓ Provide a safe and judgment-free place for students to share their bullying stories.

- ✓ Validate students' experiences and evaluate how past bullying affects their current feelings and actions.

- ✓ Help students acknowledge how their language and behavior has an impact on others.

- ✓ Provide support, understanding, and feedback when discussing sensitive topics.

- ✓ Encourage students to focus on their strengths and those of others.

- ✓ For group activities, pair introverted students with more extroverted students.

- ✓ Encourage students to make friends with students who have similar interests and passions.

- ✓ Plan online activities and events that foster compassion, kindness, and empathy.

- ✓ Ask questions ... a lot of questions if you suspect a student is a target of bullying or is the aggressor. Questions may include:
  - What can I do to make you feel safer?
  - What should be done differently next time?
  - What are some ways you can practice empathy?
  - How do you think your actions make others feel?

- ✓ Immediately speak to students' parents, learning coaches, and/or caregivers.

- ✓ Report all incidences of bullying to your school's leadership team.

Stride