

Bullying Prevention

Classroom instruction to reduce peer abuse.



Witnesses have the power! A bully can't be a bully without witness approval.

Bullying Prevention is classroom instruction for elementary and middle school students to reduce peer abuse. Conflict resolution and empathy-building exercises strengthen students who are either targets or witnesses of bullying.

**Bullies and victims do not have to exist.
We can work toward a bully-free world:**

- E** Empower others to be strong, yet compassionate.
- M** Make solutions, rather than find blame.
- P** Practice listening and negotiation skills.
- A** Apologize and make amends when needed.
- T** Think of something kind to do each day for another person.
- H** Help build others up, instead of tearing them down.
- Y** Yield to kindness. Look with your heart instead of your eyes.

Contact your school counselor or the CAPS office at 785-825-4493 for further assistance.



When dealing with bullies do not be passive, you may become a victim. Do not be aggressive, you may become a bully. **Be assertive.**

People become bullies because they...

- ... have been victims before.
- ... think that causing another's pain will lessen their own.
- ... don't feel confident enough to use empathy with others.

People become victims because they...

- ... appear to have something "different" about them.
- ... give in to or reward the bully by showing distress.
- ... are unlikely to seek help.

Victims can...

- ... talk to a trusted friend or adult.
- ... ignore bullies with strong body language (chest & chin up).
- ... look them in the eye and speak firmly, "That's out of line. I treat you with respect and I expect the same from you."

Witnesses can...

- ... talk to a trusted friend or adult.
- ... not support the bully by smiling or remaining silent.
- ... support a victim in private and in public.
- ... speak calmly to the bully, "That's bullying. Stop it."
- ... gather several witnesses to talk to the bully.

Bullies can ask themselves...

- ... can I put myself in another person's place?
- ... what can I do when I feel angry?
- ... who can I ask for help?
- ... how can I say, "I'm sorry?"



A PROGRAM OF CHILD ADVOCACY & PARENTING SERVICES, INC.

155 N. Oakdale Ave., Suite 200, Salina, KS 67401

For more information call 785-825-4493 or visit capsofsalina.org

