

Bully Prevention



• Stop

• Walk



• Talk

Definition of Bullying

- Bullying behaviors are repeated, negative acts committed by one or more persons against another. These negative acts may be physical (using your body) or verbal (using your words), or they may involve actions such as manipulating friendships or purposely excluding others from activities.
- Someone who bullies wants to have more power than the person who is being bullied.

What should you do if you are feeling uncomfortable when someone does something?





Stop

Show the hand signal and say “Stop”

- Your palm should be facing the other person.
- Your hand should be closer to your body than the other person’s body.
- Say “Stop” in a serious and firm voice.

Walk

Walk away from the other person

- If the behavior continues, walk away.
- Say nothing more, just walk away.



Talk

Report the problem to an adult

- If the other person continues even after you walk away, tell an adult.
- Tell them what the other person was doing, that you showed the hand signal, said stop, and walked away.

What should you do if you see someone being bullied?





Stop

Show the hand signal and say “Stop”

- Stand up for the person being bullied.
- Your palm should be facing the bully.
- Your hand should be closer to your body than the bully’s body.
- Say “Stop” in a serious and firm voice.

Walk

Walk away from the bully

- Walking away takes the attention away from the bully, and that is what they want, your attention.
- Even if you are afraid to stop the bully, you can still walk away and...



Talk

Report the problem to an adult

- If the behavior continues even after you walk away, tell an adult.
- Tell them what the person was doing and what you did to try to stop it.



What should you do if you are the bully or someone tells you to stop?





Stop

When you see the hand signal, stop!

- When someone shows you the signal and says stop, you must stop.
- Even if you think you are just kidding around and not bullying, you must stop.



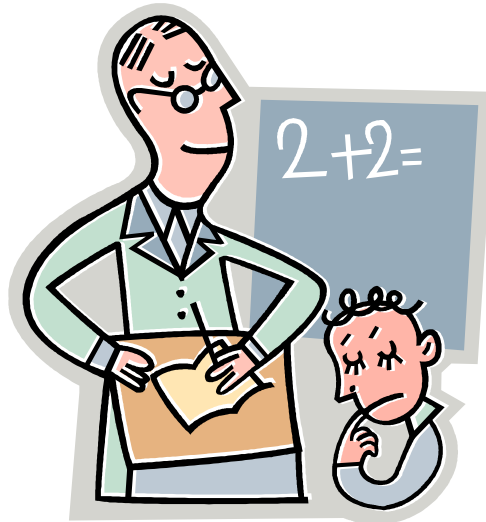


Stop

When you see the hand signal, stop!

- Stop what you are doing.
- Take a deep breath and count to 3.
- Say “Sorry” and go on with your day.

What will the adult do when you report problem behavior?



When students report problem behavior to an adult:

- **Adults will make eye contact with you and thank you for coming to them.**
- **They will ask you about the problem.**
- **They will ask if you said "stop."**
- **They will ask if you "walked away" calmly.**
- **They will handle the problem from there.**

When the adult addresses the bully:

- **Adults will make eye contact with you and ask if you were given the stop signal.**
- **They will ask you how you responded to the stop signal.**
- **They will practice responding to the stop signal with you.**
- **They will determine if further consequences are necessary.**

Important Note:

- **If any student is in danger, the "stop" and "walk away" steps should be skipped, and the incident should be reported immediately.**

Remember...



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• Walk



• Talk