



# Strategies for Preventing Bullying in Your School

Category: Bullying and Cyberbullying

## Workshop Overview

Following is a general overview of this workshop, including desired participant outcomes, an explanation of the workshop’s alignment with Learning Forward Standards for Professional Learning, and resources that are included in print and electronic form.

**Category:** Bullying and Cyberbullying

**Duration:** Full workshop – 3 hours

### Desired Outcomes:

Participants will...

- Identify different forms of bullying and the effects of bullying on learning.
- Identify ways educators, parents, students, and community members can ensure a safe school.
- Apply strategies to prevent bullying in the school.

### Learning Forward Standards for Professional Learning:

- **Learning Communities:** Occurs within learning communities committed to continuous improvement, collective responsibility, and goal alignment.
- **Resources:** Requires prioritizing, monitoring, and coordinating resources for educator learning.
- **Learning Designs:** Integrates theories, research, and models of human learning to achieve its intended outcomes.
- **Implementation:** Applies research on change and sustains support for implementation of professional learning for long term change.
- **Outcomes:** Aligns its outcomes with educator performance and student curriculum standards.

### Resources in This Binder:

- Handouts
  - Handout 1: Classroom Resources
  - Handout 2: Case Studies
  - Workshop Agenda
  - Attendee Notes
  - 3-2-1 Evaluation Form
  - Certificate of Completion
- “Think About It” Exercise
- Ready, Set, Go Planning Activity





## Topic Outline

Understanding the general flow of topics to be covered is an important part of giving a strong presentation. This allows the presenter(s) to lead effective group discussions and speak extemporaneously. Following are the main topics covered in this PowerPoint presentation. As you prepare to give the workshop, you may want to refer to this page often.



### Main Topics:

1. The Basics of Bullying
2. Preventing Bullying
3. What Can I Do?
4. Teaching Respect

### Subtopics:

#### 1. The Basics of Bullying

- a. What is Bullying?
- b. Types of Bullying
- c. Research on Bullying
- d. Who is Hurt?

#### 2. Preventing Bullying

- a. How Do We Prevent Bullying?
- b. School-Level Interventions
- c. Classroom Activities
- d. Individual Interventions
- e. Community Activities
- f. Tips for Success

#### 3. What Can I Do?

- a. Classroom Strategies

#### 4. Teaching Respect

- a. Classroom Resources

## Presentation Outline



This outline is designed for you to see the PowerPoint presentation at a glance. Note that slide numbers and the approximate amount of time needed per slide are shown in the right two columns. **The times in bold print show the approximate total time needed for that topic, which includes the approximate times for the activities, shown in parentheses.** You might consider keeping this page within reach during the presentation.

Section of Presentation	Slide #	Timing (mins)
<b>Getting Started</b>		
Introduce self, co-teacher, participants	1-2	
Explain materials issued to participants		
Cover objectives (from Workshop Overview)	2	<b>10</b>
<b>Topic 1 – The Basics of Bullying</b>		
	3-11	<b>40</b>
<b>Activity</b> – Think, Pair, Share	8	(10)
<b>Activity</b> – Reflection	10	(5)
<b>Topic 2 – Preventing Bullying</b>		
	12-22	<b>40</b>
<b>Activity</b> – Quick Write	13	(5)
Break		
<b>Topic 3 – What Can I Do?</b>		
	23-27	<b>30</b>
<b>Topic 4 – Teaching Respect</b>		
	28-30	<b>45</b>
<b>Activity</b> – Case Study	30	(30)
<b>Closing Thoughts</b>		
	31	<b>5</b>
Total of 2 hours and 50 minutes (not including break)		

### Helpful tip!

**This workshop can be broken up into shorter sessions so that you can adapt the presentation according to your time constraints.**









## “Think About It” Exercise



Have staff complete this exercise to begin implementing what they learned during the workshop. Distribute this document to staff by attaching the file to the Next Day Follow-Up Email, or make copies for the staff.

1. List down at least five strategies that you have used in preventing bullying in your class and in school.

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2. Are there any aspects of the topic that the training did not cover? What are they and how do you propose handling these aspects?

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3. If you are to develop an action plan to prevent bullying in your classroom, how would you describe this plan? Based on what you’ve learned from the training, how can you improve this plan?

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