

# Breaking the Bully-Victim-Bystander Cycle: Strategies to Reduce Bullying and Support Caring, Connected and Responsible School Communities

**Target Audience:** K-12 School Teams (administrators, teachers, counselors, and/or parents)

Are you and your faculty and staff equipped to effectively deal with bullying in your school? Is your school effectively promoting the skills and dispositions that support engaged, responsible and caring citizens?

### Why is bully prevention and promoting upstander behavior important?

Bully-victim behavior is a serious public health problem. Research shows that 25% of U.S. students are bullied each year. A growing body of research has underscored that bully-victim behavior is toxic: it undermines K-12 student capacity to develop in healthy ways and to learn. There is virtually never a bully and a victim without a witness. When students and adults see bully-victim behavior in school they act as a passive bystander who colludes with and supports this behavior or as an 'upstander' who says "no" (directly or indirectly) to this behavior. Promoting upstander behavior is not only an essential aspect of bully prevention efforts; it also represents essential social, emotional and civic learning that promotes engaged, responsible and caring community members.

# How can this program help my school?

This program supports schools developing a comprehensive (individual, classroom-based, school-wide and school-home-community) effort to promote safe and civil schools. Bully-victim behavior can affect academic achievement and students' capacity to develop in healthy ways.

This program will lead to the (1) reduction of bully-victim-passive by-stander behavior; and the (2) promotion of socially responsible and caring school communities where people are inclined to act as "up standers" who say "no" (directly or indirectly) to bully-victim behavior.

#### What do I get with the Breaking the Bully-Victim-Bystander Cycle program?

When you work with CSEE, you will receive resources, tools, and guidelines and experienced consultants who will guide you through a process of reflecting on (1) "where are we now?" (2) implementing a comprehensive bully prevention/pro-upstander program that builds on your school's past efforts and then, (3) sustaining this effort.

It is often useful to assess the climate of your school as a part of the initial process. Assessing school climate in comprehensive and scientifically sound ways provides an understanding of your schools current strengths and challenges as well as being a powerful and important springboard to support students, school personnel and parents/guardians working together to prevent bullying and promote upstander behavior.



After two days of training for the staff and two days of training for the adults and students together, the students will be prepared to make a series of presentations to their peers. Work with the staff will set the stage for a school-wide processes that supports safer and more civil schools. We will also work with staff to collaboratively develop an evening presentation and workshop for parents and guardians. Subsequent workshops for staff focus on sustaining these efforts.

## With the Breaking the Bully-Victim-Bystander Cycle program you will receive:

- A half day workshop for the entire school staff to learn about the *Breaking the Bully-Victim-Bystander Cycle* program and begin to develop specific plans that build on your schools past efforts.
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- A two-day training for a program coordinator and five to eight staff program sponsors, followed by a two-day training for 20-30 students and the adults.
- Periodic phone and email contact between our consultant and a designated "point person" in the school(s) will be an intermittent but ongoing part of the process.
   This will allow our consultants to understand successes and challenges and be helpful from afar in any and all ways that they can.
- Parent presentation about bully-victim-witness behavior
- Follow-up session with a consultant to observe and provide feedback to the student peer leaders and meet with the staff that works directly with the program to help plan and problem solve about its implementation.
- A Sustainability Tool Kit for the staff that supports a range of ways that we can
  and may want to support our initial efforts. This includes information about
  infusing bully-victim-upstander themes into existing curriculum, using drama as a
  springboard for upstander efforts, public service announcements, advisory
  activities and much more.

To find out how a *Breaking the Bully-Victim-Bystander Cycle program* can serve your school or district, call us at (212) 707-8799 or write to us at <a href="mailto:info@csee.net">info@csee.net</a> to learn more about our Professional Development Services.