National Bullying Prevention Month

Take a Stand Against Bullying

Every day in schools across the country, students are bullied based on aspects of their identity including race, religion, gender and gender identity, socioeconomic status, sexual orientation, etc. Some of the most serious cases of bullying that occur in schools are the result of bias based on identity groups. Name-calling and bullying, like other bias-motivated behaviors, have the potential to escalate into more serious incidents of violence if they are unchecked.

National Bullying Prevention Month is an opportunity to reflect on the classroom and school culture. It is a time to examine best practices when it comes to creating respectful school environments that foster inclusion and respect. The
large body of research on effective responses to name-calling and bullying concurs that schools and other educational institutions can best address these behaviors through ongoing, comprehensive plans. These can include both intervention and prevention strategies and engage all people in the school environment: students, educators, school staff, families and other community members.

**How Can Teachers and Parents Prevent Bullying?**

The cycle of name-calling and bullying is best interrupted by motivated allies. Teachers can help students by exploring with them the range of ally-building strategies and by practicing those skills and behaviors. Students can be motivated and empowered to act as allies and help contribute to creating a positive “ally culture” at their schools. Parents can keep the lines of communication open by talking with their children about bullying and cyberbullying and listening to what is happening for them in school and online.

**State Anti-Bullying Laws**

All fifty states and the District of Columbia have passed bullying prevention legislation. This information can be useful for schools when developing their own school and district policies. ADL’s Bullying Prevention Statutes Chart provides detailed information about each state’s bullying and cyberbullying laws. The resource includes links to the anti-bullying statute and whether each includes certain requirements such as statewide model policy, cyberbullying harassment provision, procedures for reporting, notification of parents, and more.

**Resources**

Below are resources educators and families can use to discuss bullying and cyberbullying throughout the year in school and at home.

**Lesson Plans**
Words That Heal: Using Children's Literature to Address Bullying

PRESCHOOL, ELEMENTARY SCHOOL, MIDDLE SCHOOL, HIGH SCHOOL

This multi-grade unit offers instructional activities based on a variety of books that can be used in kindergarten through high school to increase empathy and help students to respond constructively to bullying that they observe or experience in their communities.

LESSON PLAN

Cyberbullying: Understanding and Addressing Online Cruelty

ELEMENTARY SCHOOL, MIDDLE SCHOOL, HIGH SCHOOL

This multi-grade curriculum unit provides educators with the tools to increase awareness about the problem of cyberbullying among their students.
LESSON PLAN

Identity-Based Bullying

ELEMENTARY SCHOOL, MIDDLE SCHOOL

This lesson plan helps elementary and middle school students define and understand identity-based bullying and explore potential solutions.

LESSON PLAN

What is Weight Bias?

MIDDLE SCHOOL
This lesson will provide an opportunity for middle school students to discuss and define weight bias, identify stereotypes about overweight and obese people and explore what can be done about weight bias in their classroom, school and society at large.

LESSON PLAN

**Addressing Hate Online: Countering Cyberhate with Counterspeech (En español)**

HIGH SCHOOL

High school students define, discuss and learn more about cyberhate and explore the role of counterspeech in being an online ally.
Children's Literature

5 Important Books to Explore Bullying and Ally Behavior

Use children's literature to talk about bullying and ally behavior in the elementary and middle school classroom.

Starfish

Ever since Ellie wore a whale swimsuit and made a big splash at her fifth birthday party, she’s been bullied about her weight.
CHILDREN'S LITERATURE

**Hello, Universe**

A disaster leads Kaori, Gen and Valencia on an epic quest to find missing Virgil. Through luck, smarts, bravery and a little help from the universe, a rescue is performed, bullying behavior is put in its place and friendship blooms.

CHILDREN'S LITERATURE

**I Walk with Vanessa**

This simple yet powerful wordless picture book tells the story of one girl who inspires a community to stand up to bullying.
When cell phones are banned at school, Frost and his friends come up with a new way to communicate: leaving sticky notes for each other all around the school. Soon all the kids are leaving notes—though for every kind and friendly one, there is a cutting and cruel one as well.

**Rules**
Twelve-year-old Catherine just wants a normal life, which is near impossible when you have a brother with autism and a family that revolves around his disability.

**The Smallest Girl in the Smallest Grade**

When Sally takes a chance and stands up to the bullying, she finds that one small girl can make a big difference.

**Confessions of a Former Bully**
After Katie gets caught teasing a schoolmate, she's told to meet with Mrs. Petrowski, the school counselor, so she can make right her wrong and learn to be a better friend.

Each Kindness

Chloe doesn't really know why she turns away from the new girl, Maya, when Maya tries to befriend her and every time Maya asks if she can play with Chloe and the other girls, the answer is always no.
Resources for Educators, Parents and Family Members

**TOOLS AND STRATEGIES**

**What Bullying Is and Is Not**

Use this parent and family roundtable discussion guide to talk with youth about bullying/cyberbullying and how to be an ally. *(Ages 7 and up)*
Resources, strategies and tips for educators and parents/families on bullying and cyberbullying prevention.

TOOLS AND STRATEGIES

Bullying and Cyberbullying Prevention Strategies and Resources

Resources, strategies and tips for educators and parents/families on bullying and cyberbullying prevention.

6 Ways to Be an Ally (en Español)

Six simple things youth can do to be an ally to targets of name-calling and bullying.
Bullying and Cyberbullying prevention programs provide a comprehensive approach to prevent and intervene against name-calling, bullying and cyberbullying.

**TOOLS AND STRATEGIES**

**Bullying and Cyberbullying Workshops**

Bullying and Cyberbullying prevention programs provide a comprehensive approach to prevent and intervene against name-calling, bullying and cyberbullying.

**TOOLS AND STRATEGIES**

**What Can I Do About Bullying Among Young Children?**

Research shows that bullying can begin in preschool and that adults play an important role in prevention and intervention. Here are some tips adults in young children’s lives can do to prevent and respond to bullying.

**TOOLS AND STRATEGIES**

**Misdirections in Bullying Prevention and Intervention**

In recent years, increasing numbers of educators, health professionals, family members and other adults who interact with children and youth have begun to realize the seriousness...

**BLOG**

**Labeling Behavior, Not People**

Concerns about bullying in schools have motivated hundreds of books, many which aim to change the behavior of “bullies.” But, there is a disconnect between being labeled
a “bully” and actually engaging in bullying behavior.

GLOSSARY TERMS

Definitions Related to Name-Calling, Bullying and Bias
Definitions relating to bias and bullying associated with ADL's educational anti-bias programs and resources for educators, parents and family members.

Rosalind's Classroom Conversations

TOOLS AND STRATEGIES

Online Behavior: We’re Just As Bad As We Say Teens Are
Adults abuse technology and get away with it. Educators have a responsibility to send a clear and direct message that those in power will follow the same rules as they enforce on students and others.
Words matter. Rosalind Wiseman suggests ways young people should evaluate their words and not say things to denigrate others just because it's "common" to say.

No matter what we teach, our credibility and effectiveness as educators is based on authentic, meaningful, respectful engagement with each and every student. Rosalind
Wiseman provides tips on what we shouldn't do and can co.

Rosalind Wiseman's classroom essay on how to have conversations with youth about bullying that are more productive and what resources are available to assist in bullying prevention.

**TOOLS AND STRATEGIES**

**Every Conflict Isn't Bullying**

Rosalind Wiseman's classroom essay on how to have conversations with youth about bullying that are more productive and what resources are available to assist in bullying prevention.
Stop Tearing Your Hair Out: What To Do When Bullying Interventions Don’t Work

Reflecting on how you’re responding to the dynamics between the students and then taking the time to really “see” what’s going on between them will help you figure out how to be more effective in intervening in incidents of bullying.