



WAYS TO ADDRESS BIAS AND BULLYING



Over the Next Few Weeks

1. Hold a class meeting that builds awareness and skills on an important topic, such as how to be an ally, how to respond to bullying and bias, how to deal with negative peer pressure, etc.

Resources:

- *Anti-Bias Study Guide* (Anti-Defamation League), www.adl.org/education/studyguide
- *Class Meetings that Matter* (Olweus), www.hazelden.org

2. Have students sign an anti-bullying pledge or resolution of respect.

Resources:

- ADL 's No Place for Hate, www.adl.org/npfh
- Cartoon Network's Stop Bullying, Speak Up, www.cartoonnetwork.com/promos/stopbullying
- Bullying.org and Family Channel Anti-Bullying Pledge, www.bullying.org/htm/main.cfm?content=1063

3. In class or for homework, have students reflect on, discuss and/or write about an incident of bullying or bias in the news.

4. Review and reinforce your school's or district's anti-bullying and non-discrimination policies.

5. Stop name-calling, social aggression and exclusionary behavior in its tracks by taking advantage of "teachable moments."

Resources:

- Zero Indifference Guide to Stop Name-Calling & Bullying (Anti-Defamation League), www.adl.org/combatbullying/Zero%20Indifference%20Web.pdf
- "Zero Indifference: A How-to Guide to Ending Name-Calling in Schools," (GLSEN), www.glsen.org/cgi-bin/iowa/all/news/record/850.html
- Teachable Moments (Welcoming Schools), www.welcomingschools.org/teachable-moments

Over the Next Six Months

1. Form a book discussion group on the theme of bullying or respect for students, staff and/or the broader community.

Resources:

- "Words That Heal: Using Children's Literature to Address Bullying," *Curriculum Connections* (Anti-Defamation League), www.adl.org/education/curriculum_connections/winter_2005

- Online Bibliography (Anti-Defamation League), www.adl.org/bibliography
 - Committee for Children Book Reviews, www.cfchildren.org/advocacy/about-us/e-newsletter/articletype/categoryview/categoryid/3.aspx
2. Download and implement one lesson each month that focuses on bullying prevention, prejudice reduction or social and emotional learning.
- Resources:
- *Curriculum Connections* (Anti-Defamation League), www.adl.org/education/curriculum_connections
 - *Teaching Tolerance* (Southern Poverty Law Center), www.tolerance.org
 - Common Sense Media, www.common Sense Media.org
3. Screen a film about bullying during class, at an assembly or a parent/family night.
- Resources:
- *Let's Get Real* (GroundSpark), www.groundspark.org/our-films-and-campaigns/lets-get-real
 - The Bully Project, www.thebullyproject.com
 - *That's What I Am* (Be A Star Alliance), www.beastaralliance.org/teachers
4. Hold an assembly program or a day of action focused on increasing ally and prosocial behavior.
- Resources:
- ADL's Step Up! and Names Can Really Hurt Us Assembly Programs, www.adl.org/education/combatbullying/becoming-an-ally.asp
 - Teaching Tolerance Mix It Up at Lunch Day: www.tolerance.org/mix-it-up/get-started
5. Conduct a workshop.
- Resources:
- ADL's Becoming and Ally and Cyberbullying training programs, www.adl.org/combatbullying
6. Engage students in social media projects that take the message of respect and inclusion viral.
- Resources:
- MTV A Thin Line Campaign, www.athinline.org
 - Great American NO BULL Challenge (Cyber Safety Academy), www.nobullchallenge.com
7. Host a conversation on bullying with families and the broader community.
- Resources:
- National PTA Connect for Respect Initiative, www.pta.org/bullying

Over the Next 2-3 School Years

1. Institutionalize a structure for engagement in the social and emotional lives of students (e.g., morning meeting, advisory groups, conflict resolution, peer training/mediation, etc.)
- Resources:
- ADL's Peer Training Program, www.adl.org/awod_new/awod_peer_descr.asp

- Collaborative for Academic, Social, and Emotional Learning, www.casel.org
 - Educators for Social Responsibility Resolving Conflict Creatively Program, www.esrnational.org
 - Coalition of Essential Schools Advisory Group Models, www.essentialschools.org/resources/4
2. Establish a diversity or social action club, service learning project or other program that promotes respect, compassion and cooperation.
- Resources:
- ADL’s No Place for Hate Program, www.adl.org/npvh
 - Gay Straight Alliance Network, www.gsanetwork.org
 - National Service-Learning Partnership, www.service-learningpartnership.org
 - National Youth Leadership Council, www.nylc.org
3. Incorporate an annual day, week or month of action that is part of the broader plan to improve school climate and culture.
- Resources:
- GLSEN No Name-Calling Week, www.nonamecallingweek.org
 - GLSEN Ally Week, www.allyweek.org
 - PACER’s National Bullying Prevention Month, www.pacer.org/bullying/nbpm
4. Engage students and families in forming a positive discipline plan that maximizes ownership, responsibility and accountability.
- Resources:
- OSEP Center on Positive Behavioral Interventions and Supports, www.pbis.org
5. Analyze the standard curriculum and identify opportunities for integration of bullying prevention content; evaluate existing comprehensive bullying prevention programs to determine the best fit for your school.
- Resources:
- Olweus Bullying Prevention Program, www.olweus.org
 - Committee for Children Steps to Respect Program, www.cfchildren.org/programs/str/overview
6. Regularly administer a school climate survey with students and adults in the school community that can inform future goals/plans.
- Resources:
- National School Climate Center School Climate Improvement Process, www.schoolclimate.org/climate/process.php
 - Youth Health & Safety Project, www.youthhealthsafety.org/bullying