

Photocopy this page and cut it in half. Laminate these cards and carry one with you.

On-the-Spot Bullying Interventions

When you see bullying happen:

- Step 1: Stop the bullying.
- Step 2: Support the student who has been bullied.
- Step 3: To the student(s) who bullied: Name the bullying behavior and refer to the four anti-bullying rules.
- Step 4: Empower the bystanders with appreciation if they were supportive to the student who was bullied or with information about how to act in the future.
- Step 5: Impose immediate and appropriate consequences for the student(s) who bullied.
- Step 6: Take steps to make sure the student who was bullied will be protected from future bullying.

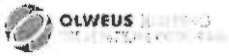
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Our School's Anti-Bullying Rules

- 1. We will not bully others.**
- 2. We will try to help students who are bullied.**
- 3. We will try to include students who are left out.**
- 4. If we know that somebody is being bullied,
we will tell an adult at school and an adult at home.**



Our Class Meeting Ground Rules

- 1. We raise our hands when we want to say something.**
- 2. Everyone has the right to be heard.**
- 3. We let others speak without interrupting (within certain time limits).**
- 4. Everyone has the right to pass.**
- 5. We can disagree without being disagreeable or saying mean things; no “put-downs.”**
- 6. When talking about bullying or other problems between students, we don't mention names.**

