

Tips for Teachers

The following is only a sampling of strategies found in Dr. Beane's book *The Bully Free Classroom*.

- Harness energy of students (poems, skits, posters, songs, "No Bullying Buttons"; See *The Bully Free Classroom*, pp. 136–137 – Campaign Against Bullying)
- Get parents involved in anti-bullying programs (See *The Bully Free Classroom*, p. 3 – Dear Parent/Care give Letter and pp. 90 – 92 of book – Keeping Kids Bully Free: Tips for Parents)
- Help children recognize and understand bullying (See *The Bully Free Classroom*, p. 17 – True or False and p. 21 – Name Bullying Behavior)
- Encourage students to reflect on past bullying (See *The Bully Free Classroom*, p. 23 – Bullying Stories and pp. 26 – 27 - This Week in School)
- Banners (See *The Bully Free Classroom*, p. 20 – Our Classroom is a Place Where)
- Class Pledge (See *The Bully Free Classroom*, p. 94 – Class Pledge)
- Post Bully Free Classroom and Bully-Free Zone posters in classrooms and in school
- Anti-bullying classroom rules (See *The Bully Free Classroom*, page 31 – Set Rules)
- Anger control (See *The Bully Free Classroom*, pp. 137 –138 – Help Students Manage Their Anger)
- Train students in peer mediation (See *The Bully Free Classroom*, p. 60 – Teach Peer Mediation Skills)
- Train students in conflict management (See *The Bully Free Classroom*, pp. 58 – 59 – 8 Steps to Conflict Resolution)
- Use photographs - class scrapbook, class directory, bulletin board (promotes unity)
- Use cameras - catch them being good or bad
- Set up a Peace Place in your room (See *The Bully Free Classroom*, p. 58)
- Avoid displaying weaknesses (reading out loud, working at the board, etc.)
- Ask students to display strengths (opportunities to shine)
- Keep grades a private matter
- Make positive introductions of everyone when student can overhear you board (See *The Bully Free Classroom*, pp. 65 – 66 – Affirm Your Students)

- Teach students to affirm each other – Affirmation Box (See *The Bully Free Classroom*, pp. 66 – 67)
- Display similarities on bulletin board (See *The Bully Free Classroom*, p. 40 – My Favorite Things)
- Display positive characteristics of students on bulletin board (See *The Bully Free Classroom*, pp. 65 - 66 – Affirm Your Students)
- Ask students to track bullying on television (See *The Bully Free Classroom*, p. 63 – Track Bullying on TV)
- Use a Notes-to-the-Teacher Box (See *The Bully Free Classroom*, p. 41 – how to explain purpose)
- Build empathy in students (See *The Bully Free Classroom*, pp. 46-47)