



## What Schools and Parents Need to Do About Bullying, by Dr. Brad Schwall

Schools, parents, and guardians need to do more than just react to bullying when it happens. Preventing bullying and creating a culture of respect requires an ongoing emphasis on the development of social and emotional skills.

**Parents and guardians:** If your child is struggling socially, offer help. If your child is treating others meanly, give direction.

**Schools:** Prevent bullying by affirming positive behavior. Build on the successes of students who are respectful. Help all students find their place in the school and encourage respect for differences. Equip students with social and emotional skills for succeeding in academics and life rather than just dealing with bullying as a special emphasis.

### Action Steps

- Start young - teach children how to give respect and accept differences from an early age
- Focus on teaching social and emotional skills that encourage respect - model and encourage respectful actions and words
- ★ Focus on teaching social and emotional skills that encourage resilience - guide children to learn to problem-solve and deal with feelings
- Teach skills for developing empathy
- Teach skills for building and maintaining friendships
- Set limits and establish consequences on bullying
- Instill values
- Teach ways to build friendships and social status without hurting others
- Intervene quickly when problems begin
- Be in tune with children and overall class climate
- Supervise unstructured time during the school day and establish clear guidelines for interaction and conflict resolution during these periods
- Supervise the online activity of youth

The Cool Rules taught in the Cool Kids videos, lessons, and handouts that prevent and address bullying are "Give Respect," "Stay Cool," "Work it Out," and "Be Confident." Guide children to respect others with their words and actions. Encourage youth to stop and think when they are angry and choose to either talk, solve the problem, or drop it. Help students learn to brainstorm solutions to problems. Empower children and teens to have confidence.

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Las escuelas y padres tienen que hacer más que solo reaccionar a las peleas e intimidación. Para prevenir peleas y crear un ambiente de respeto se requiere el desarrollo de varias habilidades emocionales y sociales. Algunos factores que pueden aumentar la posibilidad de pleitos en los niños son falta de supervisión y equipo que anima interacción social positiva y también una falta de supervisión de las actividades de los jóvenes en el Internet.

Las Reglas Cool usadas en el plan de estudios Cool Kids que tocan el tema de peleas e intimidación entre los niños son, "Dar Respeto", "Mantente Calmado", "Trabaja Hacia una Solución" y "Ten Confianza".

### Lo que las Escuelas y Padres Necesitan Hacer Con la Intimidación

- Crear un ambiente de respeto
- Empieza joven-enseña a los niños como dar respeto y aceptar diferencias en una edad joven
- Enfocarse en enseñar habilidades sociales y emocionales que estimulan el respeto- modela y anima el comportamiento y lenguaje respetuoso
- Enfocarse en enseñar habilidades sociales y emocionales que estimulan el poder de recuperación- guía a los niños a resolver problemas y manejar sus sentimientos
- Enseña a los niños habilidades para hacer y mantener amistades
- Pon límites y establece consecuencias para los pleitos
- Inculca valores y enseña maneras de establecer amistades y estatura social sin lastimar a los demás
- Intervenir pronto antes de que ocurran problemas
- Estar al tanto con los niños y el clima de la clase

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