

“The Golden Rule” Approach to Bullying: Love is Greater than Hate, Brooks Gibbs

- Counselors on all 3 campuses here in Elkhart ISD believe in this approach and have agreed to align our approach to bullying by teaching “The Golden Rule”, basically, treating others the way we would like to be treated and be nice to people even when they are mean to you! This was taught by Jesus, Martin Luther King, Jr., Gandhi
- This approach focuses on the victim. Teach and empower students to treat their enemies like friends and become winners.
- “The Golden Rule is the ultimate, all-encompassing principle for moral behavior.” –Brooks Gibbs

Instructions on How to Apply the Golden Rule:

1. **Think before you speak.** Ask yourself how your words will affect others. If you wouldn't want those words said to you, then don't say them to somebody else.
2. **Think before you act.** Ask yourself what impact your deeds will have on others. Consider the ripple effects that could result. If you wouldn't want to experience those effects, whether directly or indirectly, then don't subject others to the same.
3. **Practice self-control.** If you're angry, find a healthy way to deal with your emotions such as exercise, meditation or [listening to music](#). If you wouldn't want people having temper tantrums around you, then don't have temper tantrums around them.
4. **Practice courtesy.** If you find rudeness and cut-throat behaviors unacceptable when you're on the receiving end, then don't perpetrate them on others.
5. **Develop patience.** Sometimes life involves waiting, and taking it as a personal affront does nobody any good. If you find it unpleasant when people are impatient with you, then don't be impatient with them.
6. **Listen to others when they speak.** If you don't like it when people tune you out while thinking their own thoughts or planning what they'll say next, then don't behave that way toward them.
7. **Help others.** If somebody needs help, don't just hang back, hoping somebody else will come to their rescue. If you, in that position, would need help, then do whatever you can to assist the other person.

Read more: [How to Apply the Golden Rule | eHow.com](#)