

Bullying in the Classroom and at Home

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The Three Steps

- Educate
- Empower
- Enact

Educate

- Introduce healthy friendships and conflict resolution strategies
- Give children tools they can use to manage uncomfortable feelings in their daily life
- Help children understand bullying behaviors vs. classmate and/or friendship quarrels
- Help students learn to invest in each other's lives

Empower

- Build a healthy self-esteem
- Keep the lines of communication open
- Children learn from adults' actions

Enact

- Stop Bullying on the Spot
- Get the Facts
- Support Children Who are Bullied
- Avoid these mistakes
- Follow Up
- Address Bullying Behavior in Child Who Bullied
- Follow Up