



Changing Classroom Culture To Prevent Bullying and Relational Aggression

Create Safety	Encourage Pro-Social Behavior	Provide Clear Interventions	Foster Positive Community
Share and discuss clear definitions of bullying early in the year, including relational aggression and cyberbullying	Read books and share personal experiences that encourage empathy and kindness	Post and share bullying intervention strategies for students in the classroom	Provide volunteer opportunities for students to encourage connections and help students see beyond themselves
Post and share schoolwide and classroom policies on behavior expectations and consequences	Reward and affirm positive social behaviors in a variety of ways	Stop bullying behaviors as soon as they are observed	Teach positive group work skills through direct instruction; don't leave success to chance!
Teach students where and how to report bullying and use surveys to determine if students feel safe at school	Role-play productive problem-solving strategies, especially as they relate to conflict or misunderstandings	Follow up with both the target and the bully and make counseling available for both	Encourage relationships with teachers and peers through discussion and creative activities
Teach students how to be "upstanders" by intervening in bullying and supporting targeted students	Encourage cooperative learning vs. competition	Report all situations to administrators and counselors	Model and discuss conflict-resolutions strategies
As the teacher, intervene consistently if and when problems arise	Model positive coping strategies to handle anger and stress; consider teaching Mindfulness techniques	Share intervention protocol with parents and students before issues arise	Teach assertive, not aggressive, communication

Resource: Simmons, R. (2011). Odd Girl Out: The hidden culture of aggression in girls. New York, NY: Mariner Books.