



**THEY CAN  
PREVENT  
BULLYING  
IN SCHOOLS.**

*How?*



**ACHIEVING ACCESS TO HEALTH FOR ALL COLORADANS**



**“BULLYING IS EVERYWHERE –**

*families, schools, even churches.*

*We can't really expect children to change until we as adults truly embrace our role as models for bullying prevention.”*

*– School bullying program coordinator*

**2005-2008 BULLYING PREVENTION INITIATIVE**

The Colorado Trust launched its three-year, \$9 million statewide Bullying Prevention Initiative to help youths and adults in school districts, schools and community-based organizations intervene in and prevent bullying through training, networking and other strategies.

The 45 grantees estimate they reached 50,000 young people and adults in 40 Colorado counties through the initiative.

Over time, beliefs and behaviors about bullying can change for the better. This matters for all of us because the negative effects of bullying and the positive effects of preventing bullying can last a lifetime.

**VISIT [WWW.COLORADOTRUST.ORG](http://WWW.COLORADOTRUST.ORG)**

*to read the full report, Build Trust, End Bullying, Improve Learning.*

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**PARENT**



**EDUCATOR**



**POLICYMAKER**



*What do they have in common?*



## » SHOW YOU CARE.

A student's connection to adults in school matters. Positive relationships among adults and youths have a direct impact on reducing bullying.

When they feel a sense of belonging in school, students in elementary through high school are significantly more likely to report treating others fairly.

They also are more likely to expect – and to seek – help from adults when adults treat them fairly and build relationships based on trust.



## » TREAT CHILDREN FAIRLY.

Students are less likely to bully others when they experience caring and trusting relationships with adults in their schools, feel that they are treated fairly and see the school responding to their needs.

A school's culture is an important part of bullying prevention. Students take cues not only from the way other students behave, but also from adults in the school.

The way adults treat each other matters. It's essential for adults to send a clear message to students that it is not okay to tease, hurt and spread rumors about anybody.



## » INTERVENE.

Bullying decreases when students and adults intervene to stop the intentional exclusion of targeted youths, unkind gossip, and unprovoked physical and verbal attacks – including those made on the Internet.

Ninety-five percent of adults surveyed during The Colorado Trust's Bullying Prevention Initiative feel it is their responsibility to intervene in bullying.

Sixty percent of those adults consider bullying the single most important problem – or among the top five problems – facing their school.

### WHAT CAN PARENTS DO?

- Teach children to problem solve rather than give in to unkind, impulsive behavior. Reinforce positive behavior.
- Provide consistent structured time and activities for children to develop self-esteem and discipline.
- Talk to your children's teachers about strategies for dealing with difficult situations.
- Recognize the signs of bullied children, such as withdrawing from friends or activities, talking openly about being picked on or avoiding school.
- Teach children to tell the bully to stop.
- Know the signs of bully behavior, such as increasingly acting out at school or at home toward siblings.

### WHAT CAN EDUCATORS DO?

- Create a caring school environment and start bullying prevention efforts as early as elementary school.
- Communicate expectations and consequences related to students' behavior.
- Share bullying prevention efforts with parents.
- Discuss with students acceptable, safe ways they can get their needs met.
- Provide adult supervision during free time.
- Help all students develop a strong sense of self, learn to be a good friend, make one good friend or ally, and relate successfully in a group.

### WHAT CAN POLICYMAKERS DO?

- Promote policies that ensure students learn in an environment that is physically and emotionally safe.
- Provide funding and resources that help students and adults implement bullying prevention programs.
- Encourage the development of state resource centers or clearinghouses that provide ready-to-use information and resources.
- Educate yourself about current policies and trends about bullying prevention. At least 19 states encourage or require school districts to establish bullying prevention policies and programs.
- Encourage schools to provide students with coordinated and continuous support to enhance positive behavior.
- Recognize and celebrate effective bullying prevention programs in your community.

*Findings are from an independent evaluation of The Colorado Trust's Bullying Prevention Initiative. To learn more about strategies to prevent bullying, visit [www.bullyingprevention.org](http://www.bullyingprevention.org).*