



# North Carolina Parent Information and Resource Center

## Parent Partners E-PIC

October 2008

Bullying is a form of violence against vulnerable students that must not be tolerated. School administrators must do their best to let students, staff, and parents know through written policies, seminars and actions that bullying behavior will not be tolerated and all accusations of bullying will be taken seriously.

The following strategies are recommended for dealing with bullying in the schools.

**Breaking the Code of Silence-** Many incidents are never reported. The need for everyone to recognize the damage that silence can cause is of crucial importance, as well as understanding that silence is not a solution to the problem.

**School Rules-** Rules or procedures must be explicit, be positively stated and sympathetically implemented. Many schools present their code of conduct in a negative way, "You must not..." and state these as an explicit description of what is required, eg., walk in the corridors, pick up litter when you see it.

**Adult Supervision-** most bullying incidents happen in situations where adults are not in the vicinity. Closer supervision of stress areas and organized play-times have all helped alleviate the problem.

**Problem Solving and Conflict Resolution-** a problem solving approach which identifies the problem and then comes to an acceptable solution. Open and clear communication about the problem and the generation of possible solutions can increase group empathy and lead to changes in the interactions between bullies and victims.

**Student/Teacher Relations-** The ability to influence values and attitudes of young people is enhanced where relationships are good and when appropriate intervention strategies are used as an alternative to power and punishment.

**Active Listening-** If teachers desire that students change their behavior, they must spend time listening to the student's account of what is happening and to their suggestions about what can be done.

**Using the Peer Group-** The approval of the group is of great importance to students. Group opinions and pressure are powerful ways to change attitudes. If the group rejects bullying, the motivational force that drives bullying can be broken.

**Parental Involvement-** Close contact and cooperation between home and school are crucial for bullies and victims. The school's approach to and confidence that the problem can be resolved will help to reduce anxiety for both students and their parents.

**Training for Staff and Students-** Training should enable staff and students to identify bullying, understand its causes and effects, learn methods of opposing bullying, and feel more comfortable reporting incidents of bullying.

This information was adapted from an informational brochure, [Bullies and Victims-What Schools Can Do To Change Bullying Behavior and Assist Vulnerable Children](#) published by the Public Schools of North Carolina, Department of Public Instruction.

You may schedule a *free* workshop, *Growing Up Safe: A Parent's Guide To School and Community Safety* by calling NC PIRC at 1-800-962-6817 and asking for Rita at extension 39 or you may email us at [parentpartners@ecacmail.org](mailto:parentpartners@ecacmail.org). We hope to hear from you!

Useful Websites on school violence and bullying:

[www.bullyfreekids.com](http://www.bullyfreekids.com)

<http://www.stopbullyingnow.hrsa.gov>