## **Forty Ways to De-Bully Your Classroom**

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Adapted from the Book, *The Bully Free Classroom*

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There are many strategies the classroom teacher can employ to eliminate bullying in the school. He or she is the person on the front line that can make a huge difference in the social climate.

If you are a teacher, please consider how you can fit these simple yet

effective anti-bully working tactics into your classroom. If you are a

parent, please feel free to discuss these with select teachers in your school and encourage their use.

There are many more strategies in the book than can be listed here. These are more orientated to grade school up to junior high. Among some of the more effective ones are:

1. **Name bully behaviors**.
2. **Share stories about bullying**.

1. **Set specific rules regarding what will and will not be acceptable**.
2. **Designate your classroom as “bully-free”**.
3. **Respond effectively and quickly to reports of bullying**.

1. **Intervene to incidents in real time if you witness bullying**.

1. **Teach friendship skills**.
2. **Set very high expectations**.
3. **Learn more about your students**.

1. **Identify roles models**.
2. **Provide supervision**.
3. **Reward cooperation**.

1. **Keep grades private**.
2. **Encourage random acts of kindness**.
3. **Explore the lives of famous peacemakers**.
4. **Change seating assignments when necessary**.
5. **Affirm your students**.
6. **Assess the week**.
7. **Use humor**.
8. **Get students involved in service**.
9. **Provide counseling**.
10. **Empower parents**.
11. **Mobilize witnesses**.
12. **Provide safe havens**.
13. **Get students involved in groups**.
14. **Follow your intuition**.
15. **Have students keep journals**.
16. **Have clear consequences in place**.
17. **Teach power skills**.
18. **Get other students involved**.
19. **Set up a bully court**.
20. **Help at-risk students find mentors**.
21. **Utilize older students**.
22. **Use “Stop and Think”**.
23. **Compile behavior profiles**.
24. **Keep bullying on the social “radar scope”**.
25. **Give students meaningful responsibilities**.
26. **Have students take care of an animal**.
27. **Network with other teachers to ensure anti-bully protocols are in place**.
28. **Be the kind of teacher that lives the behavior you want to see in your students**.