

# Bullying Prevention Checklist For Teachers

## What is Bullying?

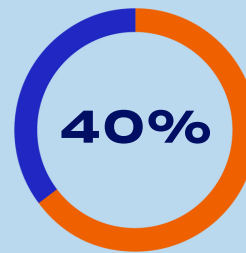
The Centers for Disease Control and Prevention defines bullying as any repeated, unwanted aggressive behavior(s). Bullying may be physical, psychological, social, or educational in nature.

## Bullying By The Numbers:



**1 out of 5**  
students has reported  
being a target of bullying.

(Source: National Center for Education Statistics)



Of high schoolers who identify as lesbian, gay, or bisexual and about 33% of students who are unsure of their sexual identity, experience bullying at school.

(Source: CDC)

## What You Can Do:

- ✓ Establish a zero-tolerance bullying policy in your online classroom.
- ✓ Provide a safe and judgment-free place for students to share their bullying stories.
- ✓ Validate students' experiences and evaluate how past bullying affects their current feelings and actions.
- ✓ Help students acknowledge how their language and behavior has an impact on others.
- ✓ Provide support, understanding, and feedback when discussing sensitive topics.
- ✓ Encourage students to focus on their strengths and those of others.
- ✓ For group activities, pair introverted students with more extroverted students.
- ✓ Encourage students to make friends with students who have similar interests and passions.
- ✓ Plan online activities and events that foster compassion, kindness, and empathy.
- ✓ Ask questions ... a lot of questions if you suspect a student is a target of bullying or is the aggressor.

Questions may include:

- What can I do to make you feel safer?
  - What should be done differently next time?
  - What are some ways you can practice empathy?
  - How do you think your actions make others feel?
- ✓ Immediately speak to students' parents, learning coaches, and/or caregivers.
  - ✓ Report all incidences of bullying to your school's leadership team.