

EXPECT RESPECT WITHIN SCHOOL-WIDE PBIS

Effective Proactive Bully Prevention Efforts

- ★ Focus on all students
- ★ Fits within tiered approach
- ★ Sustainable effort
- ★ More emphasis on prevention



Unified School District



The US Department of Education office of Safe Schools defines bullying as unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power - such as physical strength, access to embarrassing information, or popularity - to control or harm others. Power imbalance can change over time and different situations even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

STOP WALK TALK

Basic steps to address bullying



STEP ONE

If someone treats you in a way that feels disrespectful, use the school wide "Stop" phrase.



STEP TWO

If the person stops, say "Cool" or "OK" and move on with your day.



STEP THREE

If the person does not stop, walk away and seek support.



STEP FOUR

When you walk away don't look at or talk to the person, approach a trusted adult and ask for support.

Stopping Strategy

(For the child who bullied)

If someone uses the school-wide "Stop" phrase toward you:



STEP ONE

Stop what you are doing, even if you don't think you are doing anything wrong.



STEP TWO

Remind yourself "No big deal if I stop now and don't do it again."



STEP THREE

Say "OK" to the person who asked you to stop and move on with your day.

Bystander Strategy

If you observe someone using the "Stop" strategy and the inappropriate behavior doesn't stop, do one of 2 things:

- ★ Use the "Stop" strategy toward the child who is being disrespectful.
- ★ Ask the child who was disrespected to go with you, and leave the area. Comfort the person by saying something like "I'm sorry that happened. It wasn't fair."

Seeking Support Strategy

(For the child who was bullied)

If you use the school-wide “Stop and Walk” strategy and the person does not stop:



STEP ONE

Decide whether to walk away or seek support.



STEP TWO

If you seek support, select a trusted adult to talk with.



STEP THREE

Approach the adult, and say “I’m having a problem with _____. I asked the person to stop and they continued” OR, “I’m not feeling safe because_____.”



STEP FOUR

If the adult isn’t able to help solve the problem right then and you need help right away, ask the adult to assist you in finding another staff member.



Every student | Every classroom | Every subject | Every day

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