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Proven

Strategies

to Address

Bullying in
Schools



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Bullying is one of the major issues affecting students in Australian schools.

In fact, recent studies have shown that one in four Australian students are bullied regularly. This not only impacts their academic performance and mental health, but also affects their overall wellbeing. That's why it's crucial for schools to take proactive steps to reduce bullying.

As someone who was bullied on my first day at school in Melbourne, I'll never forget the pain and negative impact it had on my life; from experiencing low self-esteem, becoming disengaged, truant and eventually had 4 suspensions. I know first hand the power bullying can have on a young person. This is why I am here to help your school.



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are bullied regularly.

Below are 5 practical strategies (plus a bonus one!) from my 13 years experience in working with schools and teachers to help reduce bullying. These are best practices that are also backed by research. When your school implements these strategies, you will be a step closer to creating a safer and supportive learning environment for all students.

1

Implement a comprehensive

anti-bullying policy:



A proactive school has a clear anti-bullying policy in place that is made available and visual for both teachers & students to see. This policy defines bullying behavior as well as resources and support systems for students who have experienced bullying. This policy should be reviewed and updated regularly to ensure its continued effectiveness. A teacher training day to run through this is highly recommended & involve some student leaders to understand the importance and out forth their own input.

2

Foster a positive school culture:



Creating a positive school culture can help reduce the likelihood of bullying. Encouraging positive behaviors and relationships can be achieved through intentional programs that promote kindness, respect, and inclusiveness, as well as through the use of positive reinforcement for prosocial behaviors. When students display these behaviors, recognize and reward them as it can encourage students to adopt these behaviors and create a more positive school culture.

Making sure teachers carry the same positive language in their everyday teaching is important, creates integrity and builds trust among students.



3

Educating the school parent community:



Education is key to reducing bullying. This should be a school-wide community effort to include parents.

Personally, I have found running Parent nights in schools to be very effective in helping parents become aware of the impact of bullying, to recognise when their child may be a victim of bullying and how they can better support their kids at home to help their kids build resilience. Sometimes a parent's behavior and attitude towards their kids can feel like bullying. Educating Parents can have a positive impact on kids with a flow on effect at school.



4

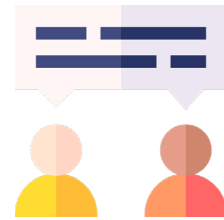
Student Anti-bullying Focus Session:



Organizing an anti-bullying event should go beyond a single session and rather it should be embedded each term in the curriculum and provide opportunities for students to be reminded of the power of bullying, its impacts, and steps they can take to become part of the solution. Engaging external organizations can often benefit the school in having another positive voice reinforce the same vision.

5

Encourage reporting and intervention:



Encouraging students to report bullying is important to addressing it effectively. This may include providing multiple channels for students to report bullying, such as a hotline, email, or in-person reporting to a trusted staff member. It is also important that school staff receive training on how to respond to bullying incidents in a manner that is safe and supportive for the victim.

BONUS TIP

6

Evaluate and adjust your strategies:

'You can't improve what you don't measure.'
Peter Drucker,

Proactive Schools evaluate term by term the effectiveness of their bullying prevention efforts to ensure continued progress. This may involve collecting data on bullying incidents, surveying students and staff, or seeking feedback from other stakeholders. Based on the results of these evaluations, proactive schools make adjustments to their anti-bullying strategies as needed to ensure that they are effectively reducing bullying.





In conclusion, bullying is a serious issue that affects many students in schools, its impact and wound can carry over into adulthood. A zero-tolerance approach to bullying is therefore a must, to positively impact students and school culture today and long term impact.

By implementing the above 6 strategies, your school is taking a

proactive approach to reduce bullying to create a safer, more inclusive environment for all students that prioritizes wellbeing.

Let's partner and join our efforts to make a positive impact on the lives of your students. Eric is available to speak on important topics such as Anti-bullying to your students and parent groups.

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We had so much positive feedback from staff and students about Eric's sessions. Moreover, the issues we had been dealing with virtually stopped after these sessions as students began to realise the impact that their words and actions could have on others. We have definitely noticed a cultural shift that has been very positive”

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Kerry – Hillcrest Christian College



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