1 HELPING THE BULLIES

Step 1 - Change your thinking to
1) Bullying is
   a) Physical abuse
   b) Emotional abuse
   c) No longer tolerable
2) Bullying is learned behavior that can be changed with appropriate teaching methods
3) Bullies have emotional problems that they need help with as a possible result of
   a) Surviving abuse
   b) Witnessing abuse at home or in the neighborhood
   c) Viewing violence on TV, movies and/or video games
   d) Other
4) Bullies lack social skills
   a) To maintain healthy relationships
   b) To resolve problems in healthier ways
5) Bullies incorrectly interpret others' behavior as provocative when it is not

Step 2 - Decide to DO something about this

Step 3 - DO something
1) Teach them the social skills they need to decrease aggressiveness
   a) Conflict resolution
   b) Peer mediation
   c) Engaging in positive social activities to develop healthy relationships
2) Investigate the home/neighborhood environment regarding abuse
3) Change school CLIMATE
   a) Make bullying so "un-cool" that average kids will
      i) confront bullies
   b) Look beyond punishing bullies & shielding victims
   c) Enlist students into a caring culture where they see bullying as CHILD ABUSE that needs to be STOPPED not just for their friends but for the kids who aren't so popular
   d) Get kids to look out for one another
      i) "Buddy" systems
   ii) Mentoring programs
   e) Character Counts education programs that teach respect for differences, responsibility, strong sense of community, courtesy

4) Use "teachable moments" [e.g., media reports of bullying] to demonstrate what's wrong, what's right, what consequences result
5) Switch emphasis from feeling good about yourself to DOING good; feeling good will result.

2 HELPING THE BULLIED

Step 1 - change your thinking to
1) Bullying is
   a) Physical abuse &/or
   b) Emotional abuse
   c) No longer tolerable
2) Recognize the ineffectiveness of
   a) Telling kids to "ignore" the bullies
   b) Many current programs to solve the problem by external means

Step 2 - Decide to DO something about this

Step 3 - DO something
1) In elementary or middle-school
   a) Sociometric testing: have students list the 3 students who
      i) They most like to do things with
      ii) They least like to do things with
      iii) Most need a friend
   b) Develop a "buddy" program to help the less socially skilled kids learn from their more skilled peers
   c) Talk honestly with a defensive parent about a child's social missteps
2) Change school CLIMATE
   a) Teach tolerance and desirability of differences
   b) Recognize and honor "differences"
   c) Decrease the competitive orientation
3) Know the warning signs
   a) Feeling
      i) Disrespected
      ii) Rejected
      iii) Lonely
      iv) Angry
   v) Inadequate
   b) Withdrawing from usual activities or interests
   c) Talking about violence or revenge
   d) Having a plan
4) Take seriously any threats of violence, not to punish but to identify the cause & help the student deal with it.
3 REDUCING SOCIETAL VIOLENCE

Step 1 - Change your thinking to
1) It is unacceptable
2) It is programming our children’s minds
3) It is creating future generations of
   a) Spouse abusers
   b) Child abusers
   c) Elder abusers

Step 2 - DECIDE to DO something about it

Step 3 - DO something
1) With your own children
   a) Don’t let them
      i) Watch TV or movies
      ii) Play computer games
      that depict violence
2) Get your children’s friends’ parents to do the same
3) Boycott sponsors of TV shows that depict violence
4) Write letters of protest to the sponsors of
   TV shows that depict violence
5) Talk to your friends & co-workers to try to
   get them to do any or all of the above also
6) Disregard media reports that deny or
   minimize the scientific evidence that exposure to media violence increases
   aggression in children and adults