

# Developing Evidence-Based Bullying Prevention Tip Sheets for Parents, Students, and Educators

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## INTRO

- This study created bullying prevention tip sheets based on the most frequently cited suggestions for bullying prevention for different stakeholders.
- The purpose of this study was to develop succinct and empirical guidelines for parents, students, and educators to help them prevent and respond effectively to bullying

## METHODS

1. We conducted a systematic literature search over available bullying prevention strategies for each group of stakeholders.
2. The most frequently recommended strategies were compiled into tip sheets.
3. These tip sheets were disseminated by Facebook in conjunction with the University of Missouri Bully Prevention Lab and the International Bullying Prevention Association.



Bully Prevention Lab  
University of Missouri

Constantly increasing interactions with social media offer a potentially effective platform for sharing bullying prevention strategies and critical information.

### Bullying Prevention Tips for Parents

- 1 Know that your involvement matters
- 2 Start discussions early
- 3 Monitor
- 4 Promote perspective and practice understanding
- 5 Ask your child what their preferred intervention methods are
- 6 Empower
- 7 Process your own emotions
- 8 Collaborate with schools
- 9 Involve more than one caregiver
- 10 Avoid authoritarian parenting

### Bullying Prevention Tips for Students

- 1 Limit contact with the aggressor
- 2 Report to a trusted adult
- 3 Clearly express your feelings/responses instead of responding with anger or isolation
- 4 Look for mediation opportunities through your school

### Bullying Prevention Tips for Educators

- 1 Create environments that foster communication and resolutions
- 2 Involve a Counseling Department
- 3 Educate yourself on cyberbullying and mediation
- 4 Contact families
- 5 Critique school response plan for efficiency
- 6 Clearly express feelings instead of demonstrating frustration
- 7 Create reminders of prevention programs and involve students
- 8 Encourage positive student interactions
- 9 Involve teachers in prevention program development
- 10 Encourage universal language and reactions
- 11 Integrate prevention within curriculum

These are samples of the tips submitted in the final tip sheets, grouped by the stakeholders to whom they are typically recommended.

