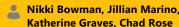
# Developing Evidence-Based Bullying Prevention Tip Sheets for Parents, Students, and Educators



#### **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.



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
- 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
- Clearly express your feelings/responses instead of responding with anger or isolation
- Look for mediation opportunities through your school

## Bullying Prevention Tips for Educators

- 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 interactions9 Involve teachers in prevention
- program development
- 10 Encourage universal language and reactions
- 11 Integrate prevention within curriculum

Mizzou Ed Bully Prevention Lab Policy Evaluations Trainings Skill-Based Interventions Bully-Free BULLYING BULLYING **TYPES OF** BULLYING CYBER-RELATIONAL BULLYING BULLYING SEXUAL BULLYING **BULLYING** 

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