IDEAS FOR ANTI-BULLYING  from the Authors of *The Fat Boy Chronicles*

- Do a survey of students and teachers to examine disconnect of viewpoints on bullying
- Football player/cheerleader mentors—To be on Varsity team, or whatever is highest level team in a school, the player must agree to be a mentor to a new student or incoming class students
- For Teachers: Look for signs to identify bullied students—grades dropping, attendance, illness, few friends, overweight, gay, or disabled student are most bullied
- Does administration acknowledge bullying in your school and its affect on school performance?
- Recognize that bullying is a learned behavior and often starts in Pre-K
- Ask Students “Have you seen bullying?” Follow up with “What did you do?”
- Mix-it-Up day—on Friday, students cannot sit at same table, monitored by teachers
- Anti-bully pledge—after morning announcements, student-generated
- Respect agreement—in each class, created by teacher, student signs at beginning of year
- Anti-bully student committees—cross section of school, not just student council
- Discuss legacy of school leaders—find leaders in school and get them involved with their classmates and have frank discussion about how they help determine school climate
- Parent/Child book clubs + discussion of issues = COMMUNITY INVOLVEMENT
- IEPs for bullies
- Help the bully(home life, reward good behavior, attention)—be mindful that the bully needs guidance and not just punishment
- Role play activities to develop empathy, GROUP WORK—improv bullying situations, include resolution and **bystander** interaction
- Teach assertiveness in victim—look at Izzy Kalman program that takes power from bully
- MODEL CORRECT BEHAVIOR (Have you sat with a bullied child at lunch?)
- Monitor places of bullying—bathrooms, locker room, bus (in many schools, at least 40% of bullying takes place on the bus or at bus stop)
- Utilize books like *The Fat Boy Chronicles* to bridge with books like *To Kill a Mockingbird, Lord of the Flies, A Child Called IT* and others that lead to discussion about the struggles of teen life

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