

SEE SOMETHING, SAY SOMETHING...

THE SCHOOL NURSE ROLE IN BULLYING PREVENTION



BULLYING PREVENTION BEST PRACTICES

- Focus on the social climate
- Conduct school and community-wide bullying assessments
- Seek out support and 'buy-in' from key groups
- Coordinate and integrate prevention efforts
- Provide ongoing training of all parties
- Use formalized social curriculum
- Increase adult supervision in 'hot spots'
- Have established rules and policies that are consistently enforced
- Respond consistently and appropriately when bullying occurs

STUDENT ASSESSMENT QUESTIONS

- Are there any factors that particularly place the student at risk?
- Are there behavioral changes?
- Are there increased absences?
- Are there more psychosomatic complaints or illnesses?
- Are there unexplained injuries?
- Has academic performance diminished?
- Are selected activities avoided?
- Are clothes torn or belongings "lost"?

Did you know?

- Approximately **20%** of students are bullied, bully others, or both
 - This equates to approximately 160,000 students on any given day
- Youths who are bullied often have:
 - Negative psychological and physical consequences
 - Increased school absenteeism
 - Worsening academic performance
- Youths likely to be bullied are those with traits that deviate from group norms such as:
 - Physical appearance
 - Personality/behavioral/social traits
 - Family & environmental factors (i.e., racial/ethnic background, 'different' parents [divorced, gay, chronically ill, incarcerated, etc.]
 - School-related factors (i.e., academic performance)
- The effects of bullying can be **lifelong!**

Bullying Pledge

In order to change the culture, I pledge to:

FOR SCHOOL NURSES

- Utilize the resources on the www.stopbullying.gov website
- Review my state law, school policies, and standards
- Join the NASN Anti-Bullying Efforts online forum on SchoolNurseNet at <http://schoolnursenet.nasn.org>
- Seek out and read at least one evidence-based article on bullying each semester
- Let all school and/or district personnel know of the resources on the www.stopbullying.gov website
- Show the movie *Bully* to students, school staff, parents, and/or community members and open the dialogue for discussion on bullying
- Help ensure that resources are available to help those who are bullied and those who bully
- Always involve and engage youths as leaders in the prevention of bullying and the promotion of school safety
- Create a safe place for all youths in the School Nurse's Health room
- Post bullying prevention posters
- Have information brochures available to students
- Screen for bullying during regular health assessments and/or sports physicals

- Specifically ask students in high risk groups if they are experiencing bullying
- Participate on a diverse workgroup/taskforce to develop action plans to combat bullying
- Host education/training for *students*
- Host education/training for *school personnel*
- Provide information to *school bus drivers*
- Provide information to *coaches*
- Host conversations weekly and prn with students who are at-risk for bullying
- Follow-up with any at-risk or identified "bullied" student and refer for help as necessary
- Ask other staff for anti-bullying ideas that can be implemented in the school
- Facilitate an anti-bullying or support club
- Sponsor events to get out the message
- Work with administrators to improve the climate
- Encourage reporting of bullying behavior
- Ask for parent input/involvement
- Be in regular contact with the specialized instructions support personnel (school team)

OTHER:

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FOR SCHOOL NURSE ADMINISTRATORS/ CONSULTANTS

- Survey my schools/districts to see if they have adopted *Bullying Prevention Best Practices*
- Ask my schools/districts to provide an action plan for adopting Bullying Prevention
- Disseminate evidence-based materials to my schools and/or districts
- Host education and training for students and school personnel about bullying including how to respond to bullying, reduce bullying and improve the school climate in my schools
- Take a leadership role in ensuring that education and training of school/district/state staff
- Provide leadership outside the school environment to reduce bullying

OTHER:

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