See Something, Say Something...
The School Nurse Role in Bullying Prevention

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 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”? 
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://schoolnurse.net.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 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)

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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