



## **BULLY PREVENTION PROGRAM**

### **Introduction**

Every day, thousands of kids are afraid to go to school because of bullies. A bully is someone who hurts another person on purpose by using abusive words, by excluding others or by using physical threats or violence. Without intervention, bullies, as adults, require more governmental support, have more court convictions and alcoholism, and use more mental health services.

The majority of bullying occurs in or near school buildings. When a child does not feel safe at school, every aspect of the child's education is affected. Children know when their school unofficially tolerates bullying.

Adopting a "zero tolerance" bully policy can help create safe schools and caring environments where children feel they can be heard. Students who are relaxed can focus more energy on learning and participating.

As serious and damaging as bullying is, most victims do not report it. Clearly, there is a strong need for bully prevention programs and that is why American Character Builders makes this presentation possible to you and your school.

Bullying is always wrong and it is always a sign of a larger problem. Bullies are frequently experiencing trouble at home or being bullied by others. The sooner their behavior is recognized, the better the opportunity to overcome the problem. In the end, dealing with bullying head-on helps all of us.

### **Learning Objectives**

- Understand that bully behavior is wrong and no one has to accept it.
- Understand why some people bully others.
- Explore positive ways to deal with bullying.
- Learn what to do when a friend is bullied.
- Evaluate students' feelings about bullying.
- Develop anti-bully tactics.