

A Simple and Highly Effective Anti-Bullying School Wide Intervention

(An excerpt from the **RIGHT CHOICES™**, evidence based, clinical Social Skills Training and Anti-Bullying Curriculum).

In honor of anti-bullying awareness week we are giving away one of our **best kept secrets...** a quick, easy intervention that will significantly change the way students in your school seek personal power. Dr. Phil and Anderson Cooper who had a panel discussion on effective interventions for bullying behaviors underscored the following points:

1. Dr. Phil feels that every school should be doing ongoing social skills training with the entire student body. Schools who do school wide social skills training with our **RIGHT CHOICES™** Curriculum provide ongoing DVD driven lessons in conflict resolution, assertiveness training, responding to teasing, and dealing with peer pressure to name a few. All of these skills are modeled throughout the year long curriculum through DVD demonstration lessons which prompt the supplemental activities, structured pro-social modeling of their personal stories and tons of insight producing activities.
2. The **RIGHT CHOICES™ Social Skills and Anti-Bullying Training Program** gives ALL students many opportunities to practice and be reinforced for pro-social choices across settings. Bus drivers, custodians, cafeteria workers, secretaries, teachers... all have reinforcement tickets that are given to students for responding in caring pro-social ways. This variable and frequent reinforcement system uses an unlimited supply of tickets which are collected for school wide raffles and recognition. **WHETHER YOU USE RIGHT CHOICES OR SOMETHING ELSE** this system of consistently reinforcing caring and appropriate behaviors will change the climate of the school over night!
3. Anderson Cooper stated that the new research shows that the bullies are also victims and the victims are also bullies. Aggression is a learned behavior and our students are learning to bully in their homes, communities and through the media. They talked about how the pressure is on to fit in and to scale the ladder of power that has always existed in every student's peer group. One major difference is how vast and how pervasive the internet has allowed these negative power plays to become instant and very powerful!

A Very Effective Answer – Empower the Bullies!

The attached activity from the **RIGHT CHOICES™ Curriculum** will have your students anonymously nominate the top 10 -15 bullies so that you can make a school wide needs assessment (*Now all staff know to watch these few students as they are usually skillful at hiding their bullying behaviors from the staff*). After notifying and working with the parents; teach these bullies **replacement pro-social skills** and give them a **task or position that will create a source of positive power** in their lives. Half of our peer mediators were ex-bullies!

HELP the BULLIES HEAL? Work with them in small groups to uncover and heal the missing pieces in their self-esteem development (using a program like **TOUGH CHOICES™**) and **assign them powerful pro-social positions** in the school and/or community utilizing mentors and staff.

This can be done just using the FREE activity on the next page...

The Bullying Roundup!

After you do this activity please call us at 1-800-987-9444 and email us your results and/or share on our blog and we will send you some free Right Choices™ materials!

Dr. Ford would like to share your success with the media.

1-800-987-9444

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BULLYING ROUNDUP

An intervention that has been used effectively is to have the student body (*school wide, team or class*) identify the bullies and then treat the bullies all together. Use some of the videos and materials from this program to help the bullies get their obvious and very strong needs met in a prosocial and productive way!

List the top 5 bullies:



List the top 5 - 10 people in danger of becoming bullies:

Describe which skills each bully might benefit from:

Bully #1 Name: _____

I think he/she could use more:

(ex. Self esteem, assertiveness skills, attention in a good way, using self control, negotiating, help with bullying in their home or neighborhood)

Bully #1 Name: _____

I think he/she could use more:

Bully #1 Name: _____

I think he/she could use more:

Bully #1 Name: _____

I think he/she could use more:

Bully #1 Name: _____

I think he/she could use more: