# INTERVENTION PLAN OF BULLYING

# How to prevent and stop bullying at school

# Cyprus proposal

# You can be someone who stops bullying before it even starts. Here are some ways to beat bullying at school.

* **Stand up for people who are bullied.**

Bullies often want an audience and approval. Let bullies know that you do not think being mean is cool.

* **Take an anti-bullying pledge.**

 Print out pledge to stand up against bullying. Let people know what you believe.

* **Take action.**

See if you can start an anti-bullying club or prevention program at your school.

# ****Get creative.****

# How about starting a poster-making or rap-writing contest? Check out more cool ideas.

# ****Teach social skills.****

# Parents, teachers and community members are also teaching young people how to treat each other with kindness and respect.

# 

# ****Always intervene.****

# When bullying does occur—it is critical to intervene.

# ****Engage and empower bystanders****.

# One of the most powerful and effective actions any school or community can do is teach young people and adults to be bystanders who take positive action to stop and prevent bullying.

* [**Voices Against Violence**](http://preventingbullying.promoteprevent.org/voices-against-violence)

It is a unique tool for helping schools and communities address the critical role that bystanders—both youth and adults—can play in preventing bullying.

**Key Principles of Bully Prevention**

1.Create both a school and home environment characterized by warmth, positive regard, and involvement with adults.

2. Establish firm limits against unacceptable behaviour.

3.Apply nonphysical, no hostile negative sanctions if a student breaks a rule.

4. Expect that all adults in the school have a responsibility for maintaining a safe and supportive school climate.

* Strategies for Prevention and Intervention
* Increase awareness and knowledge of bullying
* Survey all students using an anonymous questionnaire
* Develop an effective anti-bullying school policy
* Increase adult supervision in areas
* Hold separate follow-up meetings with bullies and victims.