

## Tips & Activities for Preventing Bullying and Name Calling

Here are some things you can do to help children who bully and their targets to break out of these patterns.

- Establish a range of consequences for bullying behavior. These may include having a serious talk with one of the adults in the program, needing to do something kind for the person they hurt, involving parents/guardians.
- Send a letter home to all parents about what bullying is and what your program is doing to prevent bullying.
- Set up a consistent procedure for recording and responding to any bullying incidents.
- Pair unpopular children with a variety of friendly, helpful buddies.
- Encourage and affirm children when they demonstrate kind, helpful behavior.
- Play cooperative games and do diversity celebration activities to help campers better know and appreciate each other.

### Intervening with Targets

If you suspect a child in your program is being bullied, find a time to talk privately with that child.

- Tell the child what you have noticed and that you want to put a stop to the problem.
- Let the child know if other children are picking on or excluding them, it is not their fault.

- Ask the child what they have experienced and encourage them child to tell you how they are feeling.
- Help the child to role-play ways to respond to bullies.
- Ask the child to let you and their parents know if the bullying happens again.

## Intervening with Bullies

Whenever you suspect a child is bullying others, talk privately with the child. If a group of children is bullying others, it is better to speak privately with each child in the group rather than talk to the whole group at once.

- Describe what you have seen.
- Let them know you care about them and want to help them learn how to treat other children in a kind and caring manner.
- Explain the consequences.
- Enforce the consequences.
- Keep a record of bullying interventions.
- Look for opportunities to help children who bully develop their positive potentials.

*From Operation Respect, "Don't Laugh At Me" Camp Program*