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## School**Safety**.gov

#### About Topics Tools and Resources Q ch

Topics

Bullying and Cyberbullying

#### Child Exploitation

Cybersecurity

Emergency Planning

Infectious Diseases and Public Health

Mental Health

School Climate

Targeted Violence

Threat Assessment and Reporting

## Suggest a Resource

Submit a resource for consideration on

# Home > Bullying and Cyberbullying Bullying and Cyberbullying Cyberbullying

Create a safer school environment by preventing bullying and cyberbullying.

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived imbalance of power. The behavior is repeated, or has the potential to be repeated, over time.

Bullying is a widespread issue in the United States. While bullying can happen to anyone, some groups may be at greater risk. Bullying negatively affects those who are bullied, those who bully others, bystanders, and others in the school community. It is linked to many negative outcomes including impacts on mental and physical health, substance use, educational experience, violence, and suicide.

Reducing bullying in schools requires a multi-faceted and community-based approach that includes immediate response and appropriate consequences and support for serious incidents. As part of these efforts, schools can consider assessing the frequency, locations, and types of bullying behavior to better understand the current landscape and determine appropriate prevention and intervention plans. School-based programs that focus on building youth skills and positive environments can also be effective in decreasing incidences of bullying and associated risk factors.



## Subtopics Cyberbullying (i) Physical Bullying (i) Verbal Bullying (i)

consideration on

SchoolSafety.gov today.

## Learn More

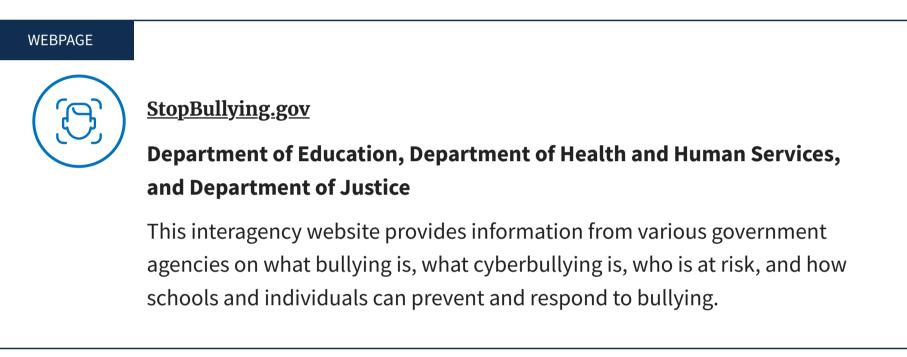
#### Strategies to Consider

There are several strategies schools and districts can consider to prevent and address bullying. Some of these measures include:

- Create a safe and positive school climate.
- Implement social and emotional learning to help students build skills, manage emotions, and establish positive relationships.
- Set and enforce policies that outline behavioral expectations and monitor places where bullying is more likely to occur.
- Conduct teacher and staff training and promote classroom-based bullying prevention activities.
- Engage families and students to promote communication and reinforce prevention strategies.

## **Featured Resources**

These resources are a starting point for learning more about bullying and cyberbullying. Use these resources to help identify, address, and prevent bullying.



#### TRAINING PROGRAM



<u>Creating a Safe and Respectful Environment in Our Nation's Classrooms</u>

Department of Education, 2018

This training for teachers, school administrators and school districts is made up of two modules to address bullying in classrooms. Specifically, it is designed to assist teachers in cultivating meaningful relationships with students while creating a positive climate in the classroom.

#### WEBPAGE

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#### <u>Tips for Teachers on Cyberbullying</u>

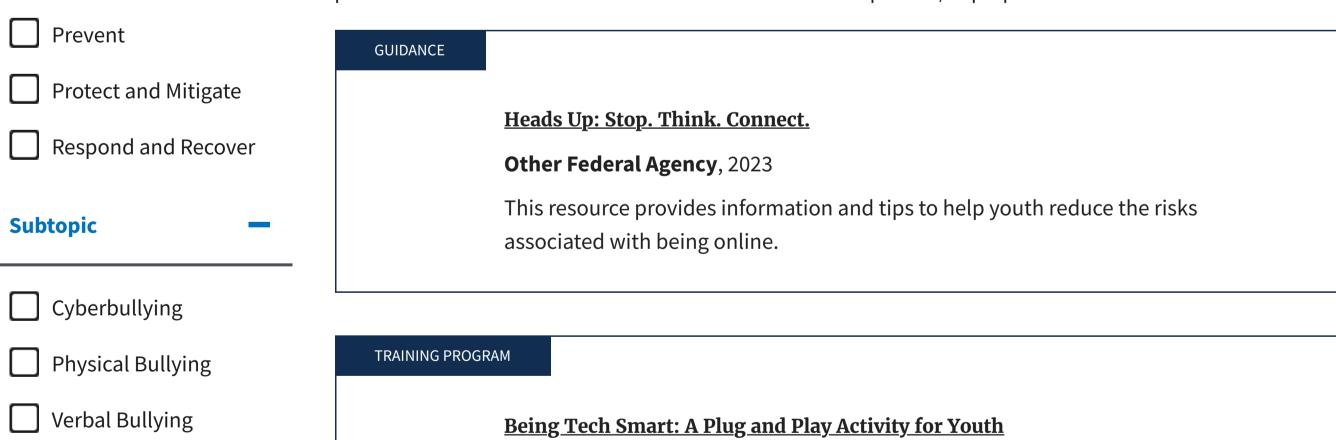
Department of Education, Department of Health and Human Services, and Department of Justice

This webpage provides information for teachers, school personnel, and staff to identify warning signs a child is being cyberbullied or is cyberbullying, as well as strategies to prevent and address it.

# Filter ResourcesAll Bullying and Cyberbullying Resources

#### Action

Access additional resources below to learn more about bullying and cyberbullying and related best practices. Use the filters to sort resources based on subtopic and/or preparedness action.



**Department of Health and Human Services**, 2023

This classroom activity is designed to supplement programming for middle and high school students by encouraging them to think twice about their use of digital technology.

#### REPORT

**<u>Report on Indicators of School Crime and Safety: 2023</u>** 

**Department of Education and Department of Justice**, 2024

This annual report examines the state of school crime and safety. It covers topics such as active shooter incidents, criminal victimization, bullying, safety and security measures, and criminal incidents at postsecondary institutions.

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