Jordan School District Bullying Prevention

Essential Components

1. **Build support and plan** bullying prevention strategies appropriate to the school community in collaboration with the school mental health team, MTSS team, BEST Team, or other assigned committee.
2. **Assess** your school’s current strengths & areas for improvement related to school climate, safety, and bullying: which may include reviewing school climate data, reviewing previous bullying incidents, identifying hot-spots where bullying is likely, identifying vulnerable populations (e.g., racial and ethnic groups, LGBTQ youth, students with disabilities), surveying the school community, and familiarizing yourself with District policies and Utah State laws related to bullying.
3. **Communicate and train** staff, students, and parents on school procedures for recognizing, reporting (which includes anonymous reporting strategies like “bully boxes,” or SafeUT), and responding to bullying incidents including required documentation.
4. **Teach positive social behavior with school-wide expectations** using Social and Emotional Learning strategies (i.e. respect, empathy, conflict resolution, kindness, assertiveness, etc.) and PBIS interventions.
5. **Create and provide opportunities to build community** to discover commonalities among students, staff, and community members.
6. **Follow up on incidents reported** with appropriate supports for affected students which may include suicide risk assessments, counseling and mental health services (i.e. school mental health team, JFEC, MHAP) a student wellness plan and/or parent contact—recognizing that targets, aggressors, and witnesses of bullying are more susceptible to school problems.

Additional Strategies for Bullying Prevention

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Response</th>
<th>Awareness</th>
</tr>
</thead>
<tbody>
<tr>
<td>● School-wide implementation of social &amp; emotional learning that includes a bullying curriculum&lt;br&gt;● Explicitly teach empathy and relationship skills&lt;br&gt;● Teach mindfulness skills and self-regulation&lt;br&gt;● Develop a wellness center or calm room&lt;br&gt;● Tie in PTA-led initiatives to bullying themes&lt;br&gt;● Create opportunities to strengthen student’s sense of community through clubs and events&lt;br&gt;● Implement restorative, community-building strategies—including circles&lt;br&gt;● Celebrate Bullying Prevention Month (October)&lt;br&gt;● Pro-social skill development and kindness campaigns or clubs such as Golden Gate&lt;br&gt;● Create a school theme/pledge to address bullying&lt;br&gt;● Continually focus on pro-social skills/ topics school-wide during rotations, i.e. library read-aloud, music time, structured recess&lt;br&gt;● Use children’s books that build social skills for reading activities</td>
<td>● Assign school point-person for follow up on each incident—especially a victim advocate&lt;br&gt;● Develop documentation standards and tools&lt;br&gt;● Use restorative practices to build student’s skills—it is essential to avoid mediation directly between a target of bullying and their aggressor&lt;br&gt;● Develop a student wellness plan for affected students&lt;br&gt;● Train teachers &amp; staff on impact of childhood trauma&lt;br&gt;● Promote school-wide (teachers, hall monitors, cafeteria workers, etc.) understanding of procedures with fair treatment for all&lt;br&gt;● Train teachers on evidence-based intervention strategies that foster connectedness &amp; resilience&lt;br&gt;● Connect target and/or aggressor to appropriate and available mental health supports/services&lt;br&gt;● Practice strategies to resolve conflict and equip students with communication and advocacy skills&lt;br&gt;● Promote use of SafeUT app for students</td>
<td>● Build skills for recognizing and responding to bullying throughout school community&lt;br&gt;● Train ALL staff annually on procedures&lt;br&gt;● Encourage school-home-community partnerships to raise awareness&lt;br&gt;● Organize a committee dedicated to bullying education and prevention&lt;br&gt;● Engage PTA/ stakeholders in themes/ activities/ events&lt;br&gt;● Inform community about cyberbullying and appropriate social media awareness&lt;br&gt;● Include wellness topics (bullying prevention, SEL materials, internet safety) in school newsletter or emails home&lt;br&gt;● Host parent events that help parents recognize, report, and prevent bullying&lt;br&gt;● Publish procedures for reporting, responding to, and preventing bullying on school website</td>
</tr>
</tbody>
</table>
Bullying Prevention School Planning Tool

1. Our school's team/committee that coordinates bullying prevention efforts is ____________________________
   ○ When does this team meet? What other representatives could be included when discussing bullying (i.e. PTA)?

2. What data does our school have related to culture, climate, and bullying? What does it tell us?

3. How does our school (or how could our school) train our staff, students, and community on recognizing, reporting, and responding to bullying?

4. How does our school (or how could our school) teach positive social behaviors to students?

5. How does our school (or how could our school) provide opportunities to build community and connection?

6. How does our school (or how could our school) follow-up on incidents of bullying and provide supports for affected students?

Please visit wellness.jordandistrict.org/bullying for more information and resources or email wellness@jordandistrict.org
## Bullying Prevention School Planning Tool

**Additional strategies our school uses to prevent bullying:**

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Response</th>
<th>Awareness</th>
</tr>
</thead>
</table>

Please visit [wellness.jordandistrict.org/bullying](https://wellness.jordandistrict.org/bullying) for more information and resources or email wellness@jordandistrict.org