Contents

Figures and Tables  ix
Preface xi
Acknowledgments xiii

Introduction 1

PROGRAM FOUNDATIONS

CHAPTER 1 Setting Up for Success 13
Components of Success 13
A Solution-Focused Approach to Problem Solving 22
Working toward Success with Your Bully Busters Support Team 29
Taking Care of Yourself 30

CHAPTER 2 Emotional Intelligence and Developmental Assets 39
Emotional Intelligence 39
Developmental Assets 43

LEARNING MODULES

MODULE 1 Increasing Awareness of Bullying 67
Bullying in Elementary Schools 67
Definitions of Bullying 68
Common Bullying Locations 73
Role of Teachers 74
Classroom Activities
  1.1: What a Feeling (Grades K–5) 83
  1.2: Story Time (Grades K–5) 87
  1.3: That’s Garbage (Grades K–5) 90
  1.4: Wanted: Reward Given! (Grades 3–5) 93
MODULE 2 Preventing Bullying in Your Classroom  97
Prevention in the Classroom  98
Prevention at the School Level  99
Teacher Characteristics  102
Building Good Relationships with Tough Kids  107
Establishing and Enforcing Classroom Rules  108
Addressing Classroom Conflict  109

Classroom Activities
  2.1: Room Rules (Grades K–5)  117
  2.2: No Bullying Here (Grades K–5)  119
  2.3: The Drop Box (Grades 3–5)  121
  2.4: One for All (Grades 3–5)  124
  2.5: Identifying Others’ Feelings (Grades 3–5)  127

MODULE 3 Building Personal Power  131
What Is Personal Power?  131
Anger Management  134
Conflict Resolution  136
Building Connections: The Power of Relationships  139

Classroom Activities
  3.1: Name That Feeling (Grades K–2)  149
  3.2: What Would You Do? (Grades K–2)  151
  3.3: Can You Hear Me Now? (Grades K–5)  154
  3.4: My Gift to You (Grades 3–5)  157

MODULE 4 Recognizing the Bully  161
The Aggressive versus the Well-Adapted Child  161
The Development of Bullying Behaviors  162
The Bully-Development Model  166
Factors Associated with Bullying Behaviors  168
Types of Bullies  170

Classroom Activities
  4.1: The Bully Bust (Grades K–5)  181
  4.2: Bully? Who, Me? (Grades K–5)  184
  4.3: Bullies at Work (Grades 3–5)  187
  4.4: Caught on Camera (Grades 3–5)  191
### Module 5
#### Recognizing the Victim

- Defining Victimization 195
- Myths about Victimization 196
- Recognizing Victims and Victimization 198
- Impact of Victimization 199
- Where Does Victimization Take Place? 201
- Types of Victims 201
- Understanding the Victim Role 208

**Classroom Activities**

- 5.1: Bye, Bye, Bully (Grades K–2) 217
- 5.2: Bully, Be Gone! (Grades K–5) 220
- 5.3: Who Is the Victim? (Grades 3–5) 223
- 5.4: Does It Count? (Grades 3–5) 230

### Module 6
#### Recommendations and Interventions for Bullying Behaviors

- Establishing a Working Relationship with Bullies 233
- The Four Rs of Bully Control 238
- Principles of Behavior Change 239
- Roles in the Bully-Victim Interaction 244
- Developmental Skills for Bullies 246
- Reputation Changing 253

**Classroom Activities**

- 6.1: Anger Busters (Grades K–2) 259
- 6.2: Caught the Feeling (Grades K–2) 261
- 6.3: The Turtle Club (Grades K–5) 264
- 6.4: Knowing My Anger (Grades 3–5) 268
- 6.5: Act One (Grades 3–5) 271

### Module 7
#### Recommendations and Interventions for Helping Victims

- Victim Support 275
- Empowering Victims to Take a Different Role 278
- Interventions for Different Types of Victims 281
- Victim Responses to Bullying 288

**Classroom Activities**

- 7.1: The Magic Box (Grades K–2) 301
- 7.2: People Puppets (Grades K–2) 303
7.3: My Boiling Point (Grades K–5) 305
7.4: Hand Talk (Grades 3–5) 309
7.5: The Puppets Go to Broadway (Grades 3–5) 311
7.6: My Toolbox (Grades 3–5) 314

**MODULE 8 Relaxation and Coping Skills 317**

The Importance of Self-Care 317
Stress Awareness 319
Applying the Big Questions 321
General Recommendations for Managing Stress 321

**Classroom Activities**

8.1: Keeping Calm (Grades K–2) 331
8.2: My Magic Place (Grades K–5) 338
8.3: Balloon in My Belly (Grades 3–5) 340
8.4: Body Game (Grades 3–5) 343

**Appendix A Classroom Interaction and Awareness Chart 345**

**Appendix B Teacher Inventory of Skills and Knowledge–Elementary 349**

**Appendix C Bully-Victim Measure 355**

References 359
About the Authors 365
Figures and Tables

FIGURES

1. Recognizing the ABCs 15
2. Sphere of Influence Chart 16
3. Influence/Importance Matrix 17
4. Transitions Worksheet 18
5. The Bully-Development Model 167
6. Roles Configured to Perpetuate Bullying 248
7. Roles Configured to Prevent and Reduce Bullying 249
8. My Stressors 321

TABLES

1. The Big Questions 28
2. Developmental Assets and Their Definitions 45
3. Continuum of Behavior 73
4. The Aggressive versus the Well-Adapted Child 162
5. Punishment versus Discipline 245
6. Roles in the Bully-Victim Interaction 247