

Teacher Do's and Don'ts

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Consulting

Do's for Teachers

- Call it bullying behavior.
- Use a research definition (Repeated, Intentional, Power)
- Describe the behavior.
- Use active listening.
- Establish a no teasing zone (NTZ).
- Establish class rules.
- Differentiate between tattling & telling.
- Act immediately.
- Involve parents of both bully/victim.
- Discuss bully/victim behavior in weekly class meetings.
- Norm and model the behavior you expect.
- Differentiate between teasing and bullying.
- Define bullying as both overt & covert behavior.
- Empower bystanders to step up to do the right thing.
- Role-play how students can diffuse bullying.
- Ask student/parents/others to log the behavior.
- Use teachable moments.
- Create a safety plan with the student.
- Set up follow-up meetings with both bully/victim.
- Talk with the bully/victim separately.
- Use natural/logical consequences.
- Use cooperative activities.
- Distinguish between passive & provocative victims.
- Develop sanctions for bullying.
- Talk with the victim first.
- Address bystander behavior.

Don'ts for Teachers

- Tell the bully/victim what to do.
- Lecture and threaten.
- Withhold the information from others.
- Label the person as a bully/victim.
- Dismiss safety issues.
- Bring the parties together.
- Avoid addressing the problem
- Ignore the behavior.
- Raise your voice and show anger.
- Blame or re-victimize the victim.
- Discount the influence of bystanders.
- Be inconsistent with consequences.
- Use intimidating behavior.
- Wait until the situation escalates.
- Be reactive.
- Talk with the bully first.
- Do as I say and not as I do.
- Excuse and enable the behavior.
- Show partiality.
- Try to handle the matter yourself.
- Expect it to stop after addressing it once.
- Ask the bully/victim to talk it out/apologize.
- Dismiss the behavior.