

# Bullying Prevention

Quick Facts & MTSS Strategies for Counselors

## The Facts:

- It's not just being mean or bad behavior. Bullying is "routinely repeated aggressive behavior that derives from ill intentions and involves an imbalance of power" (1)
- Among the youth who experience bullying behaviors, "42% percent reported that the bullying was related to at least one of the following characteristics: physical appearance (30%), race (10%), gender (8%), disability (7%), ethnicity (7%), religion (5%), and sexual orientation (4%)" (CDC,2020)
- Bullying can result in physical, emotional, social, or educational distress. It contributes to emerging depression, anxiety, sleep disturbances, increased risk for substance abuse, and poor academic outcomes for victims and perpetrators (1)
- One meta-analytical review found that "anti-bullying programs effectively reduce school-bullying perpetration by approximately 19 – 20% and school-bullying victimization by approximately 15 – 16%" (3)
- "Students with disabilities who have been severely harassed have argued that they are not receiving a Free Appropriate Public Education (FAPE) in the Least Restrictive Environment (LRE) as required by Individuals with Disabilities Education Act (IDEA)" (2)

## Resources:

- **WWC - Caring School Community (CSC)** <https://ies.ed.gov/ncee/wwc/EvidenceSnapshot/72>
- **PBIS** - <https://www.pbis.org/topics/bullying-prevention>
- **Tips for educators and families** - <https://www.stopbullying.gov/>
- **Free classroom toolkit** - <https://www.pacer.org/bullying/classroom/>

## References:

- (1) Albayrak, S., Yildiz, A., & Erol, S. (2016). Assessing the effect of school bullying prevention programs on reducing bullying. *Children and Youth Services Review*, 63, 1–9. <https://doi.org/10.1016/j.chidyouth.2016.02.005>
- (2) Eckes, S., & Gibbs, J. (2012). The Legal Aspects of Bullying and Harassment of Students with Disabilities: School Leaders' Legal Obligations. *Journal of School Leadership*, 22(6), 1065–1086. <https://doi.org/10.1177/105268461202200602>
- (3) Gaffney, H., Ttofi, M. M., & Farrington, D. P. (2019). Evaluating the effectiveness of school-bullying prevention programs: An updated meta-analytical review. <https://www.sciencedirect-com.libproxy.chapman.edu/science/article/pii/S1359178918300727>.



### Caring School Community (CSC)

Multi-year, K-6 program  
Classroom lessons  
cross-age buddies  
"homeside" activities  
school community promotion



### Positive Behavior Interventions & Supports (PBIS)

Targeted social skills instruction  
tutoring if needed  
increased adult supervision and  
positive attention  
daily positive feedback



### Cognitive Behavioral Therapy (CBT)

one to one treatment with a clinician  
to address issues not responsive to tier  
1 or 2 interventions.  
Can be part of a behavior intervention  
plan or wraparound

*When someone is cruel or acts like a  
bully, you don't stoop to their level.  
No, our motto is, when they go low, we  
go high.*

**MICHELLE OBAMA**