

Confronting Bullying Playbook

This playbook provides a structured approach for teaching teens to handle bullying and cyberbullying effectively. It aims to empower them with strategies to respond to bullies and build resilience.

Step 1: **Awareness**

Educate teens about what constitutes bullying and cyberbullying, emphasizing the distinguishing characteristics and consequences of each.

Step 2: **Identification**

Teach teens to recognize the signs of being bullied or cyberbullied, including changes in mood, behavior, and digital communication patterns.

Step 3: **Reporting**

Instruct teens on the importance of reporting bullying to trusted adults, such as parents, teachers, or school counselors, and the process for doing so.

Step 4: **Documentation**

Encourage teens to keep a record of bullying incidents, including dates, times, and descriptions, along with any evidence such as screenshots, especially for cyberbullying.

Step 5: **Coping Strategies**

Provide teens with coping mechanisms, such as stress management techniques, to help them deal with the emotional effects of bullying.

Step 6: **Communication Skills**

Teach teens assertive communication skills, enabling them to stand up for themselves or others without resorting to aggression.

Step 7: **Digital Literacy**

Educate teens on smart online practices, such as privacy settings, to reduce the risk of becoming targets of cyberbullying.

Step 8: **Support Systems**

Encourage teens to build a supportive network of friends, family, and community resources to foster resilience and reduce feelings of isolation.

Step 9: **Engage Bystanders**

Empower teens to intervene safely when they witness bullying, providing them with strategies to support victims and disempower bullies.

Step 10: **Follow-Up**

Regularly check in with teens to discuss their experiences with bullying and adjust strategies as needed to ensure their continued wellbeing.

General Notes

Confidentiality

Ensure that the personal information shared by teens during these discussions is treated with confidentiality to maintain their trust and safety.

Professional Help

Be prepared to refer teens to professional mental health services if the bullying has led to severe emotional or psychological distress.

Legal Advice

Seek legal advice when cyberbullying involves potential criminal activities, such as threats of violence or sharing of explicit images without consent.

School Policies

Review and understand the school's anti-bullying policies to ensure that the appropriate measures are taken in accordance with the regulations.