Building Healthy and Safe Environments Can Help Reduce Bullying

It is well known that some things work and some things do not work when addressing bullying. Below are some suggestions about ways to build safe environments in your school and classroom settings.

DO…
- Provide student-teacher bonding opportunities.
- Create clear, consistent and fair behavioural norms.
- Provide differentiated learning opportunities which are gender-responsive and culturally competent.
- Train students, staff and school administrators consistently and often about bullying strategies.
- Provide effective supervision of places where bullying can occur.
- Partner with community members to host restorative justice interventions and other supportive programs for school community members.
- Host activities that include all members of the school not just some.
- Allow for parent education opportunities in your school community.

DO NOT…..
- Have inflexible zero tolerance policies.
- Give students suspensions without a re-entry plan.
- Segregate students with emotional/behavioural or learning difficulties.
- Organize sports, recreation programs that exclude certain populations of students in the school.
- Use the removal of physical activity/education as a punishment.

Reference: Canadian Public Health Association. 2004. Assessment Toolkit for Bullying, Harassment and Peer Relations at School

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