Bullying Prevention Tips for Students, Teachers, and Parents/Guardians

L Listen actively, take note of interactions and pay attention to nonverbal cues, which make up most of our daily communication. “Listen to hear” instead of listening to speak!

U Understand that students may be reluctant to tell you they are being harassed or bullied. Watch for indirect signs that things are not going well: stomach aches, headaches, irritability, social withdrawal, a sudden change in behavior.

N No one eats alone. Make a commitment to Lunchroom Chat tables or brainstorm how your school can ensure that everyone has a lunchtime pal.

C Champion respect for everyone in your school. You can be an upstander simply by being a student role model inside and out of the Cafeteria.

H Have conversations that promote respect and value all members of your community.

T Trusted adults can help! Don’t be afraid to talk to your teacher, especially when you’re looking for solutions.

I Identify student leaders who can be classroom and cafeteria allies for students experiencing a challenging time.

M Make your goals public with a social vision statement. Let it be known that your entire school community is committed to and accountable for promoting inclusivity at lunchtime.

E Empathy is powerful - take time to put yourself in another’s shoes and let them know they are not alone.

T Track all the times you intervene on behalf of another classmate and challenge your friends (and yourself!) to a friendly game of No Bully Bingo.

I Improve your communal space by brainstorming ways to make your cafeteria welcoming of everyone.

P Promote random acts of kindness. Share your snack today, give a compliment, or surprise someone with a thoughtful note.

S Stand by your friends and peers, listen and honor confidentiality (e.g. “whatever we say stays in this room”), EXCEPT if you or someone is going to harm yourself/theirself, someone else, or someone is harming you/their.