End bullying in your school

NO BULLY
The bullying epidemic

Each year approximately 30% of students in schools are involved in bullying or cyberbullying. Lives are lost or forever changed.

Bullying is different from peer conflict. It occurs when a student or group of students repeatedly hurt, humiliate or isolate another less powerful student. Bullying and harassment cause lasting physical and mental harm, marginalize diverse students and negatively impact the entire school climate.

No Bully has developed a non-punitive and innovative solution that is grounded in the new research on empathy and transformative action.

The No Bully System® guides K–12 school leaders and teachers through a series of evidence-based interventions for ending bullying and building a positive school culture and climate.

It provides schools with an alternative to suspension, supports Common Core success by promoting a culture based on cooperation and respect and ensures compliance with state and federal anti-bullying laws.
“No Bully has created a clear way to unpack a complicated societal issue in a culture where bullying is pervasive. They have empowered our school communities to intervene and to live up to the expectation of being places where everyone belongs.”

– Dorrell Green, Assistant Superintendent, Brandywine School District, Delaware
The four steps to eradicate bullying

LEVEL 1
Prevent & Interrupt
All staff on campus prevent and interrupt student harassment, bullying and cyberbullying.

LEVEL 2
Check in and refer to a Solution Coach®
When a teacher or staff member discovers ongoing bullying or harassment, they check in with the target and refer the student to a school Solution Coach.

LEVEL 3
Hold a Solution Team and Follow Up
The Solution Coach - with the target’s consent - convenes a Solution Team of students to bring the bullying to an end. If any student is stuck in the role of bully or target, the Solution Coach follows up to facilitate change.

LEVEL 4
Implement an Empathy-Building Action Plan
If a pattern of harassment or prejudice is apparent across an entire class or grade, the Solution Coach implements a plan to create a culture of acceptance.
A proven solution

The No Bully System is proven to end bullying.

Ongoing research has found that educators trained in the No Bully System are able to resolve incidents of bullying in over 90% of cases and this remained true at a three-month follow up.

In 2016 Ashoka Changemakers and the Robert Wood Johnson Foundation recognized No Bully as a Champion of Children’s Wellbeing through its dedication to every child growing up with a sense of self, purpose, and belonging.

Since No Bully was founded it has:

• Trained over 16,000 teachers in the No Bully System
• Created bully free campuses for over 300 schools
• Provided more than 200,000 students with proven solutions to bullying and harassment

NO BULLY
“We’ve run about 14 Solution Teams this year. It stopped the bullying in every case, and we are seeing mutual respect grow between the students. It taps into the fundamental human value that everyone is good at heart.”

—Greg Barnes, Assistant Principal, Bowditch Middle School, California
The No Bully school partnership provides schools with an integrated series of leadership coaching sessions, teacher trainings and parent workshops in how to implement the No Bully System and sustain a bully-free culture long-term.

**LEADERSHIP COACHING** 3 FACE-TO-FACE SESSIONS
School leaders are coached to create a new social vision for their school, to integrate the No Bully System into a written anti-bullying policy and to make a plan for teaching social and emotional learning.

**NO BULLY FOUNDATIONAL TRAINING** 3 HOURS, ALL ADULTS WHO WORK ON CAMPUS
This initial workshop gives all the teachers, staff and volunteers who work on campus a common language and a unified approach to stop student bullying and harassment.

**BULLY-PROOF YOUR KID! THE NO BULLY PARENT AND GUARDIAN WORKSHOP** 90 MINUTES
Support of parents and guardians is critical to creating a bully-free environment. Participants learn to recognize the new face of bullying and cyberbullying.

**SOLUTION COACH TRAINING** 1 DAY, SELECT TEACHERS AND STAFF
A core group of teachers and staff is trained how to become their school’s Solution Coaches. They learn how to bring together Solution Teams of students to end the bullying of their peers and how to follow up with students stuck in the role of bully or victim.

**ADVANCED SOLUTION COACH TRAINING** 3 HOURS
This follow-up training brings together the school Solution Coaches to deepen their skills in running Solution Teams, and to learn how to address the marginalization of diverse students that so often underlies more complex incidents of bullying and harassment.
When bullying stops, learning takes off

Contact us or visit our website to learn more about the No Bully System and how you can transform your school into a bully-free learning community.

www.nobully.org
email: office@nobully.org
415.767.0070

No Bully® is a US based non-profit organization that trains schools how to activate student compassion to stop bullying and cyberbullying.

Founder | President - Nicholas Carlisle is an attorney and psychotherapist. Having experienced firsthand the reality of bullying in high school, he is committed to creating schools where every child feels accepted by their peers. Nicholas graduated from Oxford University, qualified as a lawyer with a human rights focus and was chairman of the non-profit section of Amnesty International in Britain. Nicholas is a seasoned conference speaker, and national commentator on school bullying, diversity and inclusion.