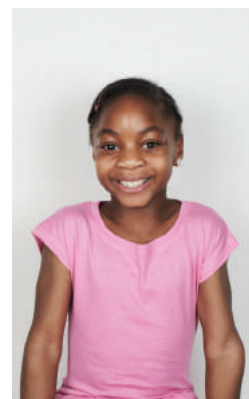
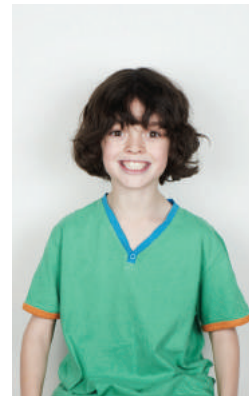


# THE NO BULLY PROGRAM



# WHEN BULLYING STOPS, LEARNING TAKES OFF

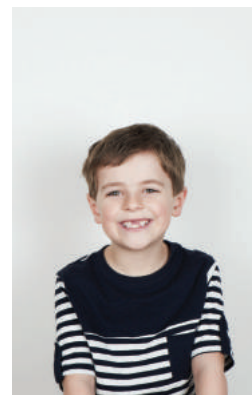
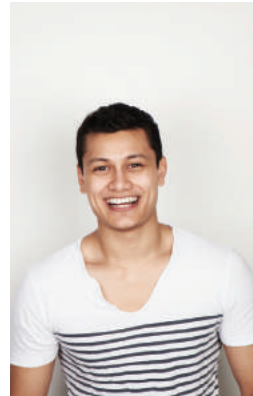
**Each year approximately 30% of students in school are the target of bullying or cyberbullying. Lives are lost or forever changed.**

Bullying is different from peer conflict. It occurs when 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. Despite the harm that it causes few educators have received any effective training in how to solve it.

We developed the No Bully System® to guide school leaders, teachers and counselors how to end bullying and build an inclusive school culture and climate. It is the distillation of our years of experience from partnering with hundreds of schools across the US and internationally.

Schools trained in the No Bully System® are able to resolve 90% of incidents of bullying, making this one of the most impactful anti-bullying programs in existence.

Solution Team: Outcomes of a Target-Centered Approach to Resolving School Bullying. DeNike, M. & Gordon, H. Contemporary School Psychology (2019).







**“When someone learns about the program ... they will demand it for their schools because of what it can do to change the lives of our kids, our schools and our communities.”**

**Mary Jane Burke,  
Superintendent of Schools,  
Marin County, California**

# THE FOUR STEPS TO ERADICATE BULLYING



## LEVEL 1

### **BUILD AN INCLUSIVE SCHOOL CULTURE**

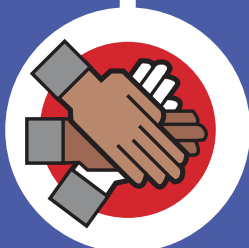
The foundation to a bully-free school is an inclusive school culture where every student is accepted for who they are.



## LEVEL 2

### **INTERRUPT STUDENT DISRESPECT AND BULLYING**

All teachers and staff interrupt student bullying and harassment and refer ongoing incidents to a school Solution Coach®.



## LEVEL 3

### **RUN A SOLUTION TEAM® AND FOLLOW UP**

The Solution Coach® convenes a team of 6-8 students and engages their compassion to bring the bullying to an end. The Solution Coach then follows up with any student stuck in the role of bully or target.



## LEVEL 4

### **IMPLEMENT AN EMPATHY-BUILDING ACTION PLAN**

If a pattern of intolerance or prejudice is apparent across the entire class or grade, the Solution Coach® implements a plan to create a culture of acceptance.



# AN EVIDENCE BASED PROGRAM

## The No Bully System® is proven to end bullying

In 2012, the No Bully System® was awarded First Prize by Ashoka Changemakers for how Solution Teams activate student empathy to end student bullying

In 2015 the National Institute of Justice recognized the No Bully System® as a breakthrough intervention and funded a long-term study of its impact in Oakland USD. The results show significant success in ending the bullying of targets and are due to be published in the Journal of School Violence.

## In the ten years since we launched the No Bully program

- **600 schools** have invested in one-year partnerships
- **30,000 teachers** have been trained how to address bullying
- **400,000 students** are now able to enjoy a bully-free school

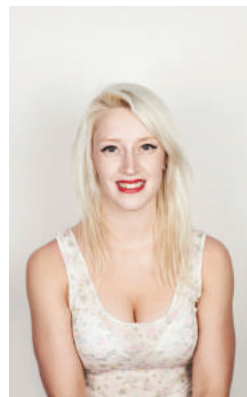






“I have been doing this work for 20 years, and I have never seen a program works so well, so effectively, and so quickly to stop bullying and make a bullied child feel better and safer in school. I have a great appreciation for the No Bully system. It has had a positive impact on my school culture, and we have definitely seen a decrease in bullying issues.”

**Cheryl McWilliams,**  
**Superintendent of Pawtucket School Department,**  
**Rhode Island**



# TOGETHER WE CAN SOLVE THIS

We partner with schools over the course of a year and support them in implementing the No Bully System® throughout their campus to build an inclusive, bully-free school culture and to resolve any incidents of bullying that still occur. We do this through an integrated series of leadership coaching sessions, teacher trainings, workshops and e-courses for parents.

## **LEADERSHIP COACHING 3 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 protocol and to make a plan for teaching social and emotional learning.

## **NO BULLY FOUNDATIONAL TRAINING**

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**

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**

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**

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.

# BECOME A NO BULLY SCHOOL

Contact us to learn more about the No Bully Program and how to bring it to your school

[powerof0.org/nobully/](http://powerof0.org/nobully/)  
[info@powerof0.org](mailto:info@powerof0.org)

Power of Zero is a non-profit organization committed to teaching children zero bullying from age zero and is the current home of the No Bully Program. Through our campaigns, we are setting up the next generation to harness the positive power of the Internet and end hate speech, bullying, and violence. Power of Zero is registered in the United Kingdom under charity number 1191012.

