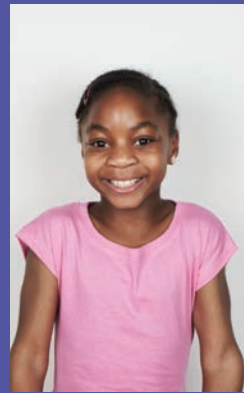


# BECOME A NO BULLY SCHOOL



Power  
of Zero



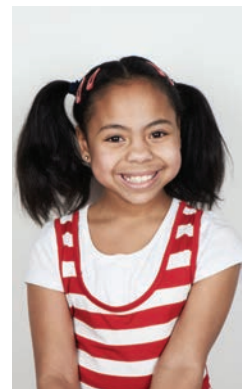
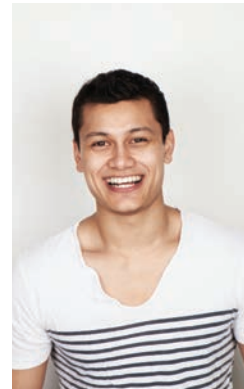
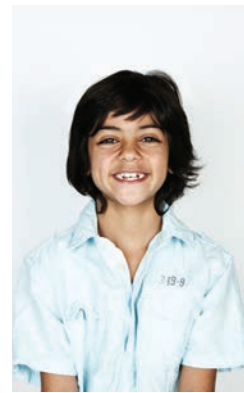
# WHEN BULLYING STOPS, LEARNING TAKES OFF

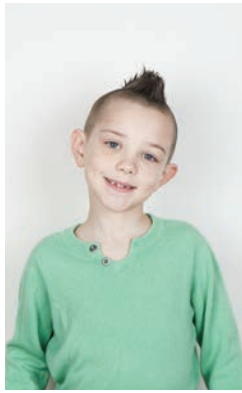
**Each year one-third of students are the target of bullying and cyberbullying. Lives are lost or forever changed.**

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 students who are different and negatively impact the entire school climate. Despite the harm that it causes few educators receive 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 a school culture and climate where students are accepted for who they are. It is the distillation of our years of experience from partnering with hundreds of schools across the US and internationally.

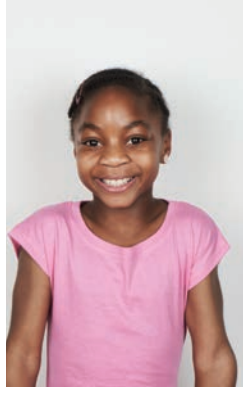
Schools that implement the No Bully System® are able to resolve close to 90% of incidents of bullying, making this one of the most impactful bullying prevention programs in existence.





**“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 No Bully System<sup>®</sup>

**LEVEL 1**



## **Build a welcoming school culture**

The foundation to a bully-free school is a kind and welcoming 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 Solution Coach<sup>®</sup>.

**LEVEL 3**



## **Use Solution Teams<sup>®</sup> to solve ongoing incidents of bullying**

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

**LEVEL 4**



## **Teach empathy to remedy negative classroom cultures**

If your school is dealing with a problem class or grade, the Solution Coach<sup>®</sup> implements a plan to create a culture of acceptance.



# AN EVIDENCE BASED PROGRAM



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

The No Bully System® was awarded First Prize by Ashoka Changemakers for how Solution Teams activate student empathy to end student bullying.

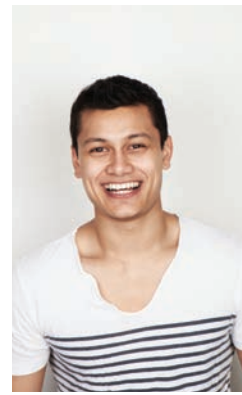


The National Institute of Justice has recognized the No Bully System® as a breakthrough intervention and funded a long-term study of its impact in Oakland USD. Ongoing research into Solution Teams show that they resolve close to 90% of incidents of bullying. See Solution Team: Outcomes of a Target-Centered Approach to Resolving School Bullying. DeNike, M. & Gordon, H. Contemporary School Psychology (2019).

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

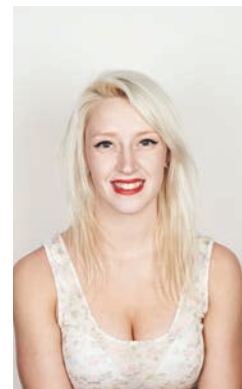
- **700 schools** have invested in one-year partnerships
- **30,000 teachers** have been trained how to address bullying
- **500,000 students** are able to enjoy a bully-free school





“I have been doing this work for 20 years, and I have never seen a program work 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

**Expand the capacity of your school to prevent bullying and support students who the target of cyberbullying and online harms. No Bully Essentials provides you with a whole school program comprising leadership coaching, teacher training, parent workshops and student assemblies. Schools that successfully complete this yearlong program earn the No Bully School badge, signifying a commitment to combating bullying and cyberbullying in all their forms.**

## **LEADERSHIP COACHING 90 MINUTES**

This personalized coaching session equips school leaders with the tools and strategies to establish a safe, inclusive campus environment. Your Power of Zero coach will guide you in developing a customized bullying prevention protocol and review best practices for incident reporting and response.

## **NO BULLY FOUNDATIONAL TRAINING 3 HOURS**

This in person workshop brings together all your teachers and staff to understand the bullying, cyberbullying, and cyberviolence to which students are exposed. Participants develop a shared language and learn proven strategies for interrupting student disrespect and aggression, creating a unified and proactive school-wide approach to bullying prevention and response.

## **SOLUTION COACH TRAINING 3 HOURS (KEY STAFF ONLY)**

Equip your school with an award-winning intervention to resolve even the most complex bullying situations. This specialized training prepares select staff to become Solution Coaches, ready to run a Solution Team® with a remarkable 90% success rate. Coaches learn how to support students, regardless of their role in the bullying dynamic, and to engage student empathy to create lasting change.

## **NO BULLY PARENT WORKSHOP 90 MINUTES**

This ninety-minute workshop provides parents and guardians with essential knowledge about bullying, cyberbullying, and online harms. Participants will gain actionable strategies to build resilience in their children and become confident, supportive digital parents.

## **STUDENT ASSEMBLIES 90 MINUTES**

Inspire your students to stand up to bullying and cyberviolence and cultivate the empathy needed for a bully-free school. Students learn how to recognize harmful behaviors, support targets of bullying, and become courageous upstanders for kindness.

As schools move beyond their initial response to bullying, they often recognize the need to teach their students the social, emotional and digital literacy that will replace the bullying and cyberbullying that students employed in the past. We provide teacher training and leadership support in social and emotional learning, conflict resolution and student assemblies. Contact us to find out more.

# BECOME A NO BULLY SCHOOL

Visionary leaders understand that a safe and welcoming school is the foundation for student success. The No Bully program empowers schools to achieve this vision.

Schools successfully completing our program earn the prestigious No Bully School badge. This tangible symbol demonstrates your unwavering commitment to combating bullying and creating a culture where every student feels valued and supported.

Join a global community of over 700 schools dedicated to student safety and well-being.

**Contact us today to learn how the No Bully Program can transform your school. Let's work together to build a future where every child thrives.**

**Power of Zero** is a non-profit organization committed to teaching the next generation to use their power well, with zero bullying, zero hate and zero violence from age zero. **Power of Zero** is registered in the United Kingdom under charity number 1191012 and is a 501(c)(3) non-profit organization in the US.

