

Health Education: Bullying Prevention

The WPS is addressing bullying prevention with health teachers teaching the following research-based curricula:

Elementary Schools:

- *Second Step: A Violence Prevention Curriculum* is being taught to students in grades 1-3.
 - Designed to improve behavior and reduce classroom disruptions
 - Social skills taught include: empathy, identifying emotions, responding to social interactions thoughtfully, problem-solving, how to constructively manage their own anger
 - Social skills support academics

- *Steps to Respect: A Bullying Prevention Program* is being taught to students in grades 4-6.
 - Designed to decrease bullying at school and helps build more supportive relationships (friends)
 - Social skills taught include: strategies for making and keeping friends, steps for joining a group activity, recognizing bullying, using assertive behaviors to refuse bullying, and reporting bullying to adults
 - Other skills include: teaching empathy for bullying targets, specific helpful ways to respond when they witness bullying, problem-solving practice, and emotion-management skills

The classroom teachers must remain in the room during health class so that these lessons can be reinforced throughout the instructional day. Therefore, health class can not be used as a preparation period or grade level meeting time.

Middle Schools:

Aggressors, Victims, and Bystanders: Thinking and Acting to Prevent Violence is being taught by certified health teachers as part of the middle school health curriculum

- Deals specifically with the issues of violence among peers and the different roles youth play in potentially violent situations
- Encourages young people to examine their roles as aggressors, victims, and bystanders
- Helps students to develop problem-solving skills and new ways to respond to conflict in each of these roles

High Schools:

The *Violence Prevention Curriculum for Adolescents* is taught as part of the high school comprehensive health curriculum.

- Deals almost exclusively with violence between peers
- Increases students' awareness of the causes and effects of violence
- Increases students' awareness of their own risk of becoming victims of homicide
- Enables students to identify the factors that lead to violence
- Enables students to identify positive ways to express anger
- Encourages students to think about alternatives to violence in conflict situations