

## Breaking the Bully-Victim-Bystander Cycle Tool Kit

Creating a Climate of Safety and Social Responsibility

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NATIONAL SCHOOL CLIMATE CENTER  
*Educating Minds and Hearts, because the 3 Rs Are Not Enough*

# Breaking the Bully-Victim-Bystander Cycle Tool Kit:

## Creating a climate of safety and responsibility

The Tool Kit is a resource designed to support school leadership teams and school community members engage in a series of planning and then a research-based six-step implementation process that prevents bully-victim behavior and promotes Upstander behavior in K-12 schools.

The Tool Kit is a 156 page monograph that includes the following five modules:

**Getting Started-** In broad strokes, what does a comprehensive bully prevention/ pro-upstander effort mean and why is this important (Module One)

**A Snapshot: A Walk Through a School:** What does a school look like that has implemented an effective bully prevention/pro-upstander effort. Educators often use this to begin a conversation about “what kind of school do we want?” and “how might this Snapshot reflect rituals, norms, rules, expectations (and much more!) That we would want to be a part of our school?” (Module Two)

**Creating the Foundation-** What kinds of team building work provide an essential foundation for this school climate reform effort? More trusting and collaborate problem solving provides the foundation for school improvement efforts. The protocols in this module are designed to promote these abilities and dispositions. (Module Three)

**Implementation-** A detailed six step Implementation process. Here you will find over two dozen protocols that support your school community: (i) developing a shared vision about what kind of school you want yours to be, (ii) how to consider assessing your schools current strengths and needs in comprehensive, reliable and valid ways, (iii) essential leadership related considerations, (iv) teaching and learning with students in classrooms, morning meetings, Advisories and others small group experiences, (v) individual efforts that importantly include guidelines about how educators, school-based mental professionals and parents/guardians can and need to be partners, (vi) and, supporting school-home-community partnerships (Module Four).

**Sustainability-** What kinds of activities support sustainability? This module includes scores of lesson plans and activities that support a sustainable bully prevention/pro-Upstander effort (Module Five)

**Costs:** \$90 for orders of one to nine Tool Kits and \$50 per Kit for orders of ten or more (plus shipping).

The Tool Kit provides the foundation for our school climate improvement efforts with schools, districts, networks of schools and State Departments of Education. The Tool Kit is also linked to our national bully prevention and student leadership campaign **BullyBust**: launched in 2009 and is already reaching over 500,000 students in need. With the recent events concerning our nation’s youth, the issue of bullying is no longer “Kids being kids” but is considered to be a public health problem. The BullyBust Upstander Alliance Tool Kit is a free resources that supports students (with supervision) forming Upstander Alliances in their school, engaging in a range of student led activities that prevent bullying and promote Upstander behavior as well as connecting with other Upstander Alliances across America.

To order copies of the Tool Kit, please contact Ms. Anne-Marie Stehn: [astehn@schoolclimate.org](mailto:astehn@schoolclimate.org) For further information about the NSCC’s bully prevention/pro-Upstander efforts, please contact Jonathan Cohen at [jonathancohen@schoolclimate.org](mailto:jonathancohen@schoolclimate.org). For more Bully prevention resources please visit [www.bullybust.org](http://www.bullybust.org)

“This practical well written, toolkit, will be of immense immediate value for schools. I believe this book is a major contribution if not the modern landmark in the field combining interesting resources with the freedom for schools to design their own program, which our research has found to be an essential bedrock for change”

–Stuart W. Twemlow, MD  
Professor of Psychiatry & Behavioral Sciences, Menninger Clinic and the Baylor College of Medicine, Texas

"Breaking the Bully-Victim-Bystander Cycle: Creating a Climate of Safety and Social Responsibility is a rich toolkit that is comprehensive in scope and application. It addresses bullying in a fresh way by offering practical suggestions for a wide range of protective and sustaining activities. It is filled with practical suggestions and effective, research-based, time-tested practices. This toolkit will be a standard resource in this very important and evolving field!"

**Joakim Lartey**  
Director of Training, The New York State Center for School Safety