

10 Ways to Prevent Bullying and Violence

1. **Have a policy.** Make sure your policy is known to and understood by all staff, youth, and parents.
2. **Go beyond a policy.** Make sure your site has a system in place to survey and follow up on how, when, and where bullying is happening.
3. **Appoint a team of bullying-prevention ambassadors.** Include staff at all levels, as well as youth who would benefit from leadership positions.
4. **Incorporate a program.** You can work with a local organization to do a program at your site, or have your staff trained in a program to deliver internally.
5. **Train staff in building trust and rapport.** Youth can feel that it's unsafe to tell adults about bullying if they think they won't be taken seriously. Building trust with youth is key in providing safety.
6. **Check in with youth.** Set aside a structured time each week to do a brief check-in with all youth. Follow up with youth who may need more support or guidance.
7. **Challenge stereotypes and labels.** Judgments about others only contribute to bullying, and they hurt us all. Help youth appreciate the different backgrounds and experiences of others, as these make up their identities.
8. **Mix it up.** Find structured ways to integrate youth into different groups so that cliques do not dominate.
9. **Involve parents and families.** Send a newsletter home each week or month incorporating tips on preventing bullying. Speak to parents and guardians of youth who may be in a bullying situation.
10. **Spread the message.** Hold a creative poster contest or post signs around the building to encourage an emotionally safe environment.

The mission of The Ophelia Project and Boys Initiative is to meet the gender-specific, social and emotional needs of youth in our community. To learn more about what we do and how you can be involved, visit our website at www.opbi.org.