

## When and How to Intervene if Bullying Occurs

- Try to catch potential bullying behaviors before they cause severe damage or stress.
- Act proactively by anticipating situations that may leave youth vulnerable to the actions of others.
- Support youth. Bullying is not the fault of the child being bullied.
- Stand between or near the victim and the bully, separating them if necessary, so as to stop the bullying behaviors.
- Get help if needed.
- Gather information about the incident. Ask who, what, when, where, and how?
- Don't ask children to "work things out" for themselves.
- Avoid lecturing the bully in front of his or her peers.
- Talk with your supervisor about your observations of suspected bullying behavior.
- Talk with your supervisor about the information a youth reports about being bullied or witnessing bullying.
- Help all youth understand that real friends are not mean or hurtful to each other.

## How We Can Help

The Community Outreach and Education unit along with community partners is available to consult with schools about keeping children safe and creating a vibrant environment most conducive to academic success.

## To Find Out More

To find out more about the scope of services offered by the Northwestern District Attorney's Office, please contact Jana McClure, director of Community Outreach and Education, at 413-586-9225



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## Bully Prevention and Intervention Strategies



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## What is Bullying?

Bullying is the repeated use by one or more youths of physical or psychological intimidation that;

- Causes physical or emotional harm
- Damage to another's property
- Places a youth in reasonable fear of harm to himself/herself
- Creates a hostile environment
- Infringes on the rights of another

Bullying behavior can be identified as a written, verbal, physical, psychological or electronic expression of intimidation or intent to cause harm to others.

## Recognizing Bullying Behavior But not limited to...

- One person making fun of another
- Name-calling, Put-downs, Threats
- Stealing money or taking personal items
- One person trying to beat up another
- A group of people ganging up against one youth or others
- Spreading rumors about someone
- Refusing to talk to someone
- Harassing someone by texting, emailing, or other technologies

## Possible Signs of a Youth Being Bullied

- Feelings of unhappiness, loneliness, anxiety, and fear;
- Sense of insecurity -- both physical and psychological;
- Withdrawal from friends and caring adults;
- Reluctance to join in activities and fun; and
- Physical complaints including stomachaches, nightmares, and loss of appetite.

## How You Can Help Youth Deal With Bullying

- Discuss bullying with young people -what it is, why it is unacceptable, and how they should respond to bullying.
- Teach young people how to help a child who is being bullied or excluded.
- Encourage young people to talk to staff if he or she sees or experiences bullying. Youth need support from responsible adults to address bullying.
- Establish clear expectations about respecting others and gaining respect
- Follow through with a consistent set of rules and consequences.
- Spend time with young people in enjoyable activities

## What If a Child Bullies?

- Try to get a full understanding of what happened.
- Describe to the youth what behavior is being identified as bullying.
- Clearly describe the consequences of their action of bullying other youth.
- Consistently enforce the consequences of the youth's bullying behavior.
- Reinforce the rule that bullying must stop.
- Help your child understand how bullying affects others
- Regularly reinforce positive behaviors the youth exhibits towards others.

