



Bullying Prevention Workshop

Maximum Number of Students: 50
Program Length: 60 minutes

Program Synopsis

This workshop includes a short puppet show (10 minutes) with Eddie and Claire, followed by an interactive presentation, which includes a PowerPoint show with information and videos. We include some improvisation for a few volunteer students who would like to participate.

Key Program Points:

- We define bullying as being intentionally mean in order to have power or control over someone else. We explain the difference between being mean or rude, and bullying. We also give the definition of harassment.
- Bullying is a behavior, and anyone is capable of choosing to act like a bully. We encourage students to choose kindness. Because everyone should feel safe going to school.
- Cyberbullying is harmful and pervasive. There are ways to address cyberbullying.
- What to do if you witness bullying happening to someone else: Be an Upstander! We show them how Upstanders can help to stop bullying and shift the power.
- What to do if Bullying is happening to you: talk to an adult; walk away and walk to someone, or somewhere, safe; be assertive; be a skipping CD; bore the bully with questions; and use humor.
- Violence is never a solution.

Resources

Vermont Family Network's
Bullying and Harassment
[Information Packet](#)

[New Jersey](#) Antibullying Laws
and Policies

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Have a good resource you'd
like to share? Email Karen at:
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For more information about our programs, or ways we support families, please visit www.VermontFamilyNetwork.org or call (800) 800-4005

