

The
Tough Kid®
Bully Blockers
Book

15-Minute Lessons for
Preventing and Reducing Bullying

JULIE BOWEN, PH.D.
PAULA ASHCRAFT, M.S.
WILLIAM R. JENSON, PH.D.
GINGER RHODE, PH.D.

Table of Contents

Section 1 • What This Book Will Do For You	1
<i>How to Use This Book</i>	2
<i>Organization of This Book.</i>	3
Section 2 • Setting the Stage for Program Success	5
<i>More About Positive Behavioral Support</i>	5
<i>Whole School Applications & Positive Behavioral Supports</i>	6
<i>Characteristics of Successful & Unsuccessful Schools</i>	7
<i>Tough Kids: The Top 7%</i>	10
<i>What Does It All Mean?.</i>	13
<i>How the Tough Kid Bully Blocker Program Fits In.</i>	13
Section 3 • The Facts About Bullying	15
<i>What Is Bullying?</i>	15
<i>How Common Is Bullying?</i>	18
<i>Who Is a Bully?</i>	18
<i>Why Do Kids Bully?</i>	19
<i>Direct & Indirect Bullying.</i>	21
<i>Effects of Bullying.</i>	21
<i>Who Is a Victim?</i>	22
<i>Who Is a Bystander?</i>	23
<i>School Bully Prevention & Intervention Programs</i>	24
<i>How Can Teachers & Schools Change the Bullying Problem?</i>	24

Section 4 • How to Use the Tough Kid Bully Blockers Program 27

<i>The Three Levels of Bullying Prevention & Intervention</i>	27
<i>Schoolwide Implementation</i>	28
<i>Grade Level & Classroom Implementation</i>	34
<i>Small Group Implementation</i>	36
<i>Before Beginning Implementation Schoolwide, in a Classroom, or a Small Group</i>	39
<i>General Tips for Teaching Bully Blocker Lessons</i>	42
<i>Program Review & Evaluation</i>	49
<i>Reproducibles</i>	53

Section 5 • What to Do With Chronic Bullies and Victims 63

<i>The ABCs of Chronic Bullying</i>	63
<i>Antecedents of Bullying</i>	64
<i>Bullying Behavior</i>	65
<i>Consequences That Motivate Chronic Bullying</i>	66
<i>How to Do an ABC Functional Assessment of Chronic Bullying</i>	67
<i>Steps for Filling Out the Form</i>	67
<i>Analyzing the ABC Forms</i>	69
<i>Interventions for Chronic Bullying</i>	69
Intervention: Supervision	70
Intervention: Check-In/Check-Out Program	72
Intervention: Contracting with the Chronic Bully	75
Intervention: Peer Mediation	79
Intervention: Over-Correcting	83
Intervention: Structured Recess & Structured Lunch	85
<i>What About the Chronic Victim?</i>	88
<i>Identifying the Chronic Victim</i>	88

The ABCs of Bullying For Chronic Victims 89

Interventions for Chronic Victims 89

 Intervention: Social Supports, Check-In/Check-Out Program 90

 Intervention: Peer Buddy System 90

 Intervention: Parent Involvement. 91

 Intervention: Skills Training. 91

 Intervention: Supervision. 91

Reproducibles 93

Section 6 • Bully Blocker Lessons 101

After the First Year. 101

Year 2 Implementation 102

Adapting the Curriculum for Subsequent Years 102

Skill 1 • Learning About Bullying 103

Bullying Terminology 103

Student Bullying Survey 103

Rules and Guidelines. 104

Bully Blocker Pledge 104

No-Bullying Rule Breaking 104

Lesson 1 • Definition of Bullying 106

Lesson 2 • Bully Blocker Survey 110

Lesson 3 • Learning About Bullying Through Literature. 116

Lesson 4 • Bully Blocker Pledge. 118

Lesson 5 • Talking About Relationship Bullying 121

Lesson 6 • Relating Bullying to Personal Experience 124

Lesson 7 • Recognizing Types of Bullying 127

Lesson 8 • Bully Blocker Poster Contest. 129

Skill 2 • Bully Blocker Tools 131

Lesson 1 • What You Can Do If You Are Bullied and When to Report Bullying	134
Lesson 2 • Learning Bully Blocker Tools Through Literature	139
Lesson 3 • How to Look and Act When Standing Up to a Bully	141
Lesson 4 • Teasing Blockers	146
Lesson 5 • Rumor Blockers and How to Stop Gossip	148
Lesson 6 • Relationship Bully Blockers	150
Lesson 7 • Bystander Blockers—What You Can Do When Someone Else Is Being Bullied.	152
Lesson 8 • Physical Bully Blockers.	154
Lesson 9 • What You Can Do If You Are Bullied	155

Skill 3 • Friendship Builders 159

<i>Importance of Social Skills Training</i>	159
<i>About the Lessons</i>	160
Lesson 1 • What Makes a Good Friend?	162
Lesson 2 • Giving Put-Ups, <i>Not</i> Put-Downs.	165
Lesson 3 • Learning About Friendship Through Literature	167
Lesson 4 • Asking to Join In	169
Lesson 5 • Inviting Someone to Join In	172
Lesson 6 • Cooperating With Others	175
Lesson 7 • Giving Compliments to Others	177
Lesson 8 • Relating Friendship to Personal Experience	181
Lesson 9 • Creating a Classroom Friendship Book	184
Lesson 10 • Name Game—A Friendly Interaction Activity	185

Skill 4 • Problem Solvers. 187

<i>About the Lessons</i>	187
Lesson 1 • Understanding Conflict and Problem Solving	190
Lesson 2 • Learning About Problem Solving Through Literature	194
Lesson 3 • Stop and Cool Down Problem Solving	196
Lesson 4 • I Message Problem Solving	198

Lesson 5 • Active Listening Problem Solving200
 Lesson 6 • Negotiating Win-Win Solutions204
 Lesson 7 • Steps for Problem Solving206
 Lesson 8 • The Portable Problem Solver.....209
 Lesson 9 • Relating Problem Solving to Personal Experience210

Skill 5 • Respecting Differences 213

Tolerance and Respect.....213
About the Lessons.....213

Lesson 1 • Understanding Differences (Diversity)216
 Lesson 2 • Learning About Diversity Through Literature221
 Lesson 3 • Celebrating Similarities and Differences in Others223
 Lesson 4 • Everyone Is Unique228
 Lesson 5 • Understanding Disabilities232
 Lesson 6 • Learning About Disabilities Through Literature.....236
 Lesson 7 • Understanding Stereotypes.....238
 Lesson 8 • Understanding Character Values.....241
 Lesson 9 • Accepting Others Who Are Different244
 Lesson 10 • Relating Respecting Differences to Personal Experience246

Skill 6 • Confidence Boosters 249

About the Lessons.....249

Lesson 1 • Boosting Self-Confidence252
 Lesson 2 • Boosting Self-Confidence Through Literature.....255
 Lesson 3 • Using Positive Self-Talk257
 Lesson 4 • Learning Even More Self-Confidence Boosters259
 Lesson 5 • Setting Academic Goals263
 Lesson 6 • Setting Personal Social Goals267
 Lesson 7 • Setting Future Goals.....270
 Lesson 8 • Creating a Positive Personal History272

References 275