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Impair Healthy Healing In People Over The Age Of 30!

Bully Zapper Techniques Two and Three: Report and Keep a List!

By Paula McCoach

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The Second Basic Technique for Zapping Bullies –
Report the Bullying to an Adult!

After you have told the bully to stop several times, you need to report the bullying to an adult. Don't continue to put up with the bullying hoping it will go away.

I tell students that they need to report the bully at several points – if the bullying continues with no improvement and if you experience the bullying getting worse.

Reporting the bullying to an adult is your second most important Bully Zapping Technique. If a student cannot stop the bullying, they need to care about themselves enough to let an adult help them. Adults have more authority to deal with the bully.

Students need to tell teachers, school counselors, administrators, assistants, etc. that other kids are bothering them!

The Third Most Basic Technique for Dealing with Bullies –
Keep a List!

So the bully still has not stopped! Not to worry. At this point I tell the student to begin keeping a written list of what is said by the bully. Verbatim! I tell them to write down every word the bully is saying to them.

I provide a paper to some students with columns on it. The column headings are 'Name,' 'Date,' 'Comments.'

Bully Zapper Techniques Two and Three: Report and Keep a List!

I tell the student to give me the list anytime they want. If they want to give it to me every day, I will talk to the bully daily until it stops. If they want to give it to me once a week, I will talk to the bully weekly – until the bullying stops.

Often when the bully realizes that their comments are being written down with their name beside them, they will stop. If not, you just keep on keeping on...It's a win/win situation for the student and a lose/lose situation for the bully.

If you would like the first basic Bully Zapper Technique, send an email to coach@bullyzapper.com

For more information on Basic Techniques for Dealing with Bullies, check out the Bully Zapper Mentor Program at <http://www.bullyzapper.com>

Paula McCoach has been in public education for 23 years. She has been a school counselor for the past 10 in an Alternative school and an elementary/middle school in Maryland. She has spearheaded mentor programs, Character Education initiatives, & Bully awareness. For more information, send an email to coach@bullyzapper.com or visit <http://www.bullyzapper.com>

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Are You Frustrated You Have Not Been Able to Stop the Bullies?

By Paula McCoach

You are frustrated as a professional! You have given these bully victims all of your best techniques, and they are still being bullied. What should you do?

You are out of ideas! You have given this student your best shot. You know what you should do?

Keep trying.

Tell those bully victims to return to you every time they are bullied. Tell them to keep a list of what the bully says, when they say it and who says it. They can keep a chart.

Bully Zapper Techniques Two and Three: Report and Keep a List!

Then, You should talk to the bully several times. Each time the consequences should become more severe for the bully. Some of the consequences should include discussing what harassment is and giving them the county policy on the consequences of harassment.

Secondly, a phone call to their parents should be made informing them that their child has been reported for bullying several times.

Thirdly, you can enroll that bully and victim in The Bully Zapper mentor program.

Note on talking to parents: be sure you have ample proof and several incidents to cite to the parent before calling them. I usually wait until I have an adult who has observed the bullying behavior to be sure I am reporting valid information.

Finally, after attempting several of these interventions, an office referral and/or involvement of the administration should occur. If the bully is in the Bully Zapper Mentor Program already and they are still bullying, they should be removed at this point and referred to the administration.

I feel that it is more important to promote successful mentor/mentee relationships, and refer the students who do not respond to more serious consequences. If these bullies are having some success with their mentors, they should be told that they need to leave this particular student alone or they will be removed from the program.

At this point, in or out of school suspension could occur, possibly a class or schedule change for either of these students, and/or a Pupil Services Team meeting on both of these students.

Most of all, you are to be commended for your work with victims and the bullies too. With the above techniques, I have had great success with stopping the bullying, rehabilitating the bullies and making the school environment more comfortable for the former victims.

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Are You Frustrated You Have Not Been Able to Stop the Bullies?
School Bullying Stopped: 5 Ways to Stop Bullies with the Facts!
Bully Victims Need a Healthy Relationship with an Adult
Diesel Air Intakes To Improve Performance
Diesel Exhaust Systems For Performance

Hitting the Search Engines
Profit Pulling Reports
24 Prophecies fulfilled in 24 Hours
How To Get Reprint Rights Without Paying A Dime
Profitable Crafts Vol 3



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