

How the *Steps to Respect* Program Aligns with Anti-Bullying Law Requirements

Common Anti-Bullying Law Component

Policy Requirements

- Descriptions of and statements prohibiting bullying and cyber bullying
- Clear bullying reporting procedures
- Anonymous reporting option
- Clear procedures for investigating and responding to bullying reports promptly
- Discipline plan that includes accountability and teaching appropriate behavior

Steps to Respect Program Components

Steps to Respect Program

***Steps to Respect* Program Guide includes:**

- Guidelines for developing an anti-bullying policy (p. 52)
- Worksheet for developing an anti-bullying policy (p. 54)
- Sample anti-bullying policy (p. 107)

***Steps to Respect* Program Guide includes:**

- Guidelines for developing bullying reporting procedures (p. 58)
- Worksheet for developing bullying reporting procedures (p. 59)
- Sample bullying reporting form (p. 116)

***Steps to Respect* Program Guide includes:**

- Guidelines for handling a child's request for confidentiality (p. 62)

***Steps to Respect* Program Guide includes:**

- Guidelines for responding to bullying (p. 115)
- Sample paperwork pathway (p. 118)
- Guidelines for developing coaching (response) procedures (p. 60–62)
- Same-day coaching is recommended and supported in this program
- Behavioral coaching guidelines for targets and for children who bully (p. 119–120)

***Steps to Respect* Program Guide includes:**

- Guidelines for “Establishing Consequences for Bullying in Your Discipline Policy” (p. 52)
- Sample hierarchy of consequences (p. 110)
- Guidelines for restitution (p. 113)
- Prosocial strategies for dealing with children who bully (p. 112, 119)

Be sure to check your state's law for specific requirements.

www.cfchildren.org
www.preventbullying.org



- Clear procedures to ensure safety and protection of children who are bullied

- Strategies for protecting a person who reports bullying and/or provides information

- Prompt notification of parents or guardians of students involved in bullying incidents about reports of, responses to, and prevention of further bullying

- Plan to offer counseling and/or referrals for counseling to children involved in bullying

- Annual update of bullying prevention plan

Steps to Respect Program Components

Steps to Respect Program Guide includes:

- Guidelines and worksheets for assessing and addressing the school environment (physical features, supervision and scheduling, children’s behaviors, specific environments) (p. 65–74)
- Guidelines for creating a caring, safer, and more respectful environment (p. 113–114)
- Sample playground rules (p. 127)
- Sample bus behavior assessment (p. 129)
- Sample lunchroom behavior assessment (p. 129)
- Guidelines for schoolwide behavior support (p. 55–56)

Steps to Respect Program Guide includes:

- Guidelines for retaliation prevention (p. 52, 57, 107, 109)

Steps to Respect Program Guide includes:

- Sample hierarchy of consequences, including parent notification at every level (p. 110)

Steps to Respect Program Guide includes:

- Guidelines for identifying and referring children with additional needs (p. 63)

Steps to Respect Program Guide includes:

- Guidelines for developing an anti-bullying policy (p. 52)
- Worksheet for developing an anti-bullying policy (p. 54)

Common Anti-Bullying Law Components

- Developmentally appropriate strategies to prevent bullying incidents
- Developmentally appropriate strategies for immediate, effective interventions to stop bullying incidents
- Information about complex relationships in bullying situations
- Research findings on bullying and student risk factors for bullying in a school environment
- Information on the incidence and nature of cyber bullying and related Internet safety issues
- Annual written notice to staff of bullying prevention and intervention plan
- Annual faculty and staff training in the school's bullying prevention and intervention plan
- Faculty and staff duties outlined in the plan included in employee handbook

Steps to Respect Program Components

Steps to Respect Training Manual contains:

- All-Staff Training (3 hours) which includes script, DVD, and materials; topics include developmentally appropriate bullying prevention strategies, including the role of friendship skills in preventing bullying

Steps to Respect Training Manual includes:

- All-Staff Training (3 hours) includes specific strategies for recognizing, responding to, and intervening in student bullying incidents
- Coaching training (90 minutes) provides specific intervention strategies for children who are targets of bullying and for children who bully

Steps to Respect Training Manual includes:

- All-Staff Training (3 hours) includes information on the dynamics of bullying and the nature of bullying relationships
- Four booster trainings (30 minutes each) provide staff with a review of the elements of bullying and appropriate, effective responses to bullying incidents

Steps to Respect Training Manual contains:

- All-Staff Training (3 hours) which includes a review of bullying research and student risk factors for bullying

Steps to Respect Program Guide includes:

- Extensive Review of Research (p. 15–36)

Steps to Respect Online Cyber Bullying Prevention Module includes:

- Cyber Bullying Prevention Resources for Teachers
- Information on the role of teachers in addressing cyber bullying
- Guidance for reaching out to families affected by cyber bullying
- A glossary of internet and cyber bullying terms

Committee for Children offers:

- Online seminars on the topic of cyber bullying prevention

Steps to Respect Program Guide includes:

- “Keeping the Program Going” section with steps for reintroducing the bullying prevention plan annually (p. 85–89)

Steps to Respect Training Manual includes:

- All-Staff Training (3 hours) so new staff can be trained each year
- Booster trainings (four 30-minute sessions) that can be used annually to provide for ongoing professional development and review for teachers on the bullying plan and policies of the school

Steps to Respect Program Guide includes:

- Worksheets for schoolwide implementation, which include delegation of tasks and duties related to the bullying prevention and intervention plan (p. 43–89)

Common Anti-Bullying Law Components

Parent Education

- Plan for educating parents about the bullying prevention curriculum, including home reinforcement of curriculum, dynamics of bullying, and online safety and cyber bullying
- Annual written notice to students and parents about bullying prevention and intervention plan
- Student handbook shall include age-appropriate summary of bullying prevention and intervention plan

Student Education

- Student bullying prevention curriculum must be evidence-based
- Student bullying prevention curriculum must be age-appropriate
- Student bullying prevention curriculum must serve students in each grade
- IEPs address skills and proficiencies related to bullying, harassment, and teasing

Steps to Respect Program Components

Steps to Respect Training Manual includes:

- Family Overview Session (2 hours) script, DVD, and materials; training topics include strategies for skill reinforcement at home and dynamics of bullying

Steps to Respect Program Guide includes:

- Guidelines and tools for informing and involving families (p. 82–84)

Steps to Respect Cyber Bullying Prevention Module includes:

- Homework activities designed to include family participation for every lesson
- An educational family letter that accompanies each lesson

Steps to Respect Program Guide includes:

- Worksheet on informing and involving families (p. 84)
- Reminder to send families a yearly introduction letter (p. 82)
- Sample yearly introduction letter (p. 130)

Steps to Respect Program Guide includes:

- Sample excerpts from a student handbook (p. 108)

Outcomes from a school-randomized control trial of *Steps to Respect: A School Bullying Prevention Program* was published in the fall 2011 edition of *School Psychology Review*. This is the only scientifically rigorous randomized control trial in the U.S. that has found positive effects of a bullying prevention program.

- The Primary-Grades Lesson is developmentally appropriate for grades K–2.
- Level 1 student skill and literature lessons are developmentally appropriate for Grades 3 or 4
- Level 2 student skill and literature lessons are developmentally appropriate for Grades 4 or 5
- Level 3 student skill and literature lessons are developmentally appropriate for Grades 5 or 6
- Cyber Bullying Prevention Module has 5 skill lessons that are developmentally appropriate for Grades 4 – 6

The **Steps to Respect program provides** skill lessons for students in grades K–5 or K–6 as outlined below. Each grade-level kit (Levels 1–3) includes a series of skill lessons and literature lessons.

- Kindergarten: 1 Primary-Grades Lesson (p. 94)
- Grade 1: 1 Primary-Grades Lesson (p. 94)
- Grade 2: 1 Primary-Grades Lesson (p. 94)
- Grade 3 or 4 (Level 1 kit): 11 skill lessons and 18 literature lessons
- Grade 4 or 5 (Level 2 kit): 11 skill lessons and 20 literature lessons
- Grade 5 or 6 (Level 3 kit): 11 skill lessons and 17 literature lessons

Steps to Respect curriculum includes:

- Bullying prevention skill lessons designed to be developmentally appropriate for grades K–6

Steps to Respect Program Guide includes:

- Guidelines for identifying and referring children with additional needs, including children who are at greater risk of being bullied

