



The following tips have been prepared by Christel Greiner, Middle Grades Educator, Carolina Friends School, Founding Member of the Triangle Educators for Truth and Justice, Member of Peaceful Schools NC; **Renee Prillaman, PhD**, Head of the Carolina Friends Middle School, Chair of Peaceful Schools-NC; and **Mardi Ireland, PhD**, Psychologist, Psychoanalyst, Member of Peaceful Schools-NC

Tips for Parents

- Open communication. Talk to your kids. Be a safe place for your kids to turn when they're in trouble.
- Know the system of bully, bullied, bystander, and bold.
- In any circumstance, help them see what role they played. No child has only 1 role that they play.
- Notice any patterns or trends that your child follows when they are in conflict.
- Support them when they are the bold.
- Avoid labeling people, instead name behavior.
- Practice roles and scenarios at home.
- Name roles when they come up at home.
- Help children script difficult conversations.
- Role playing to practice.
- Healthy community is a process invented by the community for the community
- Seek guidance of Peaceful Schools NC.
- Start a committee that fosters buy in from the community.

Tips for Students

- Everyone is worthy of love, honor, and respect, and so are you.
- Know the system of bullied, bully, bystander, and the bold.
- Know thy self, and the role you usually play in a conflict.
- Notice any patterns in the role you and your friends play.
- Practice stress reduction strategies.
- When faced with a challenging situation, breathe, drop your shoulders, get grounded.
- Have an adult (parent, teacher, coach) you can talk to.
- Getting help is not tattle-tailing.
- Anyone can exude bullying behavior.