

Intervene in Aggressive and/or Bullying Interactions: Step 1

Step 1: Identify	This level of intervention applies to all aggressive and bullying incidents.
Response is immediate and takes about 3 minutes.	Stop the Aggression or Bullying It is important that all children and youth understand the school's commitment to ensuring their safety. - Interrupt the bullying in front of anyone who witnesses it. Say, <i>"Stop it. That's bullying."</i> - Make sure all the children and youth in the area hear your comments.
	Identify the behaviour as aggression or bullying A major goal is to take the "spotlight" off the child/youth being targeted and turn the focus to the behavior. - Label the form of bullying (physical, verbal, social or electronic): <i>"I noticed (saw, heard) _____."</i> - Identify the problem behaviour with reference to the school's Code of Conduct: <i>"Our school's Code of Conduct says we must treat everyone with respect."</i>
	Broaden the response Help child or youth who bully realize the negative impacts of their actions. - Identify the aggression and bullying behavior in the context of the impact on other children and youth at the school: <i>"This <identify behavior> can also hurt others who overhear it."</i> - Identify the behaviour, not the person, as negative and indicate the expectations for children or youth: <i>"At this school, we do not put people down other children/youth."</i> or <i>"Our school does not appreciate hurtful behavior. We support and are respectful to other children/youth."</i>
	Ask for positive change in future behavior Speak directly to the child or youth who is bullying and personalize the response. <i>"(Use the child/youth's name), please pause and think before you act."</i> Be sure to be supportive to the child or youth who was victimized. - Check in with the child or youth who was bullied: <i>"All children and youth in our school have the right to be safe and be treated respectfully. I am sorry this happened to you and I will work to help ensure that it will not happen again."</i>
Response requires short-term follow up.	Follow up - Record the incident and report it to the principal. - Determine if this is bullying or aggression (use the tool). If this is bullying, continue to Step 2.