

Bullying: Spot, Stop, and Prevent



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Evidence-based insights for a safer school culture

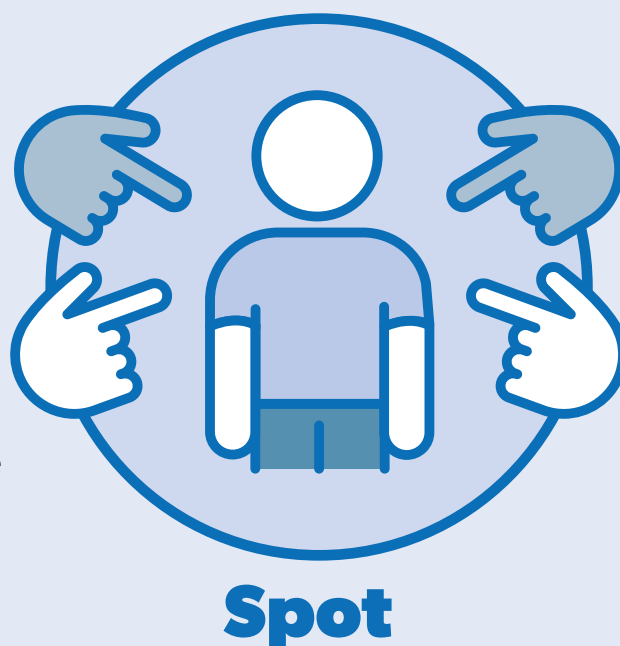
The 5-Point Check

Bullying:

- Is aggressive
- Is intentional
- Occurs repeatedly
- Causes harm
- Involves a power imbalance

The silent signals of bullying include:

- Sudden unexplained drops in academic performance
- Avoiding classes or missing school altogether
- Unexplained physical complaints
- Shifts in social dynamics such as negative peer reactions in class



Stop

Responding appropriately is key

- **Public incidents** should be addressed openly, in the context in which they occurred
- **Private dynamics** should be handled discreetly to protect the victim's dignity



Prevent

Proactive prevention involves

- **Supervised transitions between spaces and activities**, as bullying hides in the 'in-between' times
- **Caring adults**, as one supportive teacher can build a child's resilience
- **Strong home-school partnerships** based on open, non-blaming dialogue with parents

However, avoid strategies that inadvertently stigmatise victims like bystander programmes, friendship benches, and public testimonials.

For more research-informed educational resources, visit theeducationhub.org.nz