

## Tip Sheet for Parents and Educators: What *actually* helps in bullying situations?

Based on data from the Youth Voice Research Project, 2010, Stan Davis & Charisse Nixon, PhD

(The entire study in detail can be found at <http://www.youthvoiceproject.com>)

Summary of the study:

- Survey of approximately 13,000 students in **grades 5-12**, from 31 schools in 12 states
- Focus: what helped, and what didn't help, in coping with bullying situations
- **Conclusion: some commonly recommended strategies do not in fact appear to be helpful in resolving or coping with bullying situations. However, other strategies do appear helpful.**

### WHAT WAS MOST HELPFUL FOR ADULTS AT SCHOOL TO DO?

Most helpful Adult Strategies (made things better more often than made things worse)	Neutral Strategies (These worked sometimes but sometimes made things worse)	Least Helpful Adult Strategies (Made things worse more often than made things better)
Listened to me	Kept up increased adult supervision for some time	Told me to stop tattling
Checked in with me afterwards to see if the behavior stopped	Used punishments for the other student (worked better for 5 <sup>th</sup> graders). Effectiveness varied greatly from school to school.	Told me to solve the problem myself
Gave me advice	Sat down with me and the other student(s)	Told me if I acted differently this wouldn't happen to me
	Talked about the behavior in class more than once	Ignored what was going on

### WHAT IS MOST HELPFUL FOR BULLIED CHILDREN TO DO?

Most helpful Student Strategies (made things better more often than made things worse)	Neutral Strategies (These worked sometimes but sometimes made things worse)	Least Helpful Student Strategies (Made things worse more often than made things better)
Told an adult at home	Walked away	Made plans to get back at them
Told a friend		Pretended it didn't bother me (Elementary school)
Made a joke about it (to help myself feel better)		Told the person how I felt
Told an adult at school	Pretended it didn't bother me (Middle School only)	Did nothing
Reminded myself that it's not my fault (worked for teenagers only)		Told the person or people to stop
Pretended it didn't bother me (High School only)		Hit them or fought them

This document can be found at <http://www.youthvoiceproject.com> AND at <http://www.marccenter.org>  
(Massachusetts Aggression Reduction Center)