

# THE NED SHOWS

## & Bullying Prevention

### What is bullying and why does it occur at school?

Bullying is something that is done repeatedly, on purpose, to someone that they do not like or want and that makes them feel threatened or scared. Bullying can be physical, spoken or written.

#### Repeated

Happens more than once

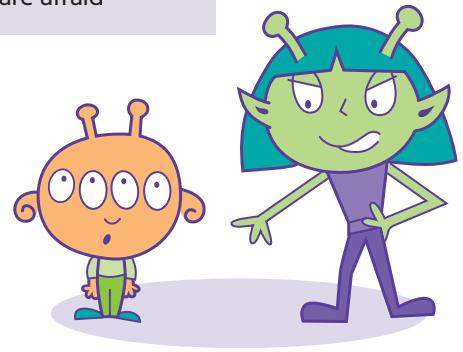
#### Intentional

Do it just to be mean

#### Imbalance of Power

You are afraid

Bullying typically occurs when a student does not feel securely connected to a peer group. The more divided the school's social system, the greater chance that bully tactics will be used. Effective practices can prevent or reduce bullying but it takes all staff to help students feel connected to a school's mission. Schools can create a culture where all students are respected (not necessarily liked), to work effectively in teams and to teach students to make and be motivated by goals. When kids are interested in their goals they become interested in preserving those goals.



### What are effective practices for preventing and addressing bullying?

Effective change begins with teaching students *what to do* instead of bullying, especially with K-6 students. Behavior expectations should be taught and consistently implemented school wide. **That means that at all grade levels, in every classroom, and in all school settings and activities, the behavior expectation is clear and concise. No exceptions! No differences! No surprises!** Efforts to prevent and address bullying should be part of a behavior framework used to establish a positive school environment. Experts say to avoid teaching that bullying is "wrong." Evidenced-based best practices can help ensure that an entire school (all classrooms and individual students) are positive, safe and nurtured.

#### Effective Evidence-based Best Practices focus on:

##### TEACHING

Provide explicit instruction for adults and children on how to behave in respectful and responsible ways. Pro-social behaviors are actions and attitudes that benefit the child and school as a whole, such as determination, persistence, empathy, compassion and achieving excellence.

##### SUPERVISING

Adult supervision and intervention can catch behavior problems early and provide ongoing teaching and modeling of expected behavior. Often rewarding kids "caught doing it right" can motivate others to follow the rules, especially in K-6.

##### RESPONDING

All students should know how to respond to and report bullying. Make procedures clear and in kid friendly language. There are Federal, State and local laws, policies and procedures for official requirements for reporting bullying incidents. Data collection and analysis can provide a clear picture of what is really happening at the school.

##### RETEACHING

Provide additional instruction in problem areas – to specific classrooms - with grade and age appropriate instruction as needed.

## How can The NED Shows help schools address bullying prevention?

The NED Shows has two assemblies, NED's Mindset Mission and NED's Kindness Adventure, that focus on behaviors that can impact your school climate.

NED's simple, straightforward message can reinforce, restate and refocus a school's message as it reminds kids to be NED-like in everything they do, in ways they treat others, and their self-talk attitude. NED's message introduces kids to appropriate, desirable pro-social behaviors. Schools that work to make NED more than just a 45 minute assembly, see the benefits of having common school-wide language and easy to understand behavior expectations like N.E.D. Our best 'NED Friend' schools utilize these best practices to build behaviors to prevent bullying at their schools. Effective teaching first begins with appropriate behavioral



expectations-focusing on what to do and how to act, rather than anti-bullying.

If schools are looking for more emphasis on anti-bullying, they should consider this combination of **NED's best practices:**

- **SCHEDULE** The NED Show assembly to introduce the NED message to your school
- **UTILIZE** recap NED's assembly message in all K-6 classrooms.
- **DISPLAY** NED message visuals (posters, bulletin boards, signs, etc.) around the school to remind kids at all time to be NED-like.
- **ADOPT** the NED pledge for a daily reminder of NED's message.
- **TEACH** additional NED lessons (such as Building Relationships, Achieving Excellence and Keeping Kindness Going) to build upon the character traits needed to Never Give Up, Encourage Others and Do Your Best. This reinforces that all kids understand these pro-social behaviors that will be expected from them in day-to-day school life.
- **SET UP** reward systems for NED-like behavior (actions and attitudes) at the school.
- **ADOPT** NED language school-wide... in ALL classroom, halls, lunchroom, recess, bus, etc.
- **THEN....utilize** NED's Preventing Bullying Resources to redirect NED's pro-social traits for preventing bullying.



Follow-up is best done in the privacy of classrooms with small groups of students rather than all-school assemblies where discussions and sharing is safer and examples can be age-appropriate to elementary school children. These resources define bullying and instruct kids to choose from 4 upstanding responses when they see or experience bullying at school, meeting anti-bullying instruction requirements for many states/districts.

## What are NED's Preventing Bullying Resources?

At [www.thenedshow.com/bullying](http://www.thenedshow.com/bullying), schools can find no-cost resources for Grades K-6 classrooms.



### "YOU CAN BE AN UPSTANDER" VIDEO

In this 4 minute animated video, NED demonstrates what it takes to go from being a bystander to an Upstander. Students will learn about these 4 choices when they see or experience bullying:

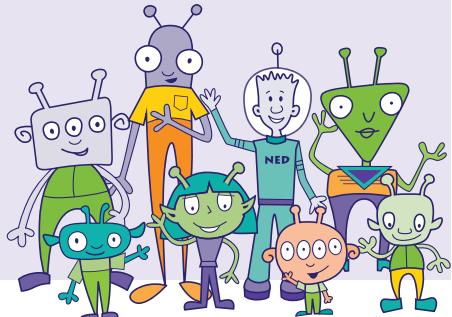
1. Be a Buddy
2. Interrupt
3. Speak Out
4. Tell Someone

NED's message is reinforced in the video as kids are encouraged to:

**Never Give Up** on helping your school to be safe.

**Encourage Others** to be Upstander with you.

**Do Your Best** with all the upstanding ways that you can use to stop bullying at your school.



#### "You Can Be an Upstander" Video Lesson Plan & Classroom Discussion Guide

Discussion starters with a wide range of age appropriate thinking strategies.

#### Preventing Bullying K-6 Lesson Plans

Grade-specific lesson plans for Literature Trade Books. Lessons include suggestions for Building Background, Key Vocabulary, Discussion Starters, Writing Prompts and Story related Activities.



#### Upstander Puppet

Printables that can be used to retell NED's Upstander story from the video or act out their own original stories.

#### Bulletin Board Kit - We Can Be Upstanders

Create a bulletin board that encourages students and reminds them to be Upstanders.

#### Upstander Certificate

Reward your students for committing to "upstanding" behavior at school!

#### "What Do You Think?" Bullying Prevention Activities

Printables that focus on individual student reflection and empathy for others.

#### "Upstanding" NED Gear

NED's **Upstander buttons** can be a reward or incentive to encourage your students to take a stand against bullying.

The colorful **Upstander folder** features the out-of-this-world cast of NED's "You Can Be An Upstander" video.



Visit [www.shopNED.com](http://www.shopNED.com) to purchase.

NED RECOGNIZES THAT

is officially an

# UPSTANDER

BY DEMONSTRATING ONE OR MORE OF NED'S UPSTANDING OPTIONS:

- 1 Be a buddy
- 2 Interrupt
- 3 Speak out
- 4 Tell an adult

You have helped stop bullying,  
right in its tracks!

DATE

SIGNED

I'm an  
UPSTANDER

