



# Introduction



## Seeing bullying through new eyes...

Bullying can happen *anywhere* children gather. Yet, with greater understanding of the extent, seriousness, and dynamics of this problem, the amount and consequences of bullying can be greatly reduced.

Together with parents, caregivers working in child care programs, afterschool and youth programs, and camps can play crucial roles in bullying prevention. You are on the front lines, likely to see bullying when it occurs and establish the rules needed to prevent it.

You are the adults children turn to for help resolving problems or to confide their concerns. You are in a unique position to help them navigate the challenges of their social world.

Yet, the issues surrounding bullying can be complex. Knowing how—and when—to intervene requires effective strategies and practice. *Eyes on Bullying* offers a variety of tools that can help you look at and understand bullying in a new way, reexamine your own knowledge and beliefs about bullying, and shape the beliefs and behaviors of the children in your care.

### EYE OPENER



**If you do not intervene, bullies, victims, and bystanders will continue to believe in the power of bullying, rather than the power of prevention. They will continue to let bullying happen.**

## Our Philosophy

**We believe that to prevent bullying in children's lives, children and adults must:**

- Take a new look at the ways they think about bullying
- Understand how their actions—or inaction—can either prevent or escalate bullying behaviors
- Take responsibility and action for preventing bullying
- Learn and teach others successful strategies and skills to prevent bullying
- Create an environment where rules of conduct are clear, children feel safe, and everyone understands that bullying will not be tolerated