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Best Practices for Preventing or Reducing Bullying in Schools

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Abstract

Reducing violence in schools is a major concern of educators, parents, and legislators. Violence manifests itself in numerous ways, and there is growing

evidence that low-level or underlying forms of violence have a profound effect on the learning environment of the school. Bullying is the most prevalent form of low-level violence in schools today and, if left unchecked, can lead to more serious forms of violence. Consequently, an essential aspect of school violence prevention is the identification and implementation of interventions and strategies designed to prevent or reduce bullying in schools. The authors discuss various forms of bullying in schools, prevalence rates, and the consequences of bullying for the bully, the victim, and the school community. Practical bullying prevention strategies that target multiple levels (that is, individual, classroom, and school) are provided, and best practices guidelines for implementing bullying prevention programs in schools are discussed.

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