

# Steps to Respect<sup>®</sup>

## A Bullying Prevention Program

Research shows that bullying can be reduced greatly but only when the whole school (staff, students, and parents) tackles the problem together. *Steps to Respect: A Bullying Prevention Program* is one way to do that. The main goal of the program is to help create a safe, caring, respectful learning environment in which bullying is not tolerated.

Lessons are taught in grades 3-6 by School Counselors during their classroom counseling instruction. Classroom teachers and all school staff will reinforce the lessons throughout the building and playground all year long.

As part of the *Steps to Respect* program, students will learn skills to help them build friendships and deal with bullying. For example, they will learn how to:

- Make friends and join group activities
- Manage conflicts
- Recognize, refuse, and report bullying- whether it happens to them or someone else.
- Receive coaching if they have been involved in a bullying situation (whether they were being bullied, did the bullying or they were a significant bystander) to prevent future recurrence.

If you have any questions please contact the ICCSD Steps to Respect Trainer Linda Nelson (Horace Mann and Coralville Central School Counselor)



## Steps to Respect quick overview

### Scope and Sequence

#### Levels 1–3 Skill-Step Lessons and Cyber bullying

	<b>Level 1 (grade 3)</b>	<b>Level 2 (grade 4)</b>	<b>Level 3 (grade 5)</b>	<b>Cyber bullying (grade 6)</b>
<b>Lesson 1</b>	Friendship begins with respect	Friendship begins with respect	Friendship	Review of Steps to Respect bullying prevention lessons from level 1-3
<b>Lesson 2</b>	Making conversation and finding things in common	Finding and making friends	Conflict between friends	Introduction to Cyberbullying
<b>Lesson 3</b>	Joining in	Joining a group	Are you mad at me?	The Three Rs and Cyber Bullying
<b>Lesson 4</b>	What is bullying?	Recognizing bullying	Recognizing conflict and bullying	Loss of Control and Predicting Consequences
<b>Lesson 5</b>	Standing up for yourself by being assertive	Put-downs hurt	Bodies and bullying	Social Networking
<b>Lesson 6</b>	Refusing to be bullied	Refusing bullying	Refusing and reporting bullying	Too Much Information—Bodies and Cyber Bullying
<b>Lesson 7</b>	Reporting bullying	Controlling rumors	Bystanders can help	Putting it Together
<b>Lesson 8</b>	What is a bystander?	Reporting bullying	Taking responsibility	
<b>Lesson 9</b>	Bystanders can be part of the solution	Bystanders are the key	Making it happen	
<b>Lesson 10</b>	A class bullying pledge	The next step	Maintaining a safe, caring, respectful school community	
<b>Lesson 11</b>	Putting it together	Putting it together	Putting it together	