

Steps To Respect

What is Steps To Respect?

Steps to Respect is a comprehensive, research based bullying prevention program. Students are taught social-emotional skills to counter bullying and to promote healthy relationships. The program also aims to promote skills (e.g., joining groups, resolving conflict) associated with general social competence because, research has show that improved social relationships will reduce bullying. Also, because many children become involved as bystanders to bullying in both helpful and harmful ways, the program emphasizes that all members of a school community must take responsibility for decreasing bullying. Another big focus of this program is teaching children when and how to report bullying to adults. The overall goal of this program is to promote a safe school environment to counter the detrimental social effects of bullying.

The Steps to Respect lessons focus on;

- helping students identify the various forms of bullying
- teaching socially responsible actions and nonaggressive responses to bullying (that reduce chances of continued victimization)
- training students in assertiveness, empathy, and emotion regulation skills
- teaching the importance of reporting bullying to an adult

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