Title of Course	
Anti-Bullying: Evidence-Based Practices for a Safe & Inclusive School Community	
Number of Content Modules: 4	**Grade Levels:** K-12
Total Hours: 45	

Course Description

Dive into the crucial topic of preventing bullying and creating a safe, inclusive environment for students with our comprehensive professional development course. Learn evidence-based strategies for prevention, intervention, restoration, and reintegration, ensuring all students can thrive academically, socially, and emotionally.

Discover the importance of fostering an inclusive school community to combat the lasting effects of bullying on students' academic, social, and emotional well-being.

Our comprehensive PD course offers evidence-based strategies for prevention, intervention, restoration, and reintegration, equipping educators with the knowledge and skills necessary to create a safe and supportive learning environment for all students.

Throughout the course, educators reflect on their teaching practices and develop rigorous, equitable, and inclusive instruction. The goal of the course is to empower educators to Critique current practices to identify and discontinue ineffective, non-restorative approaches to addressing bullying.

Course Objectives

CO.1 Implement practices that deconstruct systems of bias and inequity and foster a sense of safety, community, and belonging in the learning environment.

CO.2 Construct learning experiences that enable students to develop consciousness of sociopolitical and sociocultural inequalities.

CO.3 Distinguish the prevalence and types of bullying and effects on victims, bullies, bystanders, and the community (physical, verbal, relational, cyber, sexual, prejudicial/identity-based).

CO.4 Deconstruct effects of the intersectionality of multiple marginalized identities and identity-based bullying.

CO.5 Analyze data, statistics, and case study examples of trends in anti-bullying practices and methodologies, including an analysis of findings regarding changes from pre- to post-pandemic as well as a focus on intersectionality as it relates to bullying issues specific to historically marginalized groups (including students of color, multilingual learners, students with disabilities, and minority student groups of diverse races, genders, sexualities, socio-economic statuses, etc.).

CO.6 Compare and contrast evidence-based practices to address different types of bullying (physical, verbal, relational, cyber, sexual, prejudicial/identity-based).

CO.7	Critique current practices to identify and discontinue ineffective, non-restorative approaches to addressing bullying.
CO.8	Critique socialized beliefs and assumptions about the causes of bullying, including environmental and contextual, stakeholder motivations, and stakeholder personality traits.
CO.9	Design a method for tracking bullying behaviors in order to make data-driven decisions that effectively address prevention, intervention, restoration, and reintegration.

Course Outline

Course Introduction Module

Course Introduction	
Number of hours for this module:	1.5
Course available 24/7	Assignments due by the end of the term.
Module Objectives	

MO.0.1 Identify the types of steps and tasks you will engage in as you complete the course.
MO.0.2 Summarize expectations for course participation and completion.
MO.0.3 Reflect on the social identities, perspectives, and prior knowledge you bring to the course.
MO.0.4 Critique your self-efficacy for achieving course objectives.
MO.0.5 Reflect on transformation into a culturally responsive educator.
MO.0.6 Establish expectations and community agreements for engaging in brave dialogue.
MO.0.7 Establish community building and community concern structures for engaging in authentic dialogue.

Topics and Agenda

In this module, we will learn about the course set-up and expectations for learning and collaborating, meet our colleagues, and reflect on our prior knowledge about mental health and wellness.

   Learn about It! Course Navigation and Approach [10min]
   Learn about It! Course Description [5min]
   Learn about It! A Transformative Approach to Education [5min]
   Learn about It! Expectations and Community Agreements for Engaging in Brave Dialogue [10min]
   Reflect on It! Community Building Circle: The Story of our Course [10min]
   Reflect on It! Social Identities, Teaching, and Learning [10min]
   Learn about It! Course Objectives Course Pre-Survey [5min]

Module 1

Current Research and Results in Anti-Bullying
Module Objectives
MO.1.1 Identify and activate prior knowledge about bullying at the elementary school level. MO.1.2 Analyze research on the prevalence of bullying, particularly the increased risk faced by marginalized groups. MO.1.3 Explore strategies aimed at reducing the number of bullying incidents and effectively addressing them. MO.1.4 Study the long-term impacts of bullying on all parties involved—the bully, the victim(s), and the bystander(s), and challenge personal assumptions on the topic. MO.1.5 Examine a sample anti-bullying plan tailored to the demographics of a fictional classroom and draft a new action plan.
Topics and Agenda
Module 1 Description: In this module, participants will activate prior knowledge and explore current research and results as well as examine the different types of bullying and the impact on victims, perpetrators, and bystanders. Step 1.1.1: Anti-Bullying Best Practices [60 minutes] Step 1.1.2: Classroom Community [45 minutes] Step 1.2.1: All About Bullying [60 minutes] Step 1.2.2: Types of Bullying [60 minutes] Step 1.2.3: My Classroom Experience [45 minutes] Step 1.2.4: Trends in Data [45 minutes] Step 1.2.5: Protecting Marginalized Groups from Identity-Based Bullying [70 minutes] Step 1.3.1: Individuals Involved in Bullying Incidents [45 minutes] Step 1.3.2: Challenging Assumptions [45 minutes] Step 1.3.3: The Cycle of Socialization [60 minutes] Step 1.3.4: From Data to Classroom [45 minutes] Step 1.4.1: Rate the Sample Plan [45 minutes] Step 1.4.2: Practices and Pitfalls [45 minutes] Step 1.4.3: Finding the Right Solution [45 minutes] Step 1.4.4: Rate the Plan [45 minutes] Step 1.5.1: Making a Plan of Action [55 minutes] Step 1.5.2: Module 1 Reflection [25 minutes]

Module 2

Community Through Prevention; Safety Through Intervention; Resolution Through Restoration & Reintegration
Module Objectives
MO.2.1 Identify and activate prior knowledge about bullying prevention, intervention, restorative practices, and reintegration. [CO1, CO3, CO7] MO.2.2 Learn about how to prevent bullying by understanding the most common hotspots for bullying and other environmental factors that can affect the likelihood of bullying. [CO1, CO5, CO8] MO.2.3 Learn about the four main components of restorative practices: prevention, intervention, restoration, and reintegration. [CO1, CO2, CO5, CO7] MO.2.4 Acquire insights into creating a sense of community through prevention, safety and intervention, and resolution through restoration and reintegration. [CO1, CO2, CO4, CO5, CO7]

MO.2.5 Learn strategies to stop bullying behavior before it happens, what to do when it is currently happening, and how to manage the situation once it has ceased. [CO1, CO2, CO3, CO5, CO6, CO9]

Topics and Agenda
Module 2 Description: This module focuses on the four main components of restorative practices: prevention, intervention, restoration, and reintegration. Participants will also further learn about bullying prevention through understanding the most common hotspots and environmental factors.   Step 2.1.1: Thinking Ahead [30 minutes]   Step 2.1.2: Managing Personal Bias [45 minutes]   Step 2.2.1: Methods of Prevention [60 minutes]   Step 2.2.2: Community Culture [45 minutes]   Step 2.2.3: Community-Building Circles [30 minutes]   Step 2.2.4: Creating Safe Classroom Environments [45 minutes]   Step 2.2.5: Prevention Plan of Action [30 minutes]   Step 2.3.1: Intervention Strategies [45 minutes]   Step 2.3.2: Student Training [45 minutes]   Step 2.3.3: Intervention Ideas [45 minutes]   Steps 2.4.1: Restorative Justice [45 minutes]   Step 2.4.2: Student–Adult Relationships [30 minutes]   Step 2.4.3: Restoration Methods [60 minutes]   Step 2.5.1: Bullying Behaviors Tracker [60 minutes]   Step 2.5.2: What I'vw Learned [30 minutes]

Module 3

Unpacking the Root Cause of Bullying Behavior

Module Objectives
MO.3.1 Learn about the importance of student voice and how to integrate students into positive solutions. [CO1, CO2, CO8]   MO.3.2 Explore trauma-informed practices to prevent, intervene, restore, and reintegrate after bullying occurs. [CO3, CO6]   MO.3.3 Learn ways to support every student, including intersectionality, through equitable practices and culturally responsive education. [CO1, CO2, CO4, CO5, CO6, CO8]   MO.3.4 Analyze the benefits of addressing weaknesses in anti-bullying programming compared to the consequences related to allowing the weaknesses to continue. [CO5, CO6, CO7, CO8]

Topics and Agenda
In this module, educators will learn about the roots of bullying behavior and analyze the weaknesses in anti-bullying programs.   Step 3.1.1: Thinking Ahead [30 minutes]   Step 3.1.2: Student Perceptions of Safety [30 minutes]   Step 3.1.3: Student-Focused Resolution [45 minutes]   Step 3.2.1: Cycle of Trauma [45 minutes]   Step 3.2.2: Trauma-Informed Practices [60 minutes]   Step 3.2.3: Sharing Knowledge (About Trauma-Informed Practices) [60 minutes]   Step 3.3.1: In My Classroom [45 minutes]   Step 3.3.2: Equitable Practice [60 minutes]   Step 3.3.3: Culturally Responsive Education [45 minutes]   Step 3.3.4: Uncovering Behaviors [45 minutes]

Step 3.3.5: Analyzing Risk [60 minutes]
Step 3.4.1: Mentoring a New Teacher [75 minutes]
Step 3.4.2: What I've Learned [30 minutes]

Module 4

Developing a Response Plan
Module Objectives
MO.4.1 Explore challenges and successes in promoting a safe and inclusive school community. [CRSDP 1, 2, 3, 4, 5, 6, 7] MO.4.2 Develop an approach to address bullying in underserved and marginalized populations. [CRSDP 1, 2, 3, 4, 6, 7] MO.4.3 Develop a student-facing assessment to check on student perceptions of safety and inclusivity at classroom and schoolwide levels. [CRSDP 3, 4, 6, 7] MO.4.4 Design a presentation to propose new classroom-based and schoolwide anti-bullying initiatives. [CRSDP 4, 7]
Topics and Agenda
In this module, educators will focus on a culminating project in which that they have learned is put into an actionable plan. Section 4.1.1: Thinking Ahead [30 minutes] Section 4.1.2: Discussion Activities [30 minutes] Section 4.1.3: A Classroom Approach [120 minutes] Section 4.2.1: Reflect on Course Content [30 minutes] Section 4.2.2: Classroom Community [30 minutes] Section 4.2.3: Final Project [180 minutes]

Module 5

Creating Inclusive Learning Environments
Module Objectives
MO 5.1 Critique your self-efficacy for achieving course objectives.
Topics and Agenda
In the Course Wrap-Up Module, you will reflect on your self-efficacy for mastering the course objectives and return to your reflection from the Course Introduction about how your beliefs, assumptions, and biases influence your practice with students with Variable Attention. Step 5.1.1: Course Wrap-Up: Summative Reflection Step 5.1.2: Course Evaluation and Feedback