**Follow-Up Services**

*This section provides options for intervention strategies for students who have been the target of bullying as well as intervention strategies for students who have exhibited bullying behaviors. It also includes strategies that schools should avoid.*

Intervention Strategies Appropriate for Targets

* Ongoing individual support (school counselor/school social worker)
  + Resiliency skill development
  + Self-Esteem development
* Outreach to parents to provide resources/information: Encourage a team approach to support
* Increase School Connectedness
  + Involvement in after-school programs: Assist in helping student to find clubs/groups/activities
* Provide resources for community organizations or community resources (i.e., additional counseling)
* Referral to a mentoring program (peer or adult mentoring)

Intervention Strategies Appropriate for Bullies (students exhibiting bullying behaviors)

* Psycho-educational Individual Support
  + Empathy Building/Training
  + Focus on increasing emotional intelligence
  + Communication Skills Development
  + Knowledge of Impact of Bullying on Others
* Provide clear and consistent consequences to all student bullies
* Increase School Connectedness
  + Involvement in after-school programs: assist in helping student finding clubs/groups/activities
* Positive Behavioral Interventions and Supports (PBIS); for more information visit: <http://www.pbis.org/>
* Referral to a mentoring program (peer or adult mentoring)

Strategies to AVOID

* Group Counseling: Do not provide group counseling to targets or bullies
* Peer Mediation: Peer mediation programs are a wonderful school resource to assist in conflict resolution, but it should never be used in a bullying situation.
* Inconsistent Responses: It is critical to provide fidelity regarding your school’s policy on bullying prevention and intervention.
* Zero Tolerance Policy: please see “[Multiple Responses, Promising Results: Evidence-based, Nonpunitive Alternatives to Zero Tolerance](http://www.jdaihelpdesk.org/intersiteconf2012/Evidence%20Based%20Nonpunitive%20Alternatives%20to%20Zero%20Tolerance%20(Child%20Trends%20Brief%20Research%20to%20Results%20March%202011).pdf),” for more information.