### Classroom
1. Set classroom agreements and stick to them.
2. Treat each other with empathy and respect.
3. Talk about how we feel with the teacher and each other.
4. Be fair to each other and to ourselves.
5. Make an anonymous suggestion box.
6. Do activities that help us learn more about each other.
7. Try to include everyone in class discussions and activities.
8. Watch out for each other outside of class.
9. Share when we learn about different societies and cultures.
10. Say something nice to a class member we don’t often talk to.

### Student
1. Talk about it!
2. Become an ally.
4. Don’t bully others.
5. Avoid stereotypes.
6. Form a safe-schools club.
7. Put up an anti-bullying display.
8. If you’re down or angry, find a safe adult to talk to.
9. Make friends outside your normal group.
10. Organize a Respect Day at your school.

### Teacher/Coach
1. Be a good listener.
2. Set clear classroom or locker room ground rules that promote respect.
3. Invest time in anti-bullying curricula, especially those that address prejudice, and find ways to keep the lessons alive throughout the year.
4. Intervene when you witness a disrespectful act; be consistent.
5. Put up anti-bullying signs, posters, pins; celebrate diversity days, months, national holidays.
6. Get to know your students’ home life.
7. Support colleagues who are gay/lesbian or outside the racial majority at your school.
8. Treat students in a fair and bias-free manner and set clear and realistic expectations.
9. Form an anti-bullying faculty committee.
10. Be a faculty adviser to a student group formed to promote respect.
**ADMINISTRATOR/SCHOOL BOARD**

1. Update policies and handbooks to ensure that all types of discrimination and harassment are forbidden.
2. Allot time and resources for staff development on bias, harassment, bullying and fostering emotional safety.
3. Schedule student assemblies or programs on bias, harassment and bullying.
4. Adopt anti-bias curricula, especially those that address prejudice, such as *Let’s Get Real*.
5. Consider more empathic and counseling approaches to bullying over zero-tolerance approaches.
7. Encourage diversity and anti-bias student clubs.
8. Play active role in monitoring and intervening when you witness bullying.
9. Create positive and emotionally safe culture for staff by showing trust, respect and encouragement. Listen and invite input. Be a role model.
10. Foster active relationships between teachers and parents/guardians.

**PARENT/GUARDIAN**

1. Talk to your child about what’s going on at school.
2. Visit your child’s classroom. Talk to his or her teacher.
3. Establish a respectful environment at home.
4. Pay attention to your child’s need for support and attention at home; it may help your child act respectfully and cope with peer interaction at school.
5. Join a PTA or community support group and show *Let’s Get Real*.
6. Advocate for greater “safe schools” training, funding and awareness at a school board meeting.
7. Volunteer time or resources to help foster respect in your child’s classroom.
8. Share books with your children that teach them about different cultures or backgrounds.
9. Communicate with teachers or the principal when your child is experiencing harassment or bullying.
10. Find out more about bullying, its causes, and the need for emotional safety among children.

**CITY COUNCIL/GOVERNMENT**

1. Declare a Day of Respect.
2. Pass an anti-bullying resolution.
3. Form school/city anti-bullying partnerships.
4. Host a hearing on name-calling, bullying or violence in your community.
5. Give funding to schools to provide anti-bullying training/curricula.
6. Invite guest speakers or experts to discuss bullying at community forums.
7. Screen *Let’s Get Real* in your civic auditorium.
8. Pass ordinances forbidding discrimination or harassment.
9. Stock your local library with anti-bias resources.
10. Make school safety a top priority.

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**Let’s Get Real**

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"Let’s Get Real" is a program created by the National Center for偏见教育和反欺凌教育. It aims to raise awareness and provide resources for schools and communities to address bias, harassment, and bullying.