



CSPV SCHOOL VIOLENCE FACT SHEET

How Students Can Avoid School Victimization

- ▶ The buddy system—teaming up with other students while passing through high risk areas on the school campus—is a good idea for students who have been threatened or who are fearful of victimization.
- ▶ Students need to be carefully aware of their surroundings as they walk to and from school. They should travel to and from school with other students.
- ▶ *Telling in not tattling.*¹ Students need to immediately inform school officials of any bullying, victimizations, and/or threats. This information can help officials in making policies which can help prevent further victimizations.
- ▶ Students who are being intimidated should stay close to teachers on duty at lunch time, at recess, and/or during free periods.
- ▶ Students should walk away from other students who are being verbally aggressive. They should seek help from a friend or an adult.
- ▶ Students should keep parents and school counselors informed of any concerns regarding potential threats or dangers at school. This can help a student feel safer and can engage more prevention activities between parents and school personnel.
- ▶ Students should stand up for themselves by being assertive but not aggressive with potential victimizers.
- ▶ Students should be encouraged to make friends and socialize with others their own age. This can help prevent being singled out by bullies.
- ▶ Enrolling in violence prevention classes can teach students the protective skills needed to avoid threatening situations, including recognizing danger and critical thinking decision making. Prevention classes can also teach skills in conflict resolution and peer mediation.
- ▶ Learning refusal skills is a valuable violence prevention strategy. Using refusal skills to combat negative peer pressure is an important ability for students. Without these skills students may find themselves involved with the wrong crowd, which increases the risk for problem behavior as well as victimization.
- ▶ Learning self defense can also help students avoid victimization. Weaponless self defense sports such as karate, judo, and jujitsu are excellent options for becoming skillful in self defense.

¹ Walsleben, M.C. (1996, Fall). Bully-Free Schools: What You Can Do. *School Safety*, 13-15.

- ▶ Students should dress in a non-controversial manner, avoiding gang-related apparel and provocative clothing.
- ▶ Gang membership increases risk of victimization. Students should avoid any involvement with gangs.
- ▶ Students should avoid the use of drugs and alcohol and/or socializing with peer groups that utilize these substances, both of which increase victimization risk.

References

- Center to Prevent Handgun Violence. (1992). *Straight Talk About Risks*. Washington, DC: Center to Prevent Handgun Violence.
- National School Boards Association. (1993). *Violence in the Schools*. Alexandria, VA: National School Boards Association.
- Walsleben, M.C. (1996, Fall). Bully-Free Schools: What You Can Do. *School Safety*, 13-15.

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