



WHAT TO DO IF A CAMPER...

IS BULLYING OTHERS

Make it clear you take bullying seriously.

Make sure the camper knows that this behavior is not okay.

Make rules.

Praise campers for following the rules and use nonphysical, logical consequences when rules are broken.

Pay attention.

Keep track of your camper's activities and who their friends are. How do they spend their unstructured time?

Encourage positive behavior.

Build on the camper's talents and encourage them to get more involved in positive activities.

Share your concerns.

If necessary, share your concerns with your supervisor or camp director. Work together to send a clear message to the camper that the bullying must stop.

IS BEING BULLIED

Support the camper and find out more.

Listen carefully to any details of the bullying incident(s) that the camper shares with you and take notes. Don't blame the camper.

Help build their resiliency.

As Bruce Lee said, "be like water." Encourage the camper's strengths and interests.

Create a safe space.

Make sure you offer the camper a safe space to recover and share within the larger camp community.

Encourage safety strategies.

There is safety in numbers! Let the camper know how to seek out help from fellow friendly campers or counselors.

Share your concerns.

Share your concerns with your supervisor or camp director. If appropriate, assist camper in finding a mental health professional.

WITNESSES BULLYING

Teach campers to intervene.

Encourage campers to intervene, not physically, but by using their words if it's safe to do so.

Discourage cheering on or watching.

Let it be known that this sort of behavior only encourages the camper bullying others.

Encourage communication.

Tell campers they should tell a trusted adult about any bullying - it's not tattling.

Reward acts of courage.

Praise bystanders who tried to do the right thing, even if they weren't successful.

Share specific ways campers can help.

For example, role-play what campers can say or do in bullying situations.

Inspire campers to help.

Teach campers to empathize with and include those who tend to be left out.