

## Choosing Involvement: Peer Led Interventions in Bullying and Harassment

Is bullying worse now than it was before, whatever your before may be? The short answer is yes, it is. Social media and digital speech have changed the landscape of bullying behavior. What has not changed is what works in addressing bullying. Most incidents of bullying and harassment are witnessed by peers. Research has clearly shown the most effective interventions into those incidents are those led by students. Moving from a bystander of bullying and harassment to choosing involvement is not an easy task, but research and practical experience have proven it can be done both safely and effectively. This workshop will:

- Examine the dynamics of bullying and harassment and its' impact on school climates;
- Review the research on peer interventions;
- Look at a wide range of programs, videos and resources to be used in implementing bullying prevention