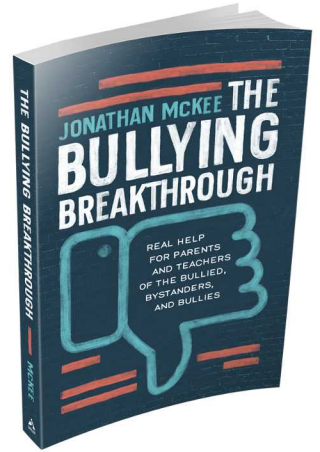


# Peer Intervention

## *The Five 'R's*

From Jonathan McKee's book, *The Bullying Breakthrough*



When bystanders stand up and do something it's called peer intervention. I use the term *peer intervention* because those two words have become buzzwords in bullying research as experts have come to realize how much difference one kid can make. We can help our kids truly make a bullying breakthrough by teaching them the 5 Rs:

### **1. RECOGNIZE the effects of bullying**

Screen time is slowly killing empathy. The more people stare at screens and communicate using screens, the more socially hindered they become. We need to help young people look up from their screens, notice others, and think beyond their own little world. Help your kids see the reality of what bullying does to the one being bullied. Share stories that help them look through the eyes of others. Engage your kids in conversations about the difference they can make.

### **2. REALIZE *you* can make a huge impact.**

One kid can make a huge difference. Countless studies show that one friend is enough to prevent the downward slide toward depression. We need to help our kids understand just how powerful their simple acts of friendship can be.

### **3. RESOLVE not to bully others.**

Compassion without action is nothing. Most movements begin with a decision—a commitment. Whenever I speak to today's young people, I give them the opportunity to make a public commitment. It's one thing to be moved with compassion. Commitment puts feet to those feelings.

### **4. REFUSE to join in.**

One of the most important actions kids can engage in is *not engaging*. Bystanders have the ability and responsibility to avoid any behaviors that build up bullies by tearing down others. Bullies thrive on attention and affirmation. Give them neither. If bullies don't receive any affirmation or attention for their mean behavior, they'll usually stop said behavior.

### **5. REACH out to someone who is hurting or alone.**

The best bullying advice I have ever heard comes from Paul's letter to the Philippians in the Bible, when he tells us to *...value others above yourselves, not looking to your own interests but each of you to the interests of the others.* (Philippians 2:3-4) Can you imagine if everyone actually lived out this advice? *What would it look like to invite that awkward kid over to hang out after school. . .knowing full well that it might be awkward?* It would be a true act of humility. *Valuing others above self* is a concept kids don't spend much time thinking about, but you'll be surprised how much kids will rise up when given the opportunity to demonstrate these values.

**Discover more ways to help your kids stand up and do something, in Jonathan McKee's incredibly helpful book, *The Bullying Breakthrough***



**Jonathan McKee** is the author of over 25 books including *The Teen's Guide to Social Media & Mobile Devices*, *The Bullying Breakthrough*, and *Bystanders*. Jonathan speaks to parents and leaders worldwide and provides free resources for moms and dads on [TheSource4Parents.com](http://TheSource4Parents.com)