

# An Educator's Guide

**H.E.A.R.**<sup>®</sup>

Helping Everyone Achieve Respect

High School Edition



*Building Respect and  
Ending Bullying and Cruelty  
in Your School*

**ARMY  
NATIONAL  
GUARD**



1-800-GO-GUARD  
nationalguard.com

The purposes of this guide are to help educators recognize the impacts of bullying and provide them with valuable strategies and resources for establishing safe school and classroom environments. The **H•E•A•R** presentation for high school students and this guide were created in collaboration with subject matter experts at the Harvard Graduate School of Education and the University of Nebraska-Lincoln. **H•E•A•R** is presented on behalf of the Army National Guard to help minimize bullying and promote respectful behavior.

## BY CONTRAST

The **National Guard** promotes positive character traits:

- Loyalty
- Duty
- Respect
- Selfless service
- Honor
- Integrity
- Personal courage

**Bullying** violates these character traits by using:

- Repetitive words or writing that is intentionally hurtful (in person or through digital media)
- Physical and/or verbal attacks
- Exclusion and social isolation
- Negative behavior connected to sexual harassment or discrimination

## Consequences of Bullying



# COMMUNICATION IS KEY!

## Ideas for educators...

1. Let students know they can talk to caring counselors, teachers and administrators who are committed to helping them find solutions.
2. In addition to surveys, consider creating a specific email address, note box, or phone hotline so that students can anonymously report bullying.
3. Host town-hall meetings to create a democratic, collaborative culture. Involve staff, faculty, students, families, and community members to be positive change agents.
4. Actively listen and empathize. (Everyone wants to be heard and validated.)
5. Model, recognize, and reward respectful behavior.
6. Help all students discover their strengths, abilities, and the power of kindness.
7. Talk with students about what to do if they witnesses bullying.
  - Don't join in if someone is bullying or harassing another person.
  - If the student feels safe, tell the bully that this is not okay. (Suggest that they ask a friend to stand up with them.)
  - Report bullying and harassment to a trusted adult.
  - Comfort the victim.
8. Teach students not to respond to cyberbullying and to report it to an adult.
9. Do NOT ignore hurtful words or actions.
  - Send a clear message that bullying is unacceptable.
  - Confront bullying with discipline focused on teaching emotional awareness of self and others.
  - If possible, help students restore positive relationships.

**Did you know  
64% of students  
do not tell an adult  
about bullying?**

# You can make a difference!

In a survey conducted by Youth Voice Project, teens reported that when an adult listened, encouraged, offered advice (hope), and regularly checked in with them, their circumstances improved.



For Additional Resources,  
Visit [www.project-hear.us](http://www.project-hear.us)  
1-888-326-9229

## Request H•E•A•R for your school

Helping Everyone Achieve Respect

**This 50-minute presentation is presented by  
a guest instructor from the Army National Guard  
and is a free resource to schools.**



1-800-GO-GUARD  
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The National Guard provides your community with a valuable service. Floods, tornados, blizzards, hurricanes - local disasters call the National Guard to duty. Because National Guard members are "citizen-soldiers" many community-minded youth enlist as a way to "give back."



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