List of all 151 Practices and Understandings:

PU#1 – Verbal Bullying Behavior
PU#2 – Physical Bullying Behavior
PU#3 – Psychological Bullying Behavior
PU#4 – Cyber or Social Media Bullying
PU#5 – Bullying vs. Argument: Differences!
PU#6 – Provocative Victims
PU#7 – Bullying vs. Rough and Tumble Play
PU#8 – Over Usage of "Bullying" Terminology
PU#9 – Lack of Parental Knowledge on Bullying
PU#10 – Dig Deeper: Then Keep Digging
PU#11 – Be Proactive
PU#12 – Make Bully Prevention a School-wide Focus
PU#13 – Avoid the Negative Media Cycle
PU#14 – Effective and Efficient Bully Reporting System
PU#15 – Meet 1:1 First
PU#16 – Collect More Investigation Information, Repeat…
PU#17 – Talk It Through With a Team and Develop a Plan
PU#18 – Address the Bully Behavior
PU#19 – Implement Plan for Future
PU#20 – Follow Up
PU#21 – Police Action Warranted
PU#22 – Student Strategy: Tell Them To Stop
PU#23 – Student Strategy: Go To Another Activity
PU#24 – Student Strategy: Rock, Paper, Scissors, Go!
PU#25 – Student Strategy: Use "I messages…"
PU#26 – Student Strategy: Apologize
PU#27 – Student Strategy: Talk It Out
PU#28 – Student Strategy: Ignore It
PU#29 – Student Strategy: Wait and Cool Off
PU#30 – Student Strategy: Walk Away and Let It Go.
PU#31 – Teaching Students Giving!
PU#32 – Teaching Students Service Work!
PU#33 – Teaching Students Responsibility!
PU#34 – Teaching Students with Real World Examples!
PU#35 – Teaching Students Kindness!
PU#36 – Teaching Students Tolerance!
PU#37 – Teaching Students Empathy!
PU#38 – Educator Strategy: Build Trusting Relationships
PU#39 – Educator Strategy: Be Honest and Professional
PU#40 – Educator Strategy: Do Your Research
PU#41 – Educator Strategy: Develop a Plan For All Students Involved
PU#42 – Educatory Strategy: Model Language and Actions
PU#43 – Educator Strategy: Team with Other Professionals
PU#44 – Educator Strategy: Develop a Reporting System
PU#45 – Emphasis on Culture over Enforcement of Stricter Policies
PU#46 – Accentuate the Positives
PU#47 – Put Your Time Where You want the Focus
PU#48 – Tracking Positive Data
PU#49 – Setting Goals Based on Positive Interventions
PU#50 – Celebrating Students and Staff
PU#51 – Students Recognizing Other Students
PU#52 – School-Wide Philosophy
PU#53 – School-Community Kickoff
PU#54 – School-Community Partnership Campaign
PU#55 – Student Service Projects
PU#56 – School-Community Projects
PU#57 – Community Discussions
PU#58 – Multi-Organizational Meetings
PU#59 – School-Community Presentations

PU#60 – School-Community Bully Prevention Teams
PU#61 – Community/Business Sponsorship Programs
PU#62 – Community Survey and Data Shares
PU#63 – Celebrate Success with Community-Wide Recognition
PU#64 – Social Media Celebrations and Pushing Out Information
PU#65 – School-Community Bully Prevention Guide Sheets
PU# 66 – "Outing Someone"
PU#67 – Teasing, Taunting, and Name Calling
PU#68 – "Catfishing" and Creating Fake Accounts
PU#69 – Inappropriate Pictures and Comments or Inappropriate Sexting
PU#70 – Forwarding Hurtful Information
PU#71 – Threats, Intimidation, Harassment
PU#72 – Drop the Phone!
PU#73 – Communication Strategy: School Staff to Students
PU#74 – Communication Strategy: School Staff to Parents
PU#75 – Communication Strategy: School Staff to Community
PU#76 – Communication Strategy: School Staff to School Staff
PU#77 – Communication Strategy: Students to School Staff
PU#78 – Communication Strategy: Students to Parents
PU#79 – Communication Strategy: Students to Community
PU#80 – Communication Strategy: Parents to Students
PU#81 – Parents to School Staff
PU#82 – Parents to Community
PU#83 – Community to School Staff
PU#84 – Track Data: Bully Incidents Per Day, Week, Month, Year
PU#85 – Track Data: Bully Incidents by Location
PU#86 – Track Data: Bully Incidents by Time of Day
PU#87 – Track Data: Bully Incidents by Grade Level
PU#88 – Track Data: Bully Incidents by Gender
PU#89 – Track Data: Bully Incidents by Staff Member
PU#90 – Track Data: Top 5 Offenders List
PU#91 – Track Data: Bully Incidents by Sub Group
PU#92 – Track Data: Driving Monthly Themes for Socio/Emotional Program
PU#93 – Tracking Data: Data Driving Classroom Instruction
PU#94 – Track Data: Data Driving Counselor Programs
PU#95 – Track Data: Data Driving Professional Development
PU#96 – Track Data: Data Driving Purchased Resources
PU#97 – Track Data: Data Driving Outside Services Connected to School
PU#98 – Track Data: Data Driving Parent and Community Forums
PU#99 – Track Data: Collect Data to Celebrate Progress or Focus the School
PU#100 – Track Data: Collect Data Year to Year to Compare Students, Grade Levels, and More
PU#101 – Track Data: Bully Incident by Type of Incident
PU#102 – Track Data: Bully Incidents by Intensity and Severity
PU#103 – Track Data: Data Driving School-Wide Procedures & Universals
PU#104 – Teach Strong Content and Relatable Examples

PU#105 – Use Engagement, Active Participation, Instructional Strategies, and Opportunities to Create Strong Relationships
PU#106 – Build Strong Lesson Design
PU#107 – Students Putting Bully Prevention Practices into Action
PU#108 – Creative and Effective Assessment and Evaluations
PU#109 – Teacher Strategy: Teach with Strong Content
PU#110 – Teacher Strategy: Engage the Learners
PU#111 – Teacher Strategy: Encourage Discussion
PU#112 – Teacher Strategy: Teach How the content will be used in the Future
PU#113 – Use Buddy Classes
PU#114 – Socio-Emotional Learning Programs
PU#115 – Peaceful Playground or Play Programs
PU#116 – Multi-Cultural Education
PU#117 – Kindness Recognition Program
PU#118 – Global Learning
PU#119 – Service Projects
PU#120 – Restorative Practices
PU#121 – An Empty Chair Program
PU#122 – Teach What a Defender is…
PU#123 – Teach Why We Need Defenders?
PU#124 – Teach Tattling vs. Reporting
PU#125 – Teach Reporting to a Trusted Adult
PU#126 – Teach Scenario-Based Classroom Instruction
PU#127 – Use Public Recognition & PA Announcements on Defender Situations
PU#128 – Earn a Defender License
PU#129 – Emphasize PBIS for All Students
PU#130 – Use Student Led Assemblies
PU#131 – Use Student Created Videos and Service Announcements
PU#132 – The Top 1% of Highest Preforming Schools: Culture in Common
PU#133 – How Does the Administrator Treat Staff
PU#134 – How Do Staff Treat Other Staff
PU#135 – How Does the Staff Treat the Community
PU#136 – How Does Staff Treat Families
PU#137 – How Does the Staff treat Students
PU#138 – Relationship Building: Comes Down to Trust
PU#139 – Make Sure to have Fun
PU#140 – Positive Learning Environment
PU#141 – Greet Your Students
PU#142 – Do What You Say You Will Do: Follow Through
PU#143 – Be Consistent
PU#144 – Be Positive
PU#145 – Smile, Laugh, and Actually Speak to Them
PU#146 – Listen to Them
PU#147 – Be Available
PU#148 – Be Honest
PU#149 – Involve Your Students in the Day to Day Operations in Your Classrooms
PU#150 – Hold Them Accountable
PU#151 – Kindness Campaign