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Intervening In Bullying Behaviour: Nine Ways To Take Direct Action

Murray Irwin

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Bullying behaviour in the workplace, sports clubs, schools and elsewhere is common and can harm the physical and mental health of those targeted by it. If you are dealing with this type of behaviour, it is a major challenge to find and use successful ways to intervene.

Intervening in bullying behaviour: Nine ways to take direct action identifies ways to intervene whether you have witnessed the bullying or it has been reported to you. This practical guide contains nine different approaches:

1. Direct response
2. Strengthening the target
3. Mediation
4. Restorative justice
5. Collaborative problem-solving and resolution
6. Support group method
7. Method of shared concern
8. Punishment
9. Referral to authorities

Each approach description covers how it is applied, the aim, and relevant theory, along with its strengths and weaknesses. Bullying behaviour situations vary, so the same approach is never going to be suitable or successful all the time. The Response Options to Bullying Behaviour (ROBB) model helps you to compare and understand the strengths and weaknesses of each approach so you can choose the best option for each situation.

About the author
Murray Irwin is a freelance outdoor educator and adventure therapy group leader with 14 years of experience. For five years he worked with at-risk youths and spent three years designing and delivering award-winning sustainability behaviour change programs.

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