

Bullying Prevention Plan

St. James the Apostle C.E.S. – 2018 ~2019

“Do unto others as you would have them do unto you”

Matthew 7:12

A command given by Jesus in the Sermon on the Mount.

This command goes beyond simply being kind to people. Think about others the way you want to be thought of. Feel about others the way you would want others to feel about you. Speak to others the way you want to be spoken to.

If you were to treat those around you with human virtues—such as friendliness, respect, politeness, love, kindness and loyalty—then others would begin to treat you the same way.

The rule of treating others as you would want to be treated in their place will ultimately lead to your own happiness.

Let's say that you apply the Golden Rule in all of your interactions with other people, and you treat your family with kindness, you go the extra mile for your friends, you help your neighbors or a stranger in need.

Now, those actions will undoubtedly be good for the people you help and are kind to ... but you'll also notice something else. People will treat you better too. **Beyond that, you will find a growing satisfaction in yourself, a belief in yourself, a knowledge that you are a good person and a trust in yourself.**

Ways that we can live the Golden Rule.

Practice empathy.

Make it a habit to try to place yourself in the shoes of another person (a sibling, friend). Any person. Really try to understand what it is like to be them, what they are going through, and why they do what they do.

Practice compassion.

Once you can understand another person, and feel what they're going through, learn to want to end their suffering. And when you can, take even a small action to somehow ease their suffering in some way.

Listen to others.

We all like to talk, but very few of us like to listen. And yet, we all want to be listened to. Take the time to actually listen to another person. It'll also go a long way to helping you understand others.

Overcome prejudice.

Try to see each person as an individual human being, with different backgrounds and needs and dreams. And try to see the commonalities between you and that person, despite your differences.

Stop criticism.

We all have a tendency to criticize others, whether it's people we know or people we don't. However, ask yourself if you would like to be criticized in that person's situation. The answer is almost always "no". Hold back your criticism, and instead learn to interact with others in a positive way. If you don't have something positive to say, don't say it at all.