

10-Second Interventions

As you know all too well, there's no immediate fix for bullying behavior and the climate issues that sustain it. A key assumption of the 10-second intervention is that we can prevent negative behavior by promoting intentional, positive, and respectful behaviors. **Research tells us that it takes 5 positive interventions to balance 1 negative intervention.** With every adult at school doing them consistently, it gets the attention of students, gives adults a clear policy to guide and support them, and changes the norms and behavior of the school's culture.

10-Second Intervention for Positive Behaviors

We would like to encourage you to begin using the 10-second intervention. This is a simple process. **Commit to six 10-second interventions a day – just one minute of your time!**

- Notice when someone says or does something positive;
- Turn calmly to whoever said or did the action;
- Smile and look the student in the eye;
- Use the person's name and name the specific words or action.
 - "John, thanks for helping Susan bring in the balls from recess."
 - "Sam, swimming free is a great way to be an UPstander."
 - "Tom, high-five to you for including everyone in the game."

10-Second Intervention for Negative Behaviors

The escalator of bullying behavior, harassment and intimidation begins with language. It continues to escalate until the adults draw a clear line for the students about what is and isn't appropriate with language or resulting behavior.

- Stop when you hear something inappropriate being said;
- Turn calmly to whoever said the inappropriate statement;
- Name the specific words or action. Say something like:
 - "We don't talk like that at this school. Please don't say it again."
 - "That's inappropriate language for school. Please don't say it again."
- Then move on. No lecture or full "teachable moment."

The 10-second interventions shows that caring adults on campus are trying to do something about peer abuse and make school a more caring place for ALL kids. We hope you will join us in this effort. Take a couple minutes each day to make a difference in the lives of the students at your school as you set boundaries and expectations that improve school culture. Thank you for all you do for children and young people every day!

Frequent use of the 10-second intervention sends a consistent and strong message to youth about what adults will permit at our school. Remember the wisdom of, "What we permit, we promote."

From: Kansas Association of School Psychologists – Adapted from Steve Wessler's The Respectful School