



## BULLYFREE BUS

Consider this information to keep your Bus Bully Free!

# Nonviolence

**NONVIOLENCE** is the practice of using peaceful means to solve a problem.

In recent years, it appears that violent behaviors have escalated among adults, as well as children. Therefore, it is increasingly important to identify children on our buses who demonstrate the potential for violence, diffuse situations where possible, and report problems to avoid future outbursts. Your safety, and that of your passengers, is of paramount importance to the district. As they board your bus and are in your care each day, look for non-verbal and verbal cues to identify volatile passengers. Physical signs of heightened aggression include hard breathing, clenched fists and jaw, tight face muscles and, of course, sharp tone of voice or inappropriate verbal responses. You may wish to apply the following strategies to help students regain self-control: encourage them to count to ten, breathe deeply through the nose or mouth and exhale slowly, listen to music, quietly repeat a calming mantra (the words themselves are not important), or focus on a distraction. As appropriate, isolate the child from a potentially escalating situation and separate him or her from the source of the conflict. Acknowledge that the anger is not directed at you, and do not take the outburst personally. Maintaining a calm demeanor and speaking gently and softly not only decrease tensions in a stressful situation, but they serve as a positive model of how to deal with anger for the other passengers in your care. Have a great week and enjoy your **Bully Free Bus!**