



Bullying

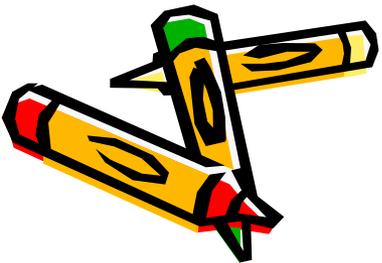
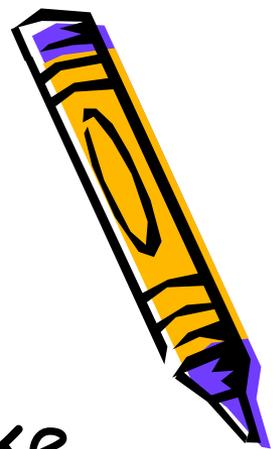
What it looks like and what to do about it



What is Bullying?

Bullying is repeated actions that make people feel bad, hurt their feelings or cause them to feel unsafe.

Bullying is not an incident that occurs just one time.



Types of bullying



PHYSICAL

Physical bullying means using your body to hurt someone. Examples of physical bullying are kicking, pinching, shoving, poking, hitting and biting. It can also include damaging or stealing items.

VERBAL

Verbal bullying means using your words to hurt someone. Examples of verbal bullying are name calling, teasing, threats, spreading rumors, using bad language.

EXCLUSION

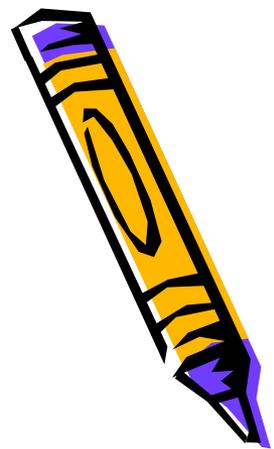
Exclusion means leaving someone out, ignoring them or making them feel unwelcome. It is mostly when people do not allow someone else to play with them.

CYBER BULLYING

Cyber bullying means using the Internet, mobile phones or other technology to hurt someone. This can include: (1) sending mean text messages, e-mail, or instant messages (2) posting mean comments or rumors on Facebook, websites, blogs (3) using someone else's user name to spread rumors or lies about someone.

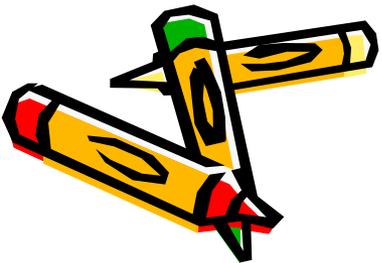


Why People Bully

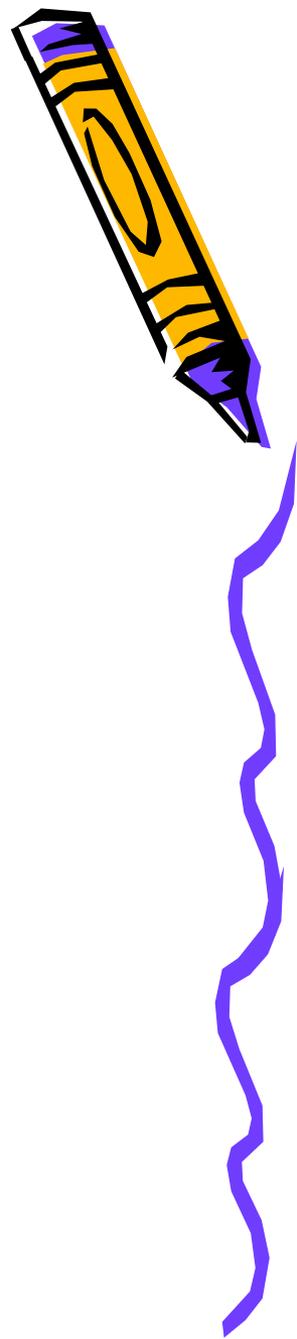


Most bullies are bullies because:

- It makes them feel better that they have power over others.
- They get bullied by others.
- They are stressed out and they don't know any other way to let out their anger.
- They don't feel good about themselves.
- They aren't used to compromising and/or sharing.



Things you can do if you are being bullied



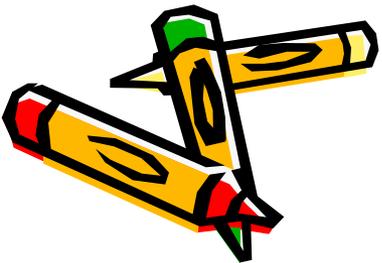
Don't show them that you are upset.

Don't cry.

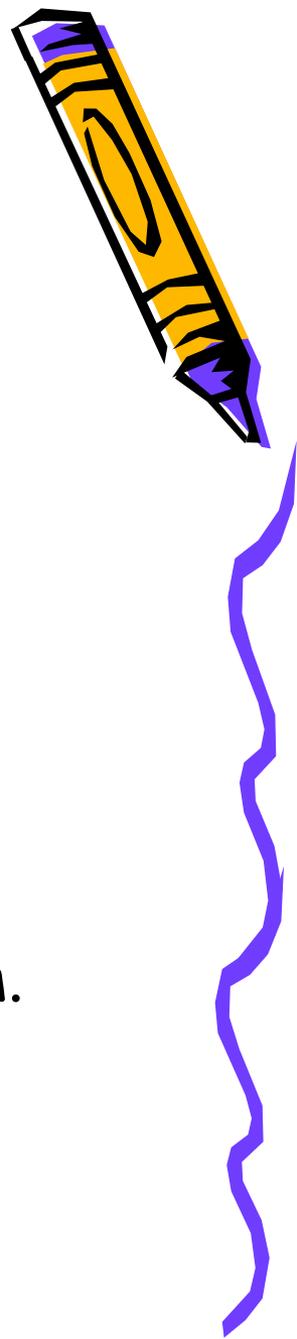
Don't get angry.

Ignore them. Walk away.

Pretend you didn't hear them.



Things you can do....

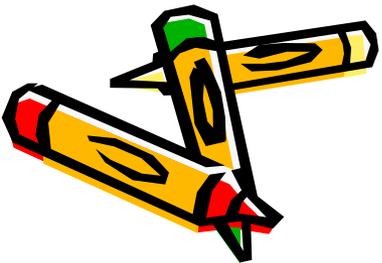


Tell someone (a teacher, friend, parent...)

Respond to the bully firmly. Tell them to stop!

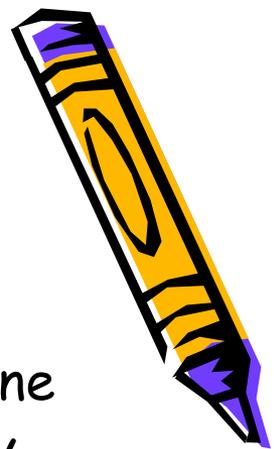
Get some friends to help you.

Remember, you are not the one with the problem.
The bully is.



Things you can do if you are a witness to bullying.

Be **AWARE**



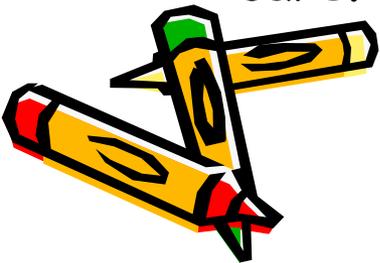
Adult help. Speak up and get help from an adult. This is one time when it is okay to tell. It is not tattling. It is bully prevention! You can tell a teacher, a parent, another trusted adult, or even a friend.

Watch for signs of bullying

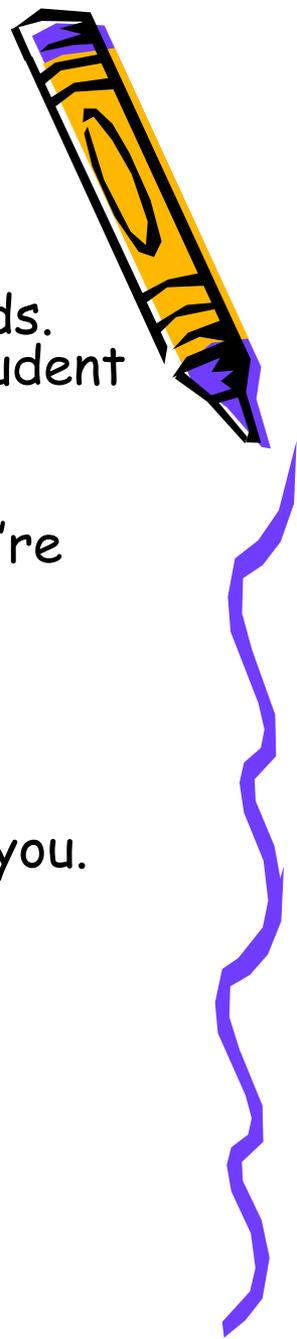
Always stick together. Try using the buddy system and be a good friend to those who are being picked on.

Respect others. If you hear others making fun of someone, or teasing them, stick up for them.

Ear. Lend your ear and be a good listener, and show that you care.

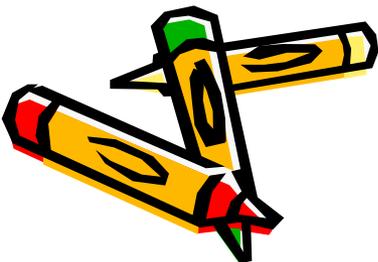


Practice



You are asked to sit at a table with some really popular kids. They give you a cupcake and dare you to hit another student with it. What do you do?

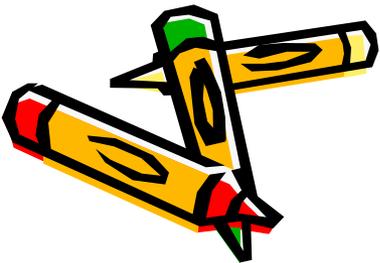
- A. You throw the cupcake at the student and tell him you're sorry later.
- B. You throw the cupcake and laugh.
- C. You tell the teacher even though they may talk about you.



Practice

You see your friend beating up another kid at recess. A group of kids are surrounding them. What do you do?

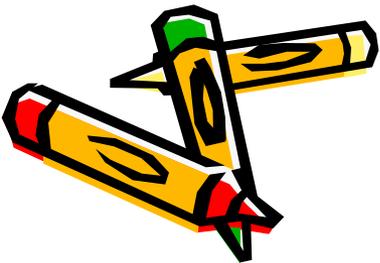
- A. You join in the fight and beat the kid up with your friend.
- B. You tell your friend to stop and quickly get an adult to help.
- C. Since there is a group of kids, you watch.



Practice

You heard a rumor about someone that you don't like. What do you do?

- A. You post the rumor on a website because this person was mean to you in the past.
- B. You ignore the rumor and don't tell anyone else.
- C. You go to that person and tell them what you heard.

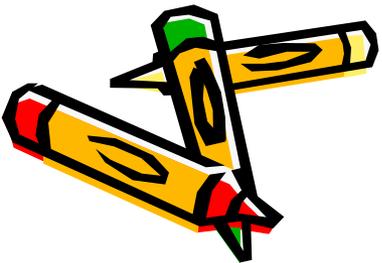


Practice



Every day on the bus, an older student takes your book bag and throws it to the back of the bus. What should you do?

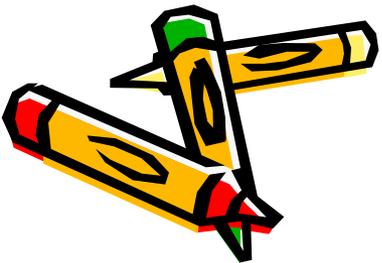
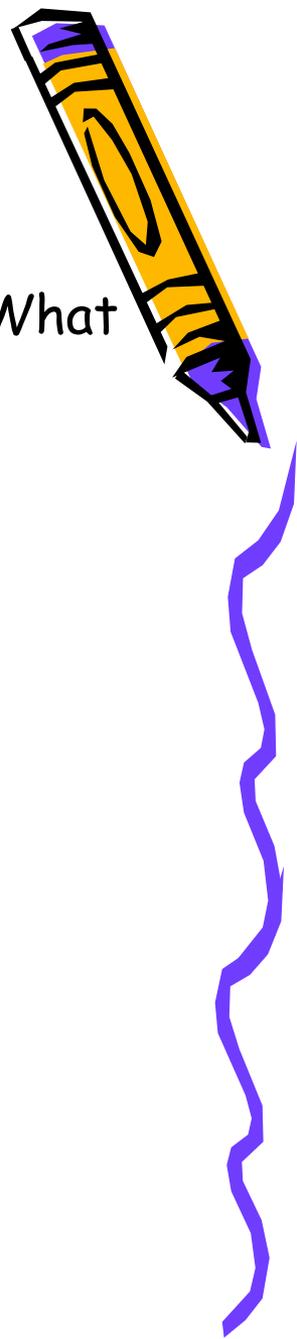
- A. Tell them to stop and if they don't, tell a trusted adult.
- B. Hit them.
- C. Take their book bag and throw it to the back of the bus.



Practice

You hear some kids making fun of a student in the class. What do you do?

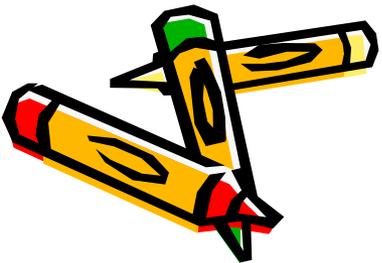
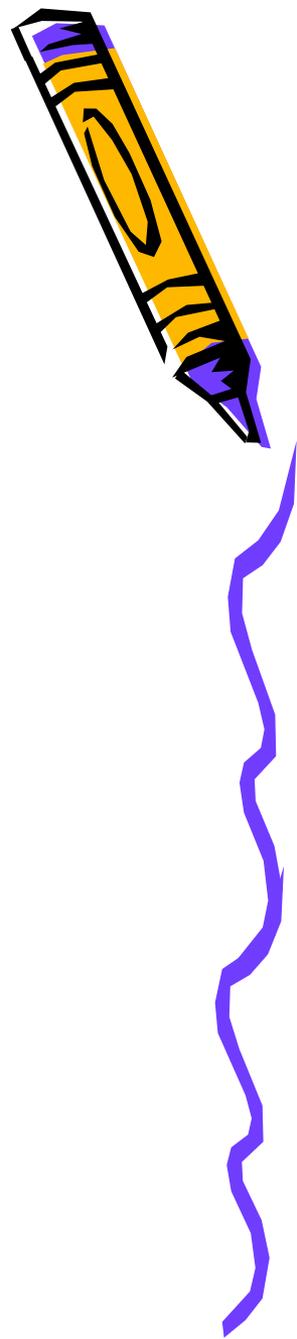
- A. Go join them.
- B. Tell them to stop.
- C. Ignore them.



Practice

Every day in the hallway you are being pushed and called a name by another student. What do you do?

- A. Push them back.
- B. Threaten that a friend will beat them up.
- C. Immediately report the behavior to your teacher.



Bullying can happen in many different ways: being teased, insulted, or threatened, being excluded, having something taken or stolen from you, or being shoved, hit, or kicked. This bullying can have long-lasting effects on people.

Please ask for help if it is happening to you.

Please stop if you are doing it to others.

