

# **BULLYING**

What you can do about it!!!

*Bullying takes at least two people:  
The **bully** and the **victim**.  
In most cases there is a third person; the **witness***

## Definition:

“Bullying is when a stronger, **more powerful** person **hurts or frightens** a smaller or weaker person **on purpose** and **repeatedly** (more than once)”

## Types of Bullying:

| Physical  | Verbal  | Relational   | Emotional   | Cyber Bullying  |
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| Hurting , or threatening to hurt, someone's body or property.<br>* * * * *<br><u>Examples:</u><br>Hitting, pushing or kicking someone.<br>Threatening to physically hurt someone. | Using words to hurt or humiliate someone.<br>* * * * *<br><u>Examples:</u><br>Name calling, put downs or cursing at someone | Using friendship to control or hurt someone<br>* * * * *<br><u>Examples:</u><br>(1) Trying to convince others to exclude another student,<br>(2) cutting a student off from having friends,<br>(3) Using your friendship to control someone. | Anything you do that hurts another's feelings and makes them feel bad about themselves.<br>* * * * *<br>-Physical, Verbal, Relational and Cyber Bullying can all be emotional bullying. | -Bullying that happens through technology<br>* * * * *<br><u>Examples:</u><br>-The programs that are used to cyber bully: email, IM (Instant Messenger), Websites, Blogs, Chat Rooms. |

## The Victim

- (1) **Don't react.** Don't cry, get angry, or show that you're upset. That's the bully's goal. Even if you're feeling really hurt, don't let it show. You can talk about or write down your reactions later.
- (2) **Ignore the bully.** Pretend you didn't hear the bully. Don't even look at the bully. Walk away.
- (3) **Talk in a calm, firm voice.** Example: "No." "That's what you think."
- (4) **Turn a comment into a joke.** The bully says, "Stupid outfit!" You say: "Thanks! I'm glad you noticed."
- (5) **Walk away.** Remove yourself from the situation. Find an adult.
- (6) **Find a friend :** Find someone else to hang out with.
- (7) **Get help :** If you're being bullied again and again, there's one "Most Important Thing" you should do: **Talk to an adult!**

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## Ways to prevent future bullying

- (1) **Don't walk alone.** Stick with at least one other person whenever you can.
- (2) **Avoid places where bullying happens.** If this is possible. Sit near the bus driver on the school bus.
- (3) **Don't bring expensive things or money to school** and label your belongings with permanent marker.
- (4) **Avoid unsupervised areas of the school** and situations where you are by yourself. Make sure you're not alone.
- (5) **Act confident.** Hold your head up, stand up straight, and make eye contact.
- (6) **Brainstorm what to say to the bully ahead of time**, and practice them in the mirror or with someone you trust.

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## The Witness

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| <ol style="list-style-type: none"><li>(1) Be a friend and walk away from the bully together.</li><li>(2) Ask the victim to play with you.</li><li>(3) Tell the bully to stop : <i>"Cut it out!", "That's not funny!", "How'd you like it if someone did that to you?"</i></li><li>(4) Get an adult : If you feel like you can't speak up, walk away from the situation and tell the nearest adult. Make sure the kid who's being bullied tells his parents, or a teacher. Offer to go with him if it will help. If he/she doesn't want to talk to anybody, offer to talk to someone for them.</li></ol> |
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## Cyber bullies

Have you ever received a mean email or instant message for no reason? Have you ever sent one? This is called cyber bullying. Cyber bullying is bullying that happens online. It happens through email, instant messages, and websites. Like other kinds of bullying, you can help stop cyber bullying from happening to you.

**Remember:**

- Never give anyone your password, even your best friend. But you can tell your Mom or Dad!
- Don't share secrets, photos, or anything that might be embarrassing if someone found out.
- Set up email and instant messenger accounts with your parents. Make sure not to put your name, age, address, or phone number in your profile.
- Don't send messages when you're angry. Wait until you cool off.
- Be a good cyber friend-don't send emails or IM's written by a friend to anyone else.

**If you have a cyber bully:**

- Don't respond to emails or messages that are mean to you or your friends.
  - Choose not to open emails from a bully or save or print all messages from the bully.
  - Show the messages to an adult you trust - like a parent or a teacher - and ask for help.
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