

# ***Bullying***



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# What is Bullying?

- Bullying is
  - Aggressive and dominant behavior, or “harm doing” on purpose by one person or a group
  - It is done repeatedly (again and again) over time
  - It is targeted to a person or a group that is thought of as being “weaker”

# Types of Bullying

- Verbal (yelling, shouting, threatening)
  - Words are used to hurt someone's feeling, these words are called "insults"
  - Threats
    - *Can someone give me an example?*
  - Rumors
    - *What have you heard about someone?*



# Types of Bullying

- Physical (pushing, shoving, hitting)
  - *Does bullying mean that you were physically hurt?*
    - Not necessarily
  - *What other kinds of physical bullying can you think of that you have seen people do?*



# What does a Bully look like?

- *A boy Bully?*
  - *Are they more physical or verbal?*
  - *Give me an example of what he looks like*
- *A girl Bully?*
  - *Are they more physical or verbal?*
  - *What does she look like?*



# Why is it Important to Stop Bullying?

- No one would get hurt or feel bad
  - We can all be friends
- School would be a happier place
- Everyone would have fun learning



# Does Bullying Happen in School?

- YES
  - 1 in every 6 students will be the victim of bullying in school
    - Time for a head count!
  - Bullying can also happen away from school
    - At the local park
    - At home
    - At a store



# Why do Kids Bully each other?



- Because they see others doing
  - They learn from bad experiences
- It makes them feel stronger and better
  - When not bullying others they lack confidence
- They think it is funny
  - Usually it is because they have an audience

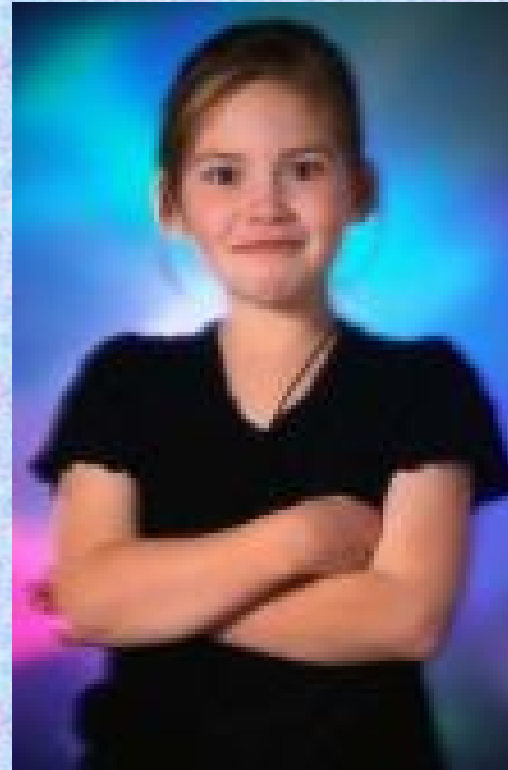
# How to S.T.O.P. Bullies?

- “S”
  - Stay Away
  - Avoid places where bullies are
  - Walk or play with your friends
- “T”
  - Tell someone
  - Tell your Teacher or Parent
    - Don't remain silent
  - Tell them what happened
    - Who did it
    - Where it happened
    - Who saw it



# How to S.T.O.P. Bullies (con't)?

- “O”
  - Overcome fear
  - Believe in yourself
  - Don’t get scared
  - Don’t fight back
  - Don’t get angry
- “P”
  - Positive relationship
  - True friends look out for each other
  - Your true friends don’t hurt you



# Tattling vs. Telling



- A “Tattle” is when someone:
  - Is trying to get attention for himself or herself
  - Is trying to get someone else into trouble
  - Is trying to get his or her own way
  - Can handle the problem himself or herself

# Tattling vs. Telling (con't)



- A “Telling” is when some:
  - Is trying to get help from a harmful or dangerous situation
  - Is trying to get help for a scary happening or if someone needs protection
  - Needs help from an adult to solve a problem
  - Is trying to keep people safe

# What People do when they see Someone being Bullied

- “Involved” By-Stander
  - Encourages the Bully to take his side
  - Usually enjoys seeing someone bullied
- “Ignoring” By-Stander
  - Sees the Bullying, but does not get involved
  - *Why do you think someone wouldn't help?*



# What People do when they see Someone being Bullied (con't)

- “Stand Up” By-Stander
  - Has the strength to stand up to the Bully
  - He or She will expose the Bully by telling a teacher or adult what happened

The “Stand Up” By-Stander is a HERO!

Why do you think they're a hero?

Who wants to be a HERO?



# Get Involved to STOP the Bully!

- “We’re not going to take it!”
  - Strength is in numbers
  - The next kid bullied could be you
  - Be a hero in your school
  - A bully is only strong when good people stand back and do nothing

