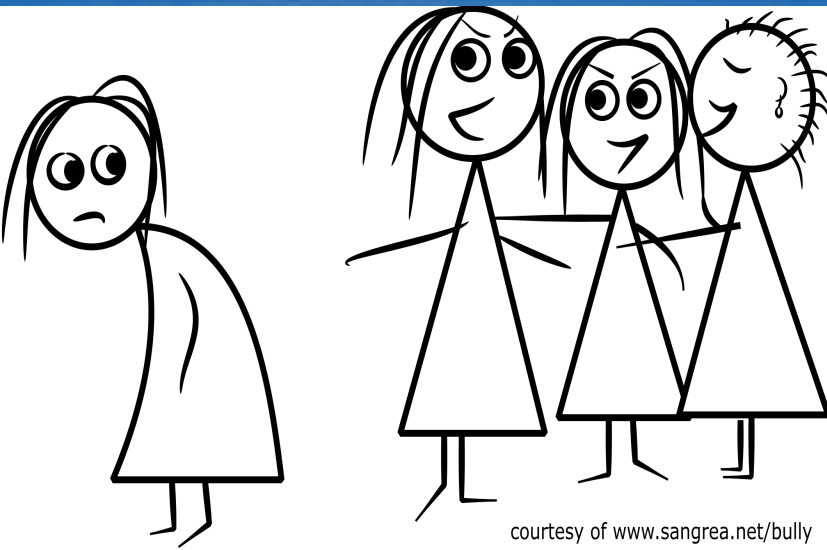


THE 3 R's

Recognize, Refuse, Report
BULLYING

Sometimes we think bullying
and bullies look like this...



courtesy of www.sangrea.net/bully



Any One Can Be A Bully



Bullies look just like everyone else but they don't act like everyone else.

Recognize - What is Bullying?



1. Three things have to be present in order for a situation to be considered bullying. It has to be unfair and one-sided.
2. Bullying happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.
3. Unfair means - not right, not fair, not equal.
4. One-sided means - One person or group is trying to hurt another

Did You Know?



- THE WORD BULLY USED TO MEAN THE TOTAL OPPOSITE OF WHAT IT MEANS NOW? FIVE HUNDRED YEARS AGO, IT MEANT FRIEND, FAMILY MEMBER, OR SWEETHEART. BIG CHANGE!!



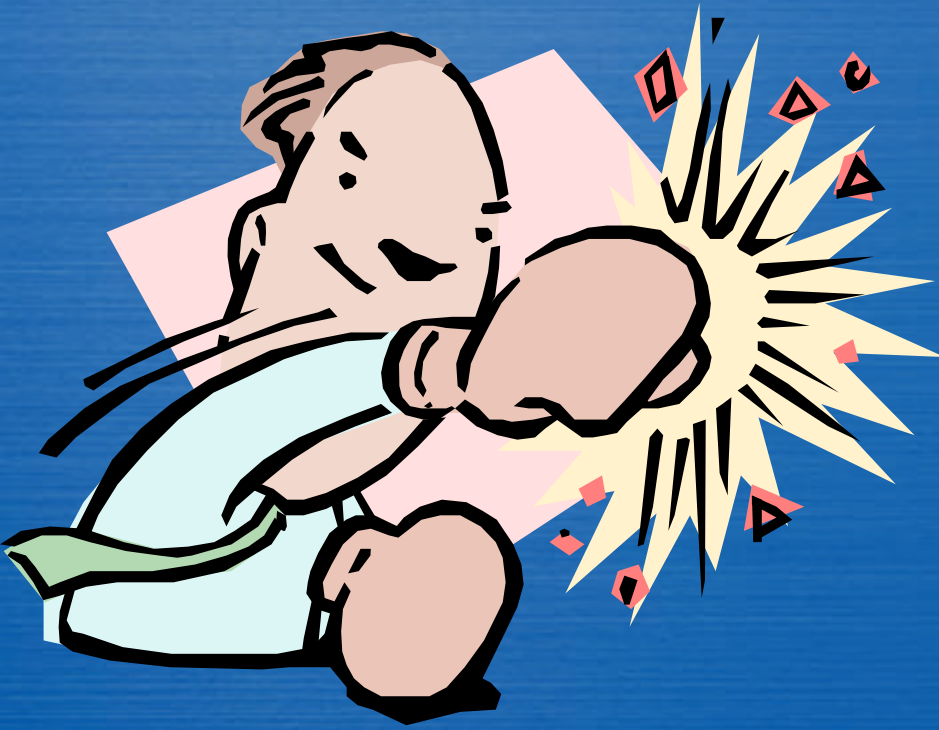
POWER IMBALANCE



Remember there is always some type of power imbalance involved in bullying. The bully could be more popular, have more friends, be quick witted, be stronger, bigger, have more toys, a cool cell phone, etc.



What is Physical Bullying?



Hitting, punching, pinching, ripping, spitting, kicking, pushing, scratching, biting, damaging, hiding, or taking someone's possessions; like their money, hat, sneakers, books, etc.

What is Verbal Bullying?



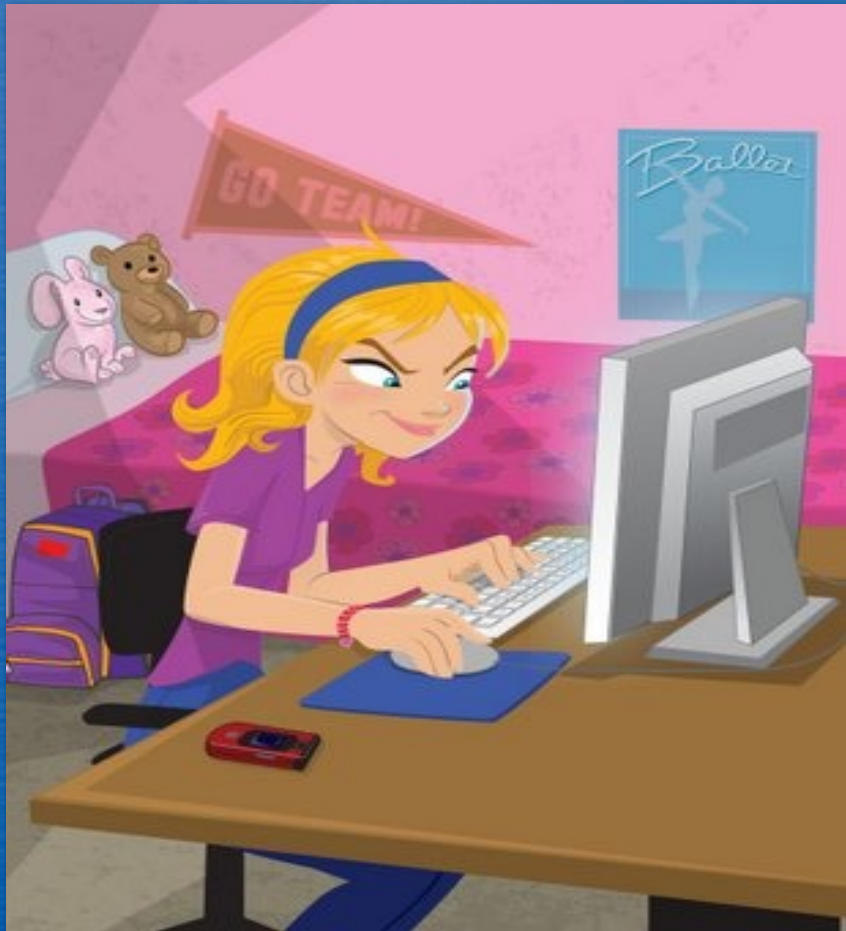
Name calling, making offensive remarks, insulting someone, laughing at someone to hurt their feelings.

What is Social Bullying?

- Spreading rumors or nasty stories about someone
- Making fun of someone
- Excluding from groups
- Ignoring someone
- Alienating someone by making them look foolish



WHAT IS CYBERBULLYING?



Modern day
bullying that
takes place on
the computer,
cell phone, ipod
touch, etc.

What is Face to Face Bullying?



1. Bullying is done right in front of the person.
2. Examples: hitting, pushing, shoving, teasing, insulting, tripping, etc.

What is Behind The Back Bullying?



1. This type of bullying can be difficult to recognize. The person being bullied might not be there when the bullying is occurring.
2. The person being bullied might not know it is even happening or who is doing the bullying.

Examples of Behind the Back Bullying

Examples of behind the back bullying include: trying to secretly exclude someone, gossiping, spreading rumors, and setting someone up to look foolish.



HOW DO KIDS FEEL WHEN THEY ARE BULLIED?



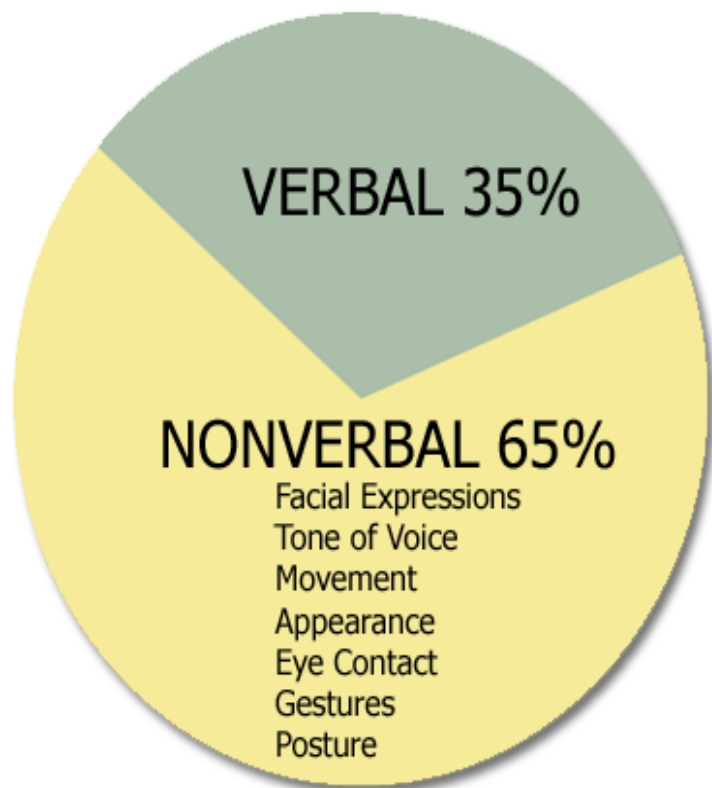
- Sad
- Hurt
- Lonely
- Angry
- Depressed
- Confused
- Embarrassed
- Ashamed
- Worried
- Scared

Why Do Kids Bully?



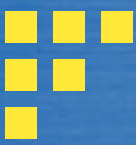
1. They may feel upset or angry or feel they don't fit in.
2. They want to seem tough and show off.
3. They may get bullied themselves.
4. They're scared of getting picked on so they do it first.
5. If they don't like themselves they may take it out on someone else.
6. They think they will become popular and look cool.

The SAFE Method



Messages sent through body language are noticed more than the words we say!

1. **S**top and think. Take a deep breath.
2. **A**ct Assertively (stand tall and look at the person bullying).
3. **F**irmly ask them to stop.
4. **E**xpress how you feel and exit the situation.



Refuse Bullying

How Can You Stand Up If You Are Being Bullied?



- Tell it like it is. Try, I don't like it when you...
- Simply disagree. Say, I don't think so.
- Don't react. Do little or nothing.
- Act surprised. Try, I can't believe you just said that.
- Use humor. Say, Really? Thanks! That's just what I was trying for.
- Distract or change the subject.
- Let them have their point of view. Say, that's your opinion.



REFUSE BULLYING

How Upstanders Can Help



1. As an **upstander** (someone who helps stop bullying) you can assist the kid being bullied by standing up in a non-aggressive way.
2. Ask the kid being bullied to **walk away** with you.
3. Tell the bully to **stop**.
4. Have the crowd form a **protective shield** around the kid being bullied and walk away.
5. If you are friends with the bully, ask him to **walk away** with you.

REPORTING BULLYING

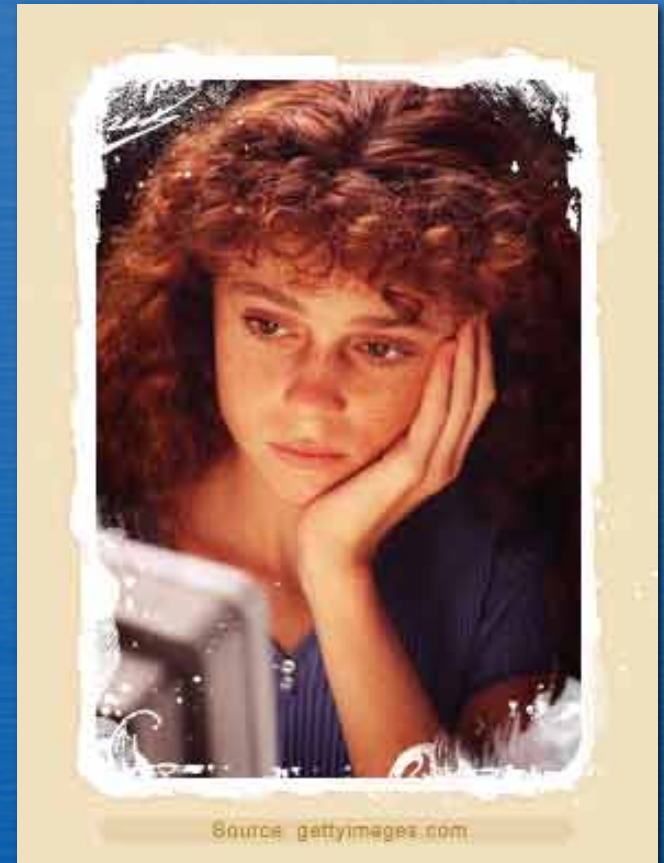
Upstanders Can Help!

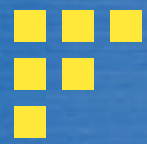


1. **Reporting is NOT tattling.** You are keeping yourself or someone else safe.
2. **Talk to** your teacher, guidance counselor, assistant principal, parent, friend, or brother/sister if you are being bullied or if you know of someone that is being bullied. This is **NOT** tattling!
3. **Report** the following information who, what, where, and when about the bullying incident.
4. **The bully** needs to know that what is being done is **not right**.

WHY DON'T KIDS REPORT?

- THEY ARE AFRAID
- THEY ARE WORRIED THAT THEY WILL GET BULLIED NEXT
- THEY DON'T LIKE THE VICTIM
- THEY LIKE THE BULLY
- THEY DON'T WANT TO GET INVOLVED



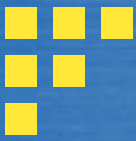


BULLY IN THE BARN!

Animals Bully Each Other Too!

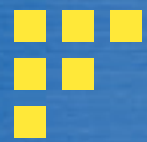
Can You Guess Which Horse in Mrs. Shea's Barn is the Bully?





Is It Charlie?





Is it Koty?



Is it Tucker?





IT' S KOTY

