

# **Stand Up, Speak Out**

**A Bullying Awareness Presentation  
by the RUSD Elementary School Counseling Team  
2017-2018**



Bullying?

We need to understand  
the difference between  
bullying and everyday  
disagreements.

# What is Bullying?

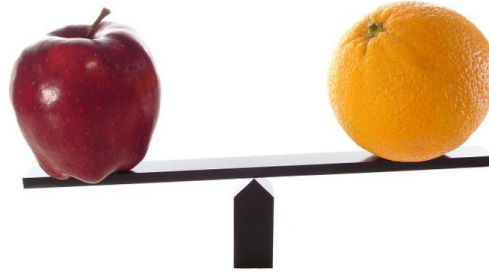
Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. The aggressive behavior is intended to harm. Both kids who bully or bully others may have serious, lasting problems. The victim feels

# What are Everyday Disagreements?

- Two children wanting to play with the same toy at recess or at home
- Arguing over which TV program to watch
- Pushing in line when lining up
- A hard tackle in football which hurts



# Distinguishing Between Disagreements & Bullying: RIP



- 1) **Repeated** - Is the person who is bothering you doing it over and over again?
- 2) **Intentional** - Is the person who is bothering you trying to hurt or humiliate you on purpose or are they unaware of how hurtful their actions are? Do they think they are participating in fun teasing that you both think is funny?
- 3) **Power Imbalance** - Does the person who is bothering you have more physical or social power than you have?

Rough Play	Real Fighting (Conflict) Mediation Will Help	Bullying Mediation Will Not Help
Usually friends, often repeated with same players	Usually not friends, typically not repeated	Typically not friends, generally repeated
Balance of power	Power is relatively equal	Unequal power
No intent to harm	Intentional harm-doing	Intentional harm-doing
Effect is friendly, positive, mutual	Effect is negative, aggressive, tense or hostile	Effect is negative, aggressive, and differs for victim and aggressor

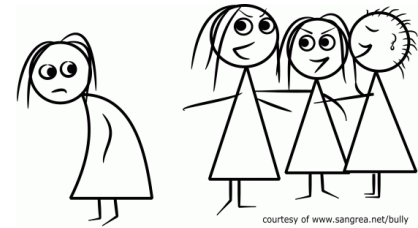
# Types of Bullying & Examples

## Physical

- Hitting, shoving, kicking, etc.
- Stealing, hiding or destroying someone's things
- Making someone do something they don't want to do

## Verbal

- Name Calling  
Teasing
- Insulting
- Racial Slurs
- Threatening



## Relational

- Excluding someone
- Refusing to talk to someone
- Spreading lies and rumors

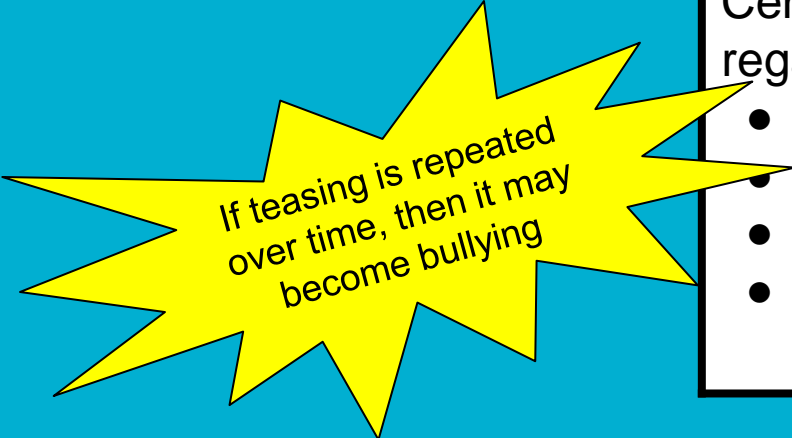
## Cyber

Sending or posting harmful material on social media websites with the intent of being cruel and hurtful to someone

# Bullying vs. Teasing

BULLYING
Always intended to harm
Typically repeated

TEASING
Often NOT intended to harm
May be isolated or repeated
Center on a lack of awareness regarding potential outcomes
<ul style="list-style-type: none"><li>● Inappropriate conduct</li><li>● Hurt feelings, embarrassment</li><li>● Broken rules</li><li>● Potential consequences for self</li></ul>



If teasing is repeated over time, then it may become bullying



# Effects of Bullying



Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying.

## **Kids who are bullied are more likely to experience:**

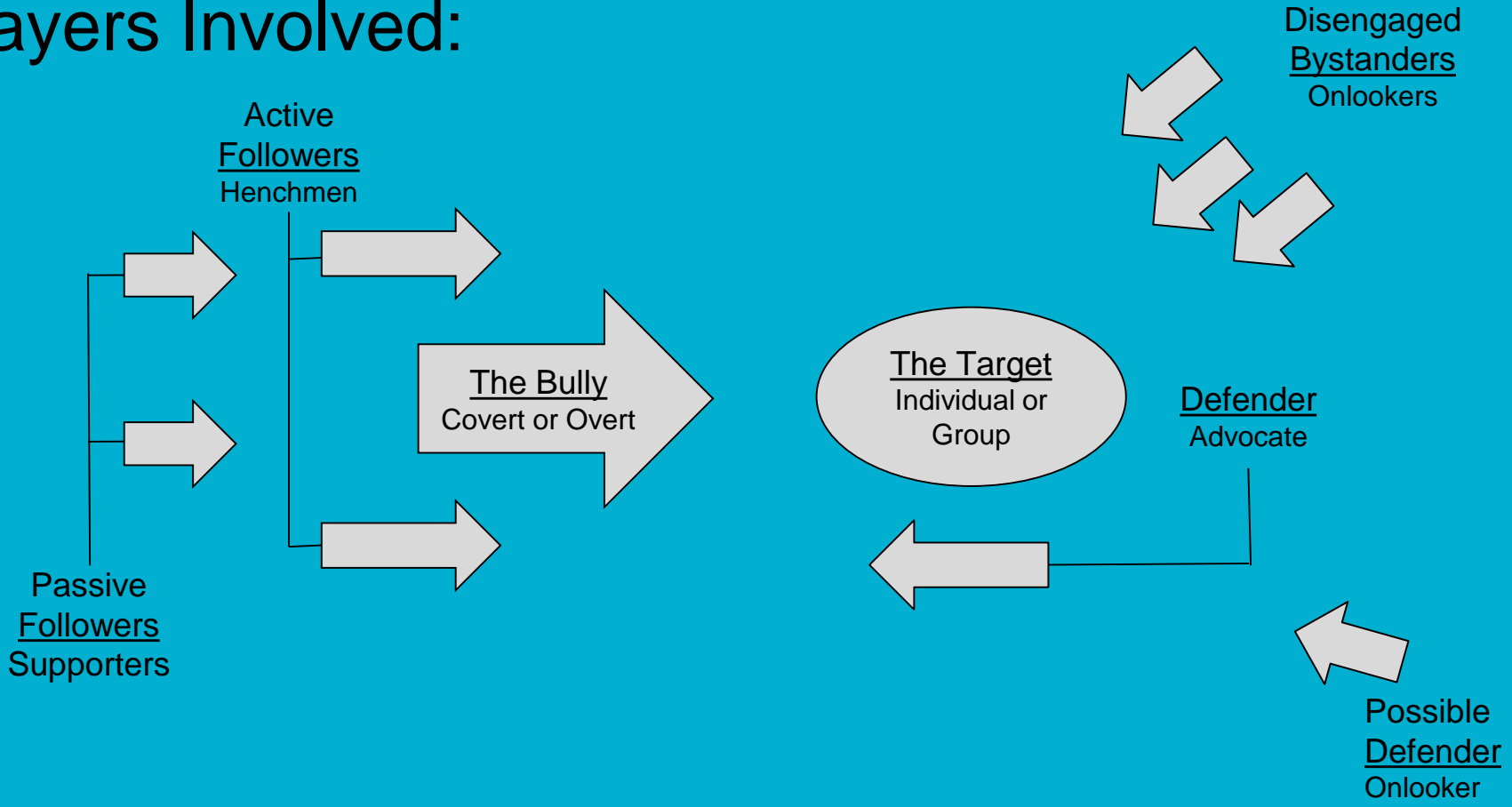
- Increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.
- Health complaints.
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss school.

# FACTS

- Approximately 1 in 4 students say they have been bullied at school.
- For some, bullying continues as they become older. Unless someone intervenes, the bullying will likely continue and, in some cases, grow into violence and other serious problems.
- There is growing awareness of the problem of bullying, which may lead some to believe that bullying is increasing. However, studies suggest that rates of bullying may be declining. However, it still remains a prevalent and serious problem in today's schools.

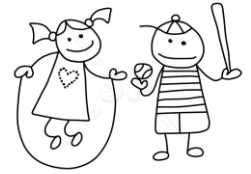
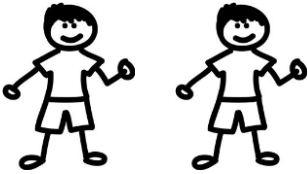


# Players Involved:



# Players Involved:

Active  
Followers  
Henchmen



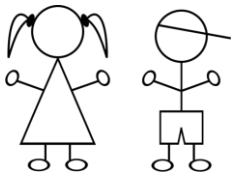
Disengaged  
Bystanders  
Onlookers



Defender  
Advocate



Passive  
Followers  
Supporters



Possible  
Defender  
Onlooker

# What the Research Says About Kids Who Bully

Be careful not to label. Bullying is a behavior, not a person.

- Many people who bully are popular and have average or better than average self-esteem.
- They often take pride in their aggressive behavior and control over the people they bully.
- For some, bullying may be a way to gain social status.



# Strategies

## **If someone is bullying you:**

- Stay away from students that are bullying
- Stay near the yard supervisors, or other adults
- Tell someone - Report, Report, Report!
- Avoid bad situations
- Make friends
- Project Confidence - hold your head up high, stand straight, make eye contact



**STAND UP**



**SPEAK OUT**

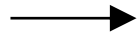
## **If you see bullying happening:**

- Never laugh, it only encourages the behavior to continue
- Offer supportive words to the victim
- Speak up, let the bully know you don't like what's happening to the other person

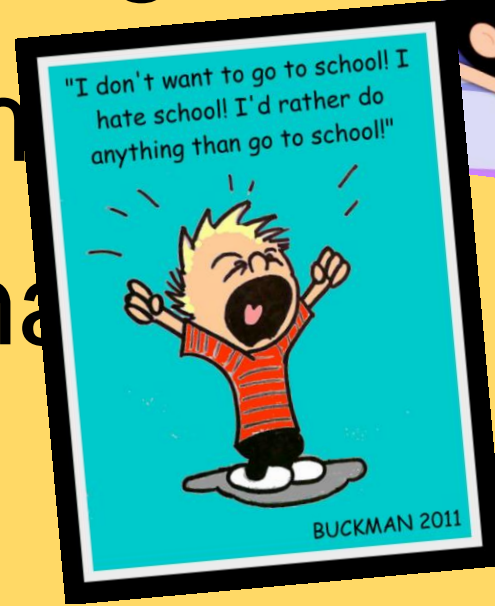
# Warning Signs

Look for **CHANGES** in the child. However, be aware that not all children who are bullied exhibit warning signs.

- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits
- Difficulty sleeping
- Sudden loss of friends or avoidance of social situations
- Declining grades, loss of interest in schoolwork, or (not wanting to go to school)



Kids not wanting to go  
to school sometimes  
(wake up) is normal



~ If bullying is the reason that they don't want to go to school, there would **very likely** be other coinciding indicators.



# What Families Can Do



Recognize the warning signs. They could be being bullied, bullying others, or witnessing bullying.

Learn what bullying is and what it is not. Many behaviors that look like bullying **may be just as serious**, but may require different response strategies.

Opening lines of communication before your child is involved in bullying makes it easier for them to tell you when something happens.

If you suspect bullying has occurred, contact the school so that they can investigate and intervene appropriately. You can use RUSD's Bully Reporting Form (available via website).

[www.stopbullying.gov](http://www.stopbullying.gov)

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The issue of bullying does NOT start and end with the person doing the bullying and the victim.



**WHENEVER ONE  
PERSON STANDS UP  
— & SAYS, —  
"WAIT A MINUTE,  
THIS IS WRONG,  
" IT HELPS OTHER PEOPLE  
TO DO THE SAME.**

THANK YOU

**Kimberly is a community that stands together for the good of all.**



A yellow rectangular card with a black border. In the top left corner, there is a red circle with a diagonal slash through it, and the word "BULLY" is written in black capital letters inside the circle. To the right of this symbol, the text "NOT IN OUR SCHOOL" is written in bold black capital letters. Below this, there are three lines of text, each preceded by a red checkmark: "I WILL NOT BE A BULLY.", "I WILL HELP THE BULLIED.", and "I WILL STAND UP TO BULLYING." In the center of the card, there are two horizontal lines for writing, with the word "NAME" centered above the first line and "SIGNATURE" centered above the second line. At the bottom of the card, the text "IT'S TIME TO TAKE A STAND" is written in bold black capital letters.

**NOT IN OUR SCHOOL**

I WILL NOT BE A BULLY.

I WILL HELP THE BULLIED.

I WILL STAND UP TO BULLYING.

NAME

SIGNATURE

**IT'S TIME TO TAKE A STAND**