

# Bullying

**What is it and what can we do about it?**

# What is Bullying?

## **Bullying is when someone is**

- being hurt either by words or actions on purpose
- More than one time
- feels bad because of it
- has a hard time stopping what is happening to them



# Bullying Can Be:

## Emotional

- Name calling
- Making fun of someone
- Laughing at someone
- Leaving someone out on purpose



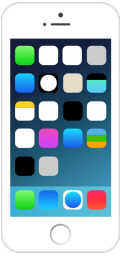
## Bullying Can Be:

### Physical

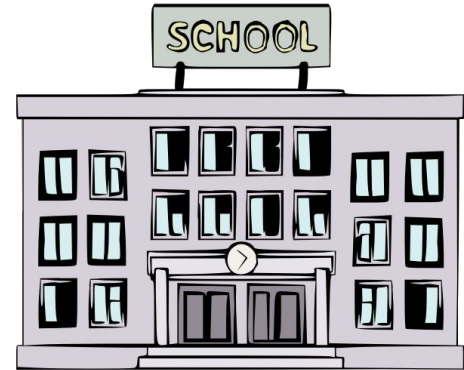
- Hitting
- Pushing and Shoving
- Yelling at someone
- Fighting
- Tripping
- Taking or breaking another person's things



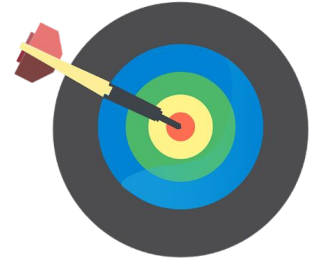
# Where Does Bullying Happen?



Bullying can happen anywhere. It can occur in your neighborhood, on the way to school, at school, and while on-line.



## Who is Bullied?



## Are You A Target of Bullying?

Do you think you might be the TARGET of bullying, but aren't sure if it's bullying or just someone being unkind, rude or mean? Sometimes it's hard to tell the difference, but don't worry. We are here to help!

**TARGET** = The person who is being bullied.

# What is a Bystander?

- A Bystander is someone who watches the bullying happen or joins in the bullying and does not say or do anything to make it stop or help the person who is being bullied.



# What is an Upstander?

- An upstander is someone who helps by
  - Telling the bully to stop
  - Standing up for the person being bullied
  - Telling an adult

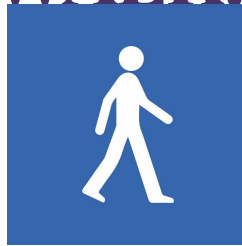




# What Should I Do if My Friend or I are **Being Bullied**?

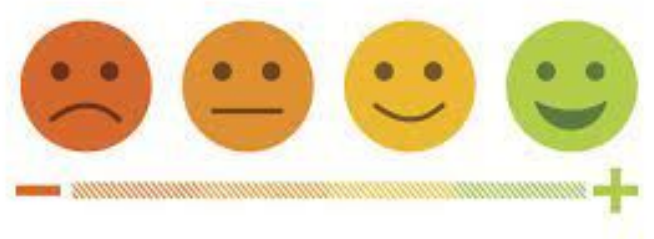
- Tell the Bully to **STOP!** in a strong voice.
  - I don't like when you \_\_\_\_ me.
- Don't fight back.
- Walk Away
- Tell an Adult right away!

**STOP. WALK. TALK.**



## “I” Statements

- Let the person know how their actions make you feel
  - I felt angry when you pushed me
  - I felt sad when you did not want to play with me
  - I feel mad because you are not talking to me



# The Difference Between Tattling and Reporting

## Tattling

- Telling an adult that someone did something wrong
- The situation is safe
- It is a small problem that can be handled without an adult's help

## Reporting

- Telling a trusted adult when there is a risk of someone hurting themselves or hurting someone else.

# Is This Bullying?

- Sally is a first grade student who goes to recess with both Kindergarten and First grade students. When Sally walks outside to recess every day, a group of other Kindergarten and First grade students follow her around the playground calling her names and telling her she can't play any games right. This has been happening for the past two months.
  - Is this bullying?
  - What should Brady do or say? (Think STOP-WALK-TALK)
  - What can be done by other kids on the playground (Bystanders)

## Is This Bullying?

- Kyle and Sam usually play treasure hunt together at recess. On Monday they had fun playing together. On Tuesday, Sam pushed Kyle and told him he does not want to play treasure hunt today. On Wednesday, Sam and Kyle both played together and had fun. Did Sam bully Kyle?