

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

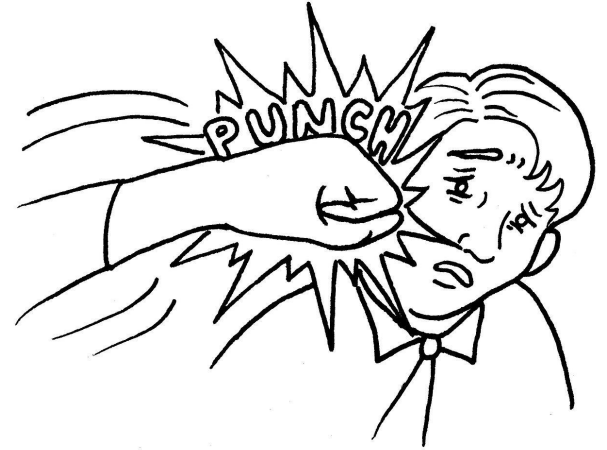
- Name calling
- Making fun of someone
- Laughing at someone
- Leaving someone out on purpose
- Starting rumors or telling lies about someone
- Trying to make someone feel bad about who they are



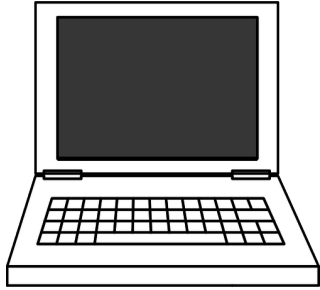
Bullying Can Also Be:

Physical

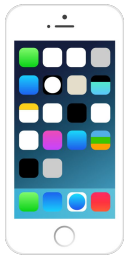
- hitting
- pushing and shoving
- Fighting
- tripping
- making rude gestures
- taking or breaking another person's things



What is Cyber Bullying?

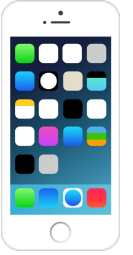


Using technology —internet, email, cell phones, social media, video games, pictures— **to hurt or harm someone else.**



- Sending mean text messages
- Posting statements online that are unkind or not true
- Sending or posting pictures that are not yours to share
- Making negative comments online about someone
- Agreeing with someone who posts something hurtful

Where Does Bullying Happen?



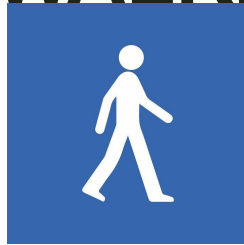
Bullying can happen anywhere. It can occur in your neighborhood, on the way to school, at school, and while on-line.



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.



Bullying is never okay, cool, or acceptable.

No one EVER deserves to be bullied.

Bystander vs Upstander

Bystander

- A person who watches the bullying or unkind actions take place and does not do or say anything, or joins in.

Upstander

- A person who stands up to bullying by doing or saying something to make it stop or help the person being bullied

Who Gets Bullied?

First, know that bullying shouldn't happen to **ANYONE.**

- There is no one “type” of person who becomes the target of bullying. Bullying can be directed at anyone, from the shy, quiet student to the class tough guy. Girls, boys, first graders, fifth graders, kids who like art, kids who play sports, and everyone in between can all be the target of bullying.

Targets of Bullying - What Can They Do?

If you're being bullied, there's a lot you can do:

- Know that you do **NOT** deserve what is happening.
- **Tell a trusted adult right away!** - this is not tattling, it is reporting a problem.
- Develop a plan, with the help of an adult, about how you can respond to the situation. Don't fight back! This might make the bullying worse and adults might see you as part of the problem.
- Decide—with the help of an adult—how other students might help.



What Can You Do if You **See** Bullying?

You can:

- Tell the Bully to stop
- Not join in the bullying
- Help the Target get away from the situation
- Tell an Adult
- Let the Target know you care
- Ask others to **Stand Up Against Bullying!**
- Ask your school to start a Bullying Prevention Program

YOU can be an UPSTANDER and help make a difference!

What can YOU do to Prevent Bullying?

You can:

- **Always** Include Others
- Be patient with those who do things differently - everyone does things differently and in their own unique way.
- Learn about others - make them feel special
- Invite someone to join you in an activity or group

YOU can be an UPSTANDER and help make a difference!

Is this Bullying?

- Bobby and Ellie usually play together at recess. Today at recess, Ellie runs to find Bobby and Bobby tells Ellie “I don’t want to play that game today, it’s a game for babies”
 - Is this bullying? If not, what would make it bullying?
 - What could Ellie say
 - What else could Bobby have said if he did not want to play the game today?

Is this Bullying?

- Brady is a fourth grade student who goes to recess with both fourth and fifth graders. When Brady walks outside to recess every day, a group of other fourth and fifth grade boys follow him around the playground calling him names and telling him he's horrible at soccer and 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)

