

# OCTOBER IS BULLYING AWARENESS MONTH



INFORMATION TO KNOW ABOUT BULLYING

# 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. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- ▶ **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- ▶ **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

# Types of Bullying

There are many different types of bullying that can be experienced by children and adults alike, some are obvious to spot while others can be more subtle. The different types of bullying that we look at below are some of the ways that bullying could be happening.

## Physical bullying

- ▶ Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

## Verbal bullying

- ▶ Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.

## TYPES OF BULLYING



**Physical bullying – Any aggressive hitting, pulling or shoving**

# Types of Bullying

## **Social bullying**

Social bullying, sometimes referred to as covert bullying, is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and / or cause humiliation.

Social bullying can include:

- ▶ lying and spreading rumors
- ▶ negative facial or physical gestures, menacing or contemptuous looks
- ▶ playing nasty jokes to embarrass and humiliate
- ▶ encouraging others to social exclude someone
- ▶ damaging someone's social reputation or social acceptance.

# Types of Bullying



## Cyber bullying

Cyber bullying can be overt or covert bullying behaviors using digital technologies including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms.

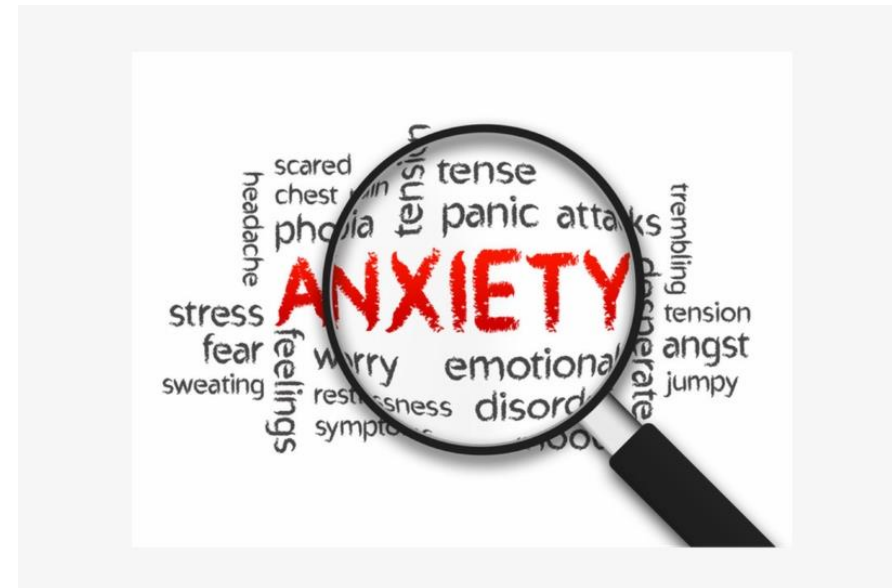
Cyber bullying can include:

- ▶ abusive or hurtful texts, emails or posts, images or videos
- ▶ deliberately excluding others online
- ▶ nasty gossip or rumors
- ▶ imitating others online or using their log-in

# Effects of Bullying

## Kids Who are Bullied

- ▶ Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues. Kids who are bullied are more likely to experience:
- ▶ Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- ▶ Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.
- ▶ A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.
- ▶ Bullying is never ok. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart. Or, the kid doing the bullying may know a secret about the kid being bullied.



# What to Do If You're Bullied

There are things you can do if you are being bullied:

- ▶ Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- ▶ If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.
- ▶ There are things you can do to stay safe in the future, too.
- ▶ Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- ▶ Stay away from places where bullying happens.
- ▶ Stay near adults and other kids. Most bullying happens when adults aren't around.

# Protect Yourself from Cyberbullying

- ▶ Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.
- ▶ Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- ▶ Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- ▶ Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- ▶ Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- ▶ Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, [report it](#).



# Stand Up for Others

When you see bullying, there are safe things you can do to make it stop.

- ▶ Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- ▶ Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.
- ▶ Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

**STAND UP!**  
PREVENT BULLYING NOW!  
**SPEAK OUT!**

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# Resources

- ▶ [BAM! Guide to Getting Along](#)  
Tips for kids on staying cool and stopping a conflict before it starts.
- ▶ [How to Stop Bullying at School](#)  
You can be someone who stops bullying before it even starts.
- ▶ [Video: Be Someone's Hero](#)  
About one in five teens reports being bullied, which is harmful but preventable. Anyone can stand up and speak out and be someone's hero by safely intervening to stop bullying.  
[-Spanish subtitles](#)
- ▶ [FBI Safe Online Surfing Internet Challenge](#)  
FBI-SOS is a free, fun, and informative program that promotes cyber citizenship by educating students in third to eighth grades on the essentials of online security.
- ▶ <https://www.stopbullying.gov>