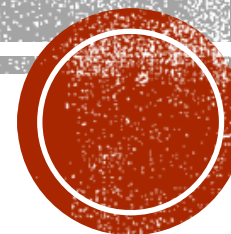


BULLYING

BE A UPSTANDER NOT A BYSTANDER



WHAT IS BULLYING?

- A desire or intention to hurt an individual or a group
 - A hurtful action
 - An imbalance of power
 - Typically repeated acts
 - An unjust use of power
 - Satisfaction for the aggressor
 - A sense of being hurt on the part of the target student

<https://www.stopbullying.gov/kids/facts/index.html>



Is It Bullying?

How can you tell if someone is being bullied? This chart can help you decide if it's bullying or something else.

Joking Around:

- Everyone is having fun.
- No one is getting hurt.
- Everyone is participating equally.



One Time Thing:

- Someone is being mean on purpose.
- It's a reaction to a strong emotion or feeling.
 - It happens once and doesn't repeat itself.

Conflict:

- Two people with a balance of power that have a fight, argument, or disagreement.
- A solution can usually be found.

Bullying:

- Repeated, unwanted aggressive behavior towards someone.
- Someone is being hurt on purpose.
- Can be social, verbal, physical, or cyber.



STUDENT'S DEFINITION OF BULLYING

Bullying is unfair and one sided. It happens when someone keeps hurting, frightening, threatening or leaving someone out on purpose.



TEASING VS BULLYING?

- Teasing is when there is a “give and take” or a two way street where both people are having fun.
- It may be unintentional.
- It will stop when there is the realization of the harm of the actions
- Bullying is when one person does all the giving and the other person does all the taking-a one way street where one person is not having fun or is getting hurt.

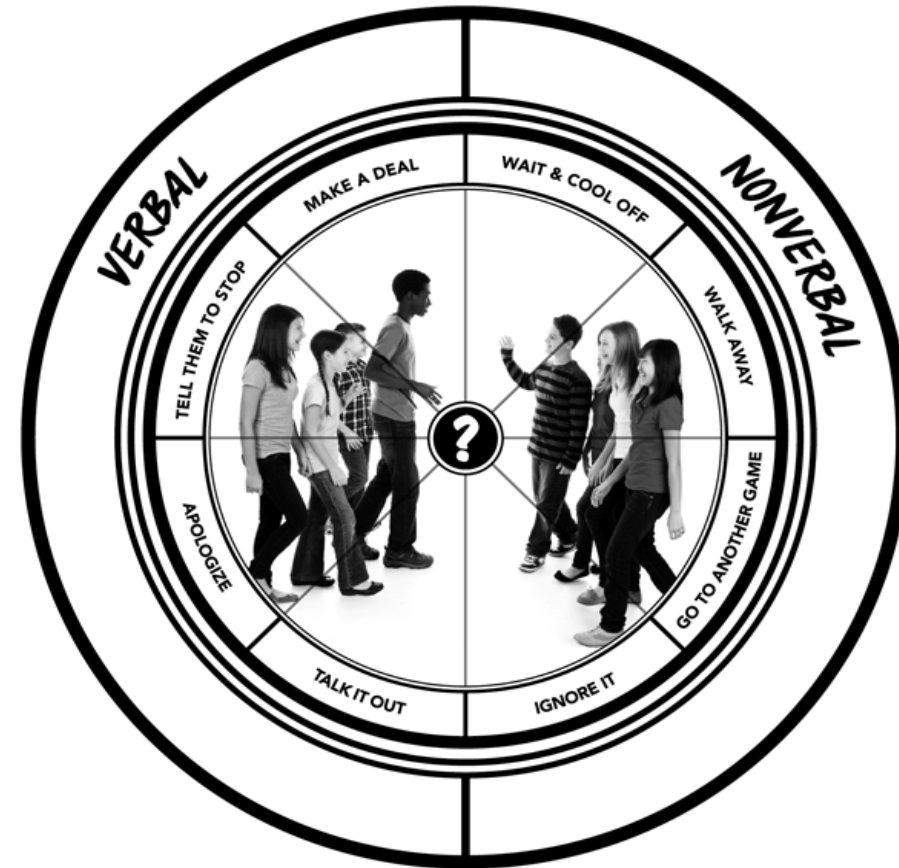
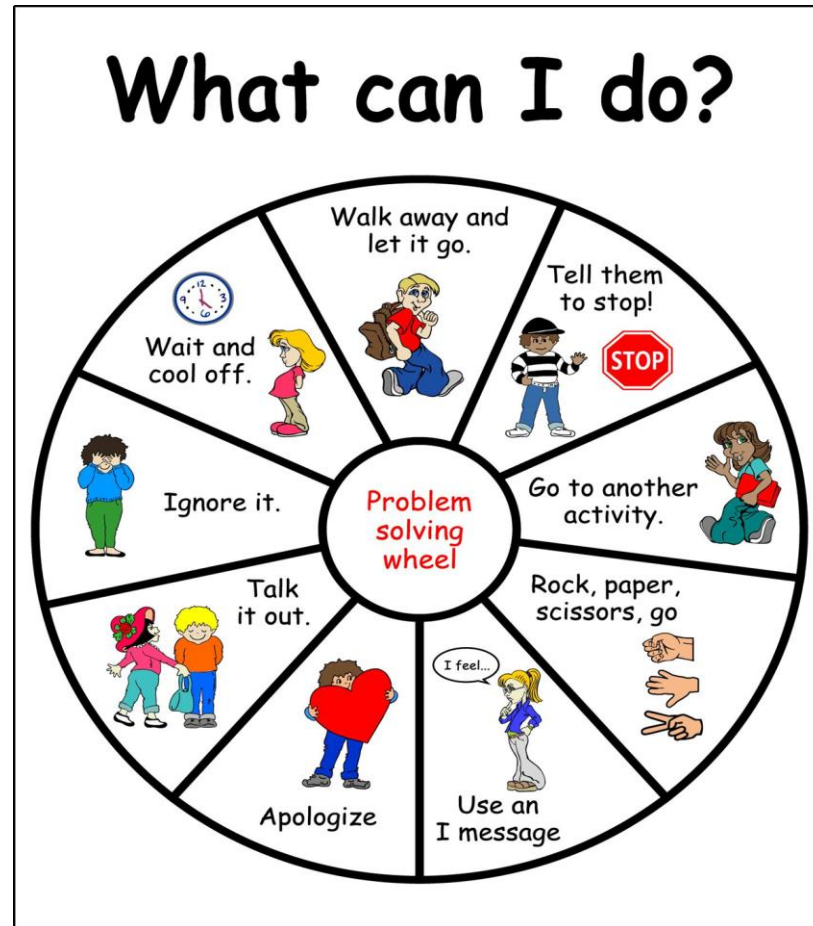


CONFLICT VS BULLYING?

- Conflict occurs when two or more people on equal footing have a disagreement.
- Bullying occurs when a more powerful person or group uses that power (usually repeatedly) to hurt or control another person.
- Harassment refers to a specific type of ongoing bullying and is used as the legal term for sexual behavior.



HOW TO DEAL WITH CONFLICTS



TATTLING VS. TELLING?

- Tattling is done to get someone in trouble
- Telling is done to get help or get someone out of trouble



TYPES OF BULLYING

- **PHYSICAL (direct):**
 - Hitting, kicking, chocking, pushing, tripping, poking, fighting, unwanted touching threatening gestures or postures, destruction of property
- **SOCIAL OR PSYCHOLOGICAL (indirect):**
 - Social ostracism, rumors, shunning, intimidation, extortion, manipulation, and character assassination (saying mean things about someone that is not true)
- **VERBAL (direct):**
 - Insults, taunting, degrading teasing, name calling, threats, slander, defaming, blackmail
- **CYBER (direct or indirect):**
 - Using social media, emails, web sites, chat rooms, profiles, etc. (Texts, snapchat, Twitter, Facebook, etc. to spread rumors, make insults, character assassination)

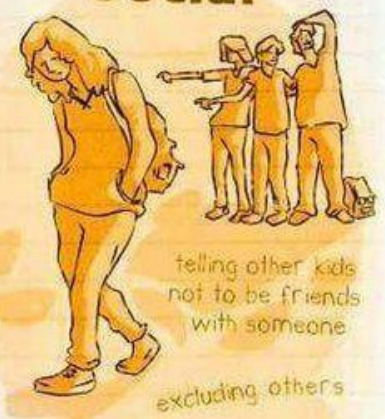


Physical



tripping
stealing
hitting
hair pulling
breaking someone's things
pushing

Social



telling other kids not to be friends with someone
excluding others
spreading rumours

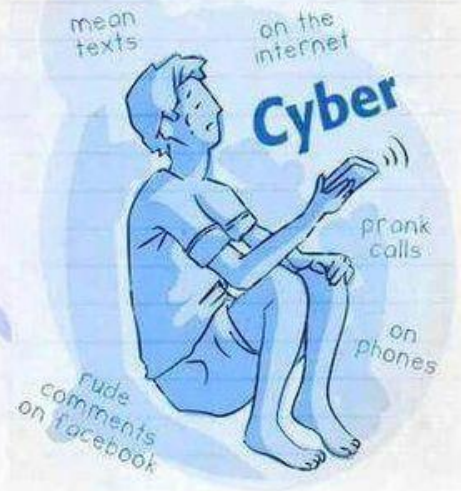
Types of Bullying

Verbal



threats
teasing
hurtful comments
name-calling

Cyber



mean texts
on the internet
prank calls
on phones
rude comments on facebook



CYBERBULLYING

- Cyberbullying can occur at any time of the day or at night
- Cyberbullying messages and images can be distributed quickly to a very wide audience
- Children and youth can be anonymous when cyberbullying



EMPATHY: IMAGINE HOW OTHERS FEEL

<https://www.youtube.com/watch?v=GuT8maVSaOs>

How do people feel when they are being bullied?

- Don't want to come to school
- Feel bad about themselves
- Feel depressed or anxious
- Alone
- No one likes them
- Feel sick
- Bully others
- Anything else?

<https://www.youtube.com/watch?v=aU3QfyqvHk8&t=7s>



WHY IS IT SO HARD TO TELL ACCORDING TO STUDENTS (OUT OF 100)?

- Fear of retaliation (42)
- Don't want to be a tattletale (41)
- Don't want to worry parents (34)
- Shame of not being able to stick up for self (31)
- Fear of losing friends (29)
- Hard to prove (29)
- No confidence of adults in keeping confidentiality (25)
- Fear of what parents would say (25)
- Confused about what is happening (25)
- Something can't be changed (24)
- Unable to put feelings into words (23)
- Self blame (15)
- "I deserve it" (7)



WHY DO PEOPLE DO IT?

- **To fit in:** If others are bullying them they may feel this is the way to be part of a group.
- **To feel superior:** When people are feeling bad about themselves, they sometimes think they'll feel better if there were someone worse off than they are. It's like, it's okay being *near* the bottom, as long as they're not actually *on* the bottom. The easiest way for them to make sure someone else is on the bottom is to make up a rumor that puts him or her there.
- **For attention:** When you know a secret that nobody knows, or are the first person in your group to hear a rumor, it can make you the center of attention. A rumor or piece of gossip is sometimes like money; telling it to people is like buying their attention, if only for a few minutes. You might even save up a really scandalous rumor, waiting for the right moment to blab so you get the maximum amount of attention for it.
- **For control or power:** Certain people always want to be in control and at the top of the ladder. Spreading rumors and gossip is one of the main ways people reduce another person's status, especially among girls. It's like one caveman beating up another caveman for control of the tribe-only it's done with cruel whispers and petty remarks instead of fists.
- **Out of jealousy or a need for revenge:** If you're jealous of someone's looks, popularity, or money, you might gossip about that person in order to hurt him or her. If you feel that someone's done something bad to you, or deserves to be hurt, making up a rumor might satisfy your sense of justice.
- **Out of boredom:** Did you know that in many studies, this was the #1 reason why young people say they spread rumors? Sometimes, a period where everyone is happy and getting along just seems kind of dull. Spreading juicy dish might shake things up a bit, or get two people to start a fight, and that would make life a little more exciting. All those tabloid newspapers and TV shows full of celebrity gossip are pure proof that rumors are a popular form of entertainment.



WHAT TO DO...

- Be proactive...

STOP
WALK
TALK



If you feel hurt by words or actions, or if you see someone being hurt by words or actions...



Ask them to:

Stop

Tell them to stop doing what they're doing and use your school's stop signal.



Then:

Walk

Walk away from problem behavior.



If the behavior doesn't stop:

Talk

Talk to an adult.



REPORTING BULLYING AT SCHOOL

- Talk to a trusted adult
- Talk to a friend
- Talk to a parent or family member



How to stop **CYBERBULLYING**



LOG OFF the site where the bullying is happening.



BLOCK EMAILS or messages. Don't respond to them.



SAVE THE MESSAGE or email and show an adult.



TELL SOMEONE you trust.



BYSTANDER

Bystander...

- A bystander is someone who sees or knows about bullying or other forms of violence that is happening to someone else and does nothing about it.
- Some bystanders take the side of the bully by laughing at the victim, encouraging the bully or by passing on text messages or messages on social media sites like Facebook and YouTube
- Some bystanders will give silent approval or encourage the bully by looking on
- Some bystanders may watch or know about the bullying but don't do anything. They may not know what to do or are scared. This group of bystanders knows that bullying is not ok.



UPSTANDER

BE A FRIEND:

- Don't laugh
- Don't encourage the bully in any way
- Don't participate
- Stay at a safe distance and help the target get away
- Don't become an "audience" for the bully
- Reach out in friendship

INTERRUPT:

- Distract the bully

SPEAK OUT:

- Say something... "Hey that's not nice."

TELL SOMEONE:

- Tell an adult

There is strength in numbers. Every school and every community has more caring kids than bullies.

<https://www.youtube.com/watch?v=-yl3nmon59w>



REFUSE TO BE A BYSTANDER BE AN UPSTANDER

Refuse to be a “bystander” and be a role model to others instead! If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Let them know that kind of behavior is not okay.

<https://www.youtube.com/watch?v=Oqz87-QlrWI>





STOP, WALK, TALK SPEAK UP!

<https://www.youtube.com/watch?v=Oqz87-QlrWI>



EMPATHY AND ACTS OF KINDNESS

<https://www.youtube.com/watch?v=B4CoWUGZyKI>

<https://www.youtube.com/watch?v=fFqIZP4Yb64>

