

STOP BULLYING





# Have You Been the Victim of a Bully?

We have all had someone hurt our feelings.

We have all felt sad or picked on.

We have all had times when we felt we were worth less than others.

But, this is not always bullying.

# What is Bullying?

- **Bullying is a widespread and serious problem that can happen anywhere.**
- **It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of.**
- **Bullying can cause serious and lasting harm.**



# What is Bullying?

Bullying often involves:



**Imbalance of Power:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves

**Intent to Cause Harm:** actions done by accident are not bullying; the person bullying has a goal to cause harm

**Repetition:** incidents of bullying happen to the same the person over and over by the same person or group of people

# Types of Bullying

Bullying can take many forms:

- Verbal: name-calling, teasing
- Social: spreading rumors, leaving people out on purpose, breaking up friendships
- Physical: hitting, punching, shoving
- Cyber: using the internet, mobile phones or other digital technologies to harm others



# Facts and Myths



**FACT:**  
People who bully have  
power over those  
they bully.

# Facts and Myths

**FACT: Spreading rumors  
is a form of bullying.**



# Facts and Myths



**MYTH: Only boys bully.**



# Facts and Myths

**MYTH: People who bully are insecure and have low self-esteem.**



# Facts and Myths



**MYTH: Bullying usually occurs when there are no other students around.**

# Facts and Myths

**MYTH: Bullying often resolves itself when you ignore it.**



# Facts and Myths



**MYTH: All children will  
outgrow bullying.**

# Facts and Myths

**MYTH: Reporting bullying will make the situation worse.**



# Facts and Myths



**MYTH: Teachers often intervene to stop bullying.**

# Facts and Myths

**MYTH: Nothing can be done at schools to reduce bullying.**



# Facts and Myths



**MYTH: Parents are usually aware that their children are bullying others.**



# Behaviors of a Bully



- Becomes violent with others
- Gets into physical or verbal fights with others
- Gets sent to the administrator's office often
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

# Bullying Affects OUR School

Bullying negatively affects the atmosphere of OUR school and disrupts the learning environment:

- Student achievement suffers
- Social dynamics in classroom change
- Adult-student relationships are damaged
- Parent confidence and trust in the school declines



# What Can YOU Do?



- **Don't join in or watch bullying.** Bullies love an audience. Walk away, and see if you can get others to leave, too. Of course, don't just abandon someone who is in real danger. Go get help.
- **Stop any rumors.** If someone tells you gossip, don't pass it on to others. You wouldn't want someone spreading rumors about you!
- **Stand up for the person.** If it feels safe, defend the person being bullied. Bullies often care a lot about being popular and powerful. If you make the bullying seem uncool, the bully may stop.
- **Tell an adult.** If you feel uncomfortable telling an adult, ask the adult to keep your comments private.
- **Encourage the bullied person to talk to an adult.** Offer to go with them.
- **Offer support.** Ask if the person is okay. Be friendly the next day. You can make a big difference just by showing you care.

No One likes to be bullied.



YOU CAN Make a Difference in OUR School!

What You DO and Who You ARE is Up to YOU!

