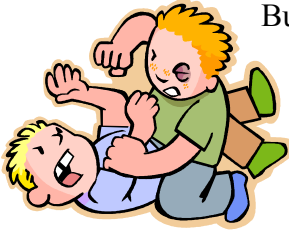


WHAT IS BULLYING?



Bullying is when one child, or a group of children, keeps hurting another child through words or actions. Bullying may involve fighting, shoving, kicking, name calling, playing dirty tricks, leaving out a child or spreading rumors.

How to recognize bullying...

It is a conflict between two or more children who are not friends and do not usually hang out together. The bully has more power and does not care about the victim's feelings. The victim is upset while the bully is calm and cool. The bully blames the victim.

How you can help stop bullying...

- Students can help others by speaking out and getting an adult to help. The goal of telling an adult should not be to get someone in trouble, but to help if someone is in danger physically or emotionally.
- Students should sue extra effort to include everyone.
- Strength is found in numbers. If a bully wants to be popular and most of the class say, "I don't like that" he /she will not achieve his or her goal.
- If you hear of someone who might commit a crime in school or on the buss or when someone is in danger...
REPORT IT! Report it to your parents, a teacher, a school counselor or another trusted adult. How many adults should you tell? As many as it takes to get help!



What to do if you are bullied...

- ❖ HELP - Seek help from peers or an adult.
- ❖ ASSERT YOURSELF - Look the bully in the eye and tell them to stop.
- ❖ HUMOR – Respond with a remark that makes the bully laugh.
- ❖ AVOID - Walk away, stay with others not alone.
- ❖ FOGGING – Use statements like “that’s interesting”.
- ❖ ATTITUDE - Respond in a way that lets them know you are comfortable with your self regardless of what they say.
- ❖ SELF-TALK - Put on a recording in your own mind that says nice things to yourself so the bully doesn't get to you.
- ❖ OWN IT – Own the put-down to throw the bully off.

