

Bullying

1. What is Bullying?

Bullying is when someone keeps doing or saying things to have power over another person. Some of the ways they bully other people are by:

- Bullying is the assertion of power through aggression
- Physical violence and attacks
- Verbal taunts, name-calling , and put-downs
- Threats and intimidation
- Extortion or stealing of money and possessions
- Exclusion from peer groups

2. Why do people bully?

There are a lot of reasons why some people bully.

They may see it as a way of being popular, or making themselves look tough and in charge. Also to hide inadequacy.

Some bullies do it to get attention or things, or to make other people afraid of them.

Others might be jealous of the person they are bullying. They may be bullied themselves. Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

3. Types of Bullying:

Physical Bullying

1. Making someone do things that they don't want to do.
2. Hiding, stealing or destroying things that belong to someone else.
3. Hitting, kicking or pushing.
4. Playing keep-away with someone else's hat, mitts, game, backpack or other personal belongings.
5. Threatening another person even if the threat is never carried out.

Verbal Bullying

1. Calling someone names.
2. Teasing or insulting someone.
3. Taunting.
4. Refusing to talk to someone.
5. Spreading lies or rumors about someone.
6. Telling someone not to play with others

Cyberbullying

Bullying occurs everyday and has for centuries. Today, there is a new form of bullying taking place. It is cyberbullying. It is something that happens when you are online. It can happen to anyone. Bullies are taking advantage of technology to bully kids online. Just as many kids are bullied on the internet as on the playground. If you are the victim of cyberbullying, don't stop using your computer. You have the right to enjoy the unlimited information online. If you are the victim of cyberbullying, TELL someone!!

What is Cyberbullying?

1. When someone accesses information from your computer and uses it to embarrass you.
2. When someone harasses you through e-mail, a messenger service or in a chat room.
3. When someone threatens you in some way.
4. Anything that makes you feels uncomfortable online.

Something that happens online to cause you emotional pain, to become depressed, to stop using your computer, or that causes you to become nervous.

What to do

- ✓ Tell a parent or an adult that you trust.
- ✓ Show a parent what you do online.
- ✓ Introduce your parents to your cyber friends.

- ✓ If you receive a threatening message while online, DO NOT delete it! Save it. Show it to an adult that you trust. Messages can be used as evidence. Save all threatening messages to a special folder.
- ✓ If the threats continue, call the police. They will know what to do.

Gang Bullying

Have you ever been bullied by a group of people or a gang? This is even more frightening than being bullied by one person. Being outnumbered is scary. You shouldn't have to be afraid to walk home from school or play in the park.

What is gang bullying?

1. When a group of people threatens to harm you.
2. When they won't let you pass.
3. When they hit, shove, push, or become physically threatening in any way.
4. When they demand money.
5. When they try to force you to do something against your will, or to do something you know is wrong.
6. When they lie or spread rumors about you.
7. When they destroy your personal belongings.

What to do

- ✓ Tell your parent or another adult that you trust.
- ✓ Tell your teacher or principal, even if the bullying occurs some place other than school.
- ✓ Have a friend or group of friends walk with you. This gives you witnesses to the bullying if it still occurs.
- ✓ If this doesn't work, ask a parent, grandparent or caregiver to walk with you.
- ✓ Call 911 and get the police involved.

4. Why Me?

Some young people are bullied for no particular reason, but sometimes it's because they are different in some way—perhaps it's the color of their skin, the way they talk, their size or their name. Sometimes young people are bullied because they look like they won't stand up for themselves.

Some people think bullying is just part of growing up and a way for people to learn to stick up for themselves. But bullying can make people feel lonely, unhappy and frightened. It makes them feel unsafe and think there must be something wrong with them. They lose confidence and may not want to go to school any more. It can even make them sick.

5. Communication Styles

- Contrasting Style Behaviors:

Factor	Passive	Aggressive	Assertive
Treatment of Rights	Gives up own	Usurps others'	Maintains own
Metaphor	Doormat	Steamroller	Pillar
Verbal Behavior	Qualifies, apologizes	Blames, accuses	Speaks mind openly, directly
Nonverbal Behavior	Averted gaze, soft voice, draws back	Stares, loud voice, invades space	Direct gaze, varied voice, balanced stance
Response	Flight	Fight	Engagement

6. Communication Blockers

Communication Blockers are statements that almost always keep good communication from taking place and can be counted on to make a bad situation worse.

Common Communication Blockers are:

Insulting

That is the ugliest shirt I've ever seen.

Blaming

It's all your fault

Name calling

Do you have to be such a total jerk?

Accusing

I know what you're doing. You're trying to steal my girlfriend.

Sarcasm

Sure-you had no idea I'd mind your taking it without asking.

Threatening

The next time you try that with me, you'll be sorry.

Globalizing

You're always putting me down. You never let me finish what I'm saying.

7. Suggestions on how to handle bullying.

Coping with bullying can be difficult, but remember you are not the problem, the bully is.

You have the right to feel safe and secure.

How to stop a bully?

- Be assertive
- Make eye contact
- Tell the bully to stop
- Have confidence in who you are
- Make good friends and stick together
- Talk to someone you can trust
- Ask for help

Remember, it's best to treat others the way you would like to be treated.