

## **Bullying**

Bullying happens when there is an imbalance of power. One person-the bully- is perceived as more powerful. The victim is perceived as being weaker, or different in some way.

Bullying happens repeatedly over a period of time.

Types of bullying:

- Physical
- Emotional
- Relational
- Cyber

**Physical bullying-** when someone is hit, kicked, hair pulled, shoved, books knocked out of their hands, belongings taken and/or destroyed.

**Emotional bullying-** someone is called names, and made fun of.

**Relational bullying-** someone is excluded on purpose, rumors are started about them, people talk behind their back

**Cyber bullying-** threatening, hurtful messages are sent through text messages, emails, facebook, snapchat, twitter, etc. Many times the victim does not know who sent the message.

## **WHAT CAN I DO IF I AM BEING BULLIED?**

1. The victim should tell 2 trusted adults-one at home and one at school.
2. The victim should talk to a friend so they don't feel so alone. Sometimes the friend might have some ideas on how to help the situation.
3. The victim should try to stick with a group of people as much as possible. The bully is less likely to pick on someone if others are around.

4. The victim should try to act as confident as possible, even though on the inside they might not feel that way. Don't look weak!
5. Stand up to the bully. Tell them to STOP!
6. Sometimes trying to talk to the bully and asking why they are bullying you can help. Maybe they are mad at you for something and by talking you can get it worked out. Most of the time though the bully just wants to feel powerful.
7. Ignoring the bully sometimes helps. Each situation is different. Sometimes if the bully doesn't get a reaction they will move on. Sometimes ignoring the bully makes them angry and it will make the situation worse. If you are being bullied you have to figure out if ignoring is the best strategy.
8. Sometimes using humor helps to defuse a situation. Be careful not to make fun of the bully when you do this as it will make the situation worse.
9. If you are cyber bullied, try to make copies of the threatening messages that you are sent so that when you go to the authorities you have proof.
10. Report the cyberbullying to the content provider. Some providers like facebook, google and youtube make it easy to report.
11. Block access from your cyberbully.
12. Call the police, especially if you feel that you could be in danger.

### **WHAT CAN I DO IF I SEE SOMEONE BEING BULLIED?**

### **WHAT KIND OF BYSTANDER AM I GOING TO BE?**

1. First of all, put yourself in the victims place. What would you want someone to do for you? You don't have to be a friend to help. You are being kind to another human being if you help the victim.
2. If you see someone being bullied, stand up for the victim, and tell the bully to stop, even if the bully is your friend.

3. Step in and ask the victim to join you in doing something.  
Get the victim out of the situation.
4. If you are scared to help the victim on your own ask some friends to join you. There is power in numbers.
5. Be sure you are not passing on messages from cyberbullies.
6. Most importantly tell 2 trusted adults-one at home and one at school- if you see someone getting bullied.

Please stop and think about how you treat people. No matter how mad you might be at someone, or how much you are trying to look cool in front of your friends, it is not ok to bully them.

**TREAT OTHERS AS YOU WISH TO BE TREATED!!!!**