

WHAT IS BULLYING?

Bullying happens when someone hurts or scares a person who is smaller, weaker or less powerful than them. A bully is someone who bothers the same person over and over again because they want to hurt him/her. A bully can be a boy or a girl.

Why Is Bullying Wrong?

If you are bullied, it can make you feel hurt, scared, lonely, embarrassed and sad.



Some of the things a bully might do to hurt you:

- Punch or shove you
- Spread bad rumors about you
- Keep you out of a "group"
- Get people to "gang up" on you



BULLYING

Stand Up to Bullying!

No one deserves to be bullied. You have the right to be treated fairly and to feel safe at school, at camp, at home, on the Internet, and anywhere else.

Whether you are being bullied, you are a bully or you know kids who are being bullied, this guide will help you learn how to put a stop to it!



Types of Bullying

There are many ways a bully can hurt you. He or she might steal your lunch money every day or send you mean e-mails. Learn to spot the ways that you might be bullied so that you can tell a parent, teacher or counselor when it's happening.

Physical Bullying:

Kicking, punching, pinching or pushing. Boys use this type of bullying more often than girls.

Verbal Bullying:

Some people might tease, name-call or threaten you to scare you or hurt your feelings. This is the most common type of bullying.

Elitist Bullying:

Bullies can make you feel bad by making sure you are left out of a group. This can make you feel very sad and alone.

Cyberbullying:

Cyberbullying takes place on the Internet or through text messaging on cell phones. A "cyberbully" might send you threatening e-mails or take pictures or videos of you and post them online. Girls usually use this type of bullying more than boys.

Hazing:

Hazing is done to people when they join a group, like a sports team. New members/rookies are usually forced to do something embarrassing or dangerous to get into the group. Or they might be yelled at, sworn at or insulted by other members.

School Bus Bullying:

Bullies pick on kids on the bus because there is very little supervision. This can make you afraid to ride the bus every day.

WHY DO KIDS BULLY?

Have you ever wondered why some kids are bullies and others are not?

People who bully others usually do it because they want to:

- Get attention
- Feel important
- Feel power
- Be in control
- Feel better about themselves by making others feel bad



No matter what the reason is, bullying is *never* the right thing to do.

What Would You Do?

You are eating your lunch in the cafeteria when Jennifer, the new girl in school, is tripped by the school troublemaker. She and her tray of food fly onto the floor, and spaghetti sauce is smeared on her clothes and in her hair. As soon as everyone hears the "crash" of Jennifer falling, they turn around to stare and laugh at her lying face-down on the floor.

Do you...?

- Join everyone in laughing at her.
- Help her stand up and offer to help her clean off.
- Throw your own plate of spaghetti on her.

ANSWER: B! When someone is being bullied, you should always lend a helping hand. Just think about how you would feel in the same situation, and how comforting it would be to have someone on your side.

Who's a Bully?

There's a difference between having a friend joke around with you in good fun and being teased or called names by someone every day.

Not sure if you're being bullied or are witnessing the acts of a bully? **Learn how to spot a bully!**

WHY KIDS
BULLY

Bullies might do some (or all) of these things:

- Hit or push other kids
- Do not obey the rules
- Think they're better than others



Why Are Bullies So Mean?

- Some bullies are mean because they come from families where everyone is angry all the time. The bully might think that hitting people and name-calling is the normal way to act.
- Some bullies just want attention. They think that being mean to people will make them popular.
- Some bullies pick on other people because it makes them feel big and powerful.

BEING BULLIED

Being hurt or teased by a bully is a hard thing to go through. You might be afraid to go to school every day or to walk in the hallways by yourself. But you can turn things around! There are things you can do to stop a bully from taking over your life.

Why Is a Bully Picking on Me?

You might understand why a bully bullies (Flip to "Why Kids Bully"), but understanding why you're being picked on is a little harder.

Bullies pick on people they think they can control easily, like kids who have trouble sticking up for themselves. Sometimes bullies pick on kids who are smarter than they are or who are "different" in some way. Other times, bullies pick on people for no reason at all.

If You're Being Bullied...

- Remember that it's not your fault - *no one* deserves to be bullied!
- Tell an adult you trust. If they don't help you the first time, keep telling them until they do, or tell another adult.

Telling is not tattling.

- Hang out with friends you know will support you when you're being bullied.

How to Deal with Bullies

- Don't get physical! This will only make the problem worse. Stay calm and walk away when you are being bothered.
- Don't show anger or fear. Bullies love it when they know they are upsetting you!
- Calmly tell them to stop, and walk away.
- Try to be funny when a bully is bothering you. For example, if someone makes fun of your shirt, laugh and say, "Yeah, I think it looks silly too!"
- Stay away from places or situations where a bully might find you. You might want to:
 - Make sure you aren't alone in the bathroom.
 - Sit with friends at lunch.

BEING
BULLIED

What Would You Do?

You're scared to ride the bus to and from school because an older, bigger kid who sits in the back always throws garbage at your head or tries to steal your baseball cap.

Do you...?

- a) Throw garbage back at him.
- b) Stop wearing your baseball cap on the bus.
- c) Sit near the bus driver.

Answer: c The school bus bully only bothers you because there is no adult supervision in the back of the bus. Sit near the driver, and the bully will probably never bother you again. Also, tell an adult what's going on, so he/she doesn't bully anyone else.

BUILDING SELF-ESTEEM

A way to get bullies off your back is to build your self-esteem. Sometimes, bullies pick on kids who can't defend themselves. If you show that you have confidence and that you can stand up for yourself, you'll be able to handle yourself if a bully does make you a target.

What's Self-Esteem?



It's how you see yourself and how you feel about yourself. Most teenaged boys and girls don't have very good self-esteem. They don't think they're smart enough, funny enough, popular enough or attractive enough. Many teens become confident only after they feel like they have been accepted by their friends.

How Can I Boost My Self-Esteem?

Having positive self-esteem is so important. It gives you power over your own decisions and actions, and it lets troublemakers know that they can't mess with you and get away with it!

Here are some tips to building your confidence:

- Think positively about yourself and the things you can do. When you start to put yourself down, **STOP THAT THOUGHT!**
- Be bold and put yourself out there. Do something hard, like speaking up in class or trying out for the school play. Being the center of attention will eventually get easier.
- Stand tall! This improves how you look to others, and helps you feel more secure about yourself.
- Maintain eye contact when talking to people. This lets people know that you are approachable and confident.

SELF-ESTEEM

TELLING AN ADULT

TELLING

If you're being bullied, tell an adult about it! If a grown-up knows about it, they may be able to make that bully stop bothering you.



Who Can I Tell?

The most important thing is that you tell an adult you trust.

This person can be:

- Your teacher
- Your mom or dad
- Your principal or vice-principal
- A lunchroom supervisor
- An aunt, uncle or grandparent
- Your counselor



TELLING AN ADULT

What Should I Tell Them?

When asking an adult for help, you should tell them:

- What happened**
"Tony took my lunch money."
- When it happened**
"This morning on the way to school."
- How often it happens**
"Every morning."
- Who was involved**
"His friend George was there too."
- Who else saw it happen**
"Nobody. We were alone."
- What you did**
"I gave him my money and ran away."

TIP

Keep a bully journal so that you can tell an adult the details of everything that happened.

Isn't This Tattletaling?

When kids tattletale on each other they are usually just trying to get someone into trouble. But when you **report** to a grown-up that you are being bullied or that you have seen someone being bullied, you are trying to make your world a safer place. You should **never** be afraid to tell an adult about a bullying problem.



What Would You Do?

Every day after school, Joey - the tallest and meanest kid in school - waits for you on the same corner. He calls you names as you walk by, and sometimes he even trips you or opens your backpack and dumps your books on the ground. Joey makes you so mad that sometimes you just want to punch him right in the nose!

Do you...?

- a) Get a bunch of your friends together after school and beat up Joey on the street corner.
- b) Just ignore him - he'll get bored and stop.
- c) Tell an adult about your problem, and take a different street home.

TELLING

Answer: c) Whenever you're being bullied, you must tell an adult. They can usually put an end to the bullying by dealing with the bully, speaking to the bully's parents, or helping you find a way to avoid him or her.

BEING A BULLY

DO YOU BULLY?

Did you know that being a bully can cause serious problems? Tweens and teens who bully are more likely to drop out of school, have bad grades, use drugs and shoplift. Bullies are more likely to get in trouble, especially when they are caught bullying others.

Do you want to always get in trouble, have bad grades and hurt other people?

Probably not!

If you're still not convinced that bullying is bad, keep reading to learn more interesting facts.

- Many bullies grow up to be violent adults.
- Many bullies do other bad things like take drugs, drink alcohol and smoke.
- Many bullies get into fights and they steal.

BEING A BULLY

What Happens to Bullies?

It's very simple - bullies get into trouble **all the time**.

And if they keep acting mean and hurting people, sooner or later they might not have any friends left. The friends they do keep are usually mean kids just like them.

Some bullies even realize that bugging other kids isn't making them as popular as they thought it would. They see that most of the other kids think they are trouble making losers.

The good news is that bullies can change if they want to by using the power they have over others in a good way, like running for student body president or sticking up for other kids who are getting teased.

DO YOU BULLY?

Many young people may not realize that what they're doing is bullying. Ask yourself if you have ever hurt someone on purpose because they were younger, weaker, different or less confident than you.

Are you a bully? Take this quiz to find out.

Pick the correct answer for each question.

- 1 Do you make mean faces or bad hand signs to others?
 Yes No
- 2 Do you spread rumors or say mean things about others behind their back?
 Yes No
- 3 Do you make fun of or tease other kids often?
 Yes No
- 4 Do you whisper secrets to a friend in front of another person and then not share the secret with him or her on purpose?
 Yes No
- 5 Have you purposely not invited someone to hang out with you and your friends?
 Yes No

DO YOU BULLY?



DO YOU BULLY?

BEING A
BULLY

6 Are you part of a group that tells you who you can be friends with?

Yes No

7 Do you make fun of others because they are "different" from you or your friends? (For example, they wear glasses or different clothes.)

Yes No

8 Have you hazed another member of your sports team?

Yes No

9 Have you ever threatened to hurt someone?

Yes No

10 Have you ever punched, shoved or hit another boy or girl?

Yes No



Answers

If you answered "Yes" to **any** of these questions:

You have been a bully! You have hurt someone's feelings or hurt them physically. Being mean and hurting others is not cool, and you should stop treating people like this right away!

PEER PRESSURE

Sometimes kids become bullies because they are pressured to do it by their friends. They feel if they don't tease or hurt people like their friends do, they won't be liked or accepted anymore. This is called "peer pressure."

What Is Peer Pressure?

A **peer** is someone in your own age group.

Pressure is the feeling that you are being pushed toward making a certain choice - good or bad.



Peer pressure is - you guessed it! - the feeling that someone your own age is pushing you toward making a certain choice, good or bad.

Everyone gives in to pressure at one time or another, but why do people sometimes do things they really don't want to do?

Here are a few reasons:

They...

- Are afraid of being rejected by others
- Want to be liked and don't want to lose a friend
- Want to appear grown-up
- Don't want to be made fun of
- Aren't sure of what they really want
- Don't know how to get out of a situation

PEER PRESSURE

How Peer Pressure Works

Have your friends ever said these things to you?

"You're such a baby!"

"Who needs you as a friend, anyway?"

These are a few of the tricks that your friends might use to convince you to do something. And these tricks usually work because it's hard to stand up for yourself when you think you might lose your friends.

PEER PRESSURE

PEER PRESSURE

How to Resist Peer Pressure

If someone is pressuring you to do anything that's not right or good for you, you have the right to resist. You have the right to say no, the right not to give a reason why, and the right to just walk away from a situation.

Sometimes resisting isn't easy, but you can do it with practice and a little know-how. Keep trying, even if you don't get it right at first.

Here's how to say no and let them know you mean it:

- Stand up straight
- Make eye contact
- Say how you feel
- Don't make excuses
- Stick up for yourself



What Would You Do?

You're friends with Marie, the most popular girl at camp. Marie is mean and makes fun of other people who aren't in your group. She really likes to make fun of Lisa because she has freckles and wears clothes that Marie doesn't like.

Every time she sees Lisa, she shouts, "Hey Freckle Face - where'd you get your outfit? The dumpster?!" Your group of friends starts laughing as Lisa hangs her head and walks away. You secretly feel bad for Lisa every time this happens.

Do you...?

- a) Confront Marie; tell her to cut it out and stop embarrassing Lisa.
- b) Laugh along with Marie so she doesn't pick on you.
- c) Ignore the situation - Marie will get bored and move on to someone else eventually.

Answer: All if you feel your friend is treating someone badly, tell them! Who cares if they don't like you anymore? You don't want a mean friend like that anyway!
It's important to stick up for people who are being picked on, so you can break the cycle of bullying. If you just ignore it, the bully will never stop, and move from victim to victim!

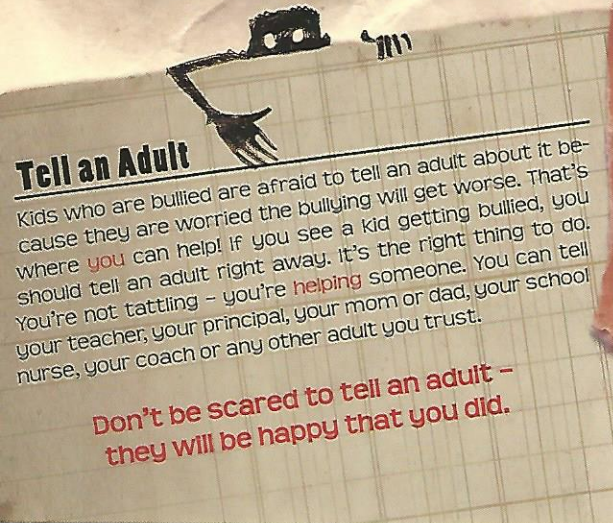
WHAT WOULD YOU DO?

WITNESSING BULLYING

Seeing another kid get bullied can be scary because you might be nervous that you'll be next. Many times, people who witness bullying run away before the bully notices they're around.

But it's important to remember that to **stop bullying**, we all need to lend a hand. If you don't do anything about the problem, you're making it worse because you're letting it continue. If every kid who witnessed bullying tried to do something about it (like tell an adult), there would be fewer bullies.

When you see a kid being bullied, think about how you would feel if that were you being punched or teased - you'd want someone to help, wouldn't you? Here are some things you can do the next time you see someone getting bullied.



Tell an Adult

Kids who are bullied are afraid to tell an adult about it because they are worried the bullying will get worse. That's where **you** can help! If you see a kid getting bullied, you should tell an adult right away. It's the right thing to do. You're not tattling - you're **helping** someone. You can tell your teacher, your principal, your mom or dad, your school nurse, your coach or any other adult you trust.

Don't be scared to tell an adult - they will be happy that you did.

WITNESSING

WITNESS-
ING
BULLYING

Be Friends with the Person Being Bullied

Sometimes, the best thing you can do is be a friend to someone who is being bullied. They must feel lonely and afraid most of the time, so if they have someone like you to spend time with, it could make them feel better.

You can invite them to sit with you at lunch or on the bus, walk home with them after school, or even spend some time together on the weekends. Your friendship will be a great comfort to them, and might even give them the confidence they need to stand up to their bully or tell an adult about their problem.

WITNESSING

Stand Up to the Bully

You don't have to stand up to the bully if you're afraid. This doesn't make you weak; it's just hard and scary to stand up to someone who is bigger, stronger and meaner than you. Also, it may not always be wise to confront a bully because some of them might carry weapons.

But if you feel safe doing this, tell a bully that what he or she is doing is wrong.

You could say something like:

"Mark, stop that. No one thinks it's funny."

If a bully realizes that what he or she is doing isn't making them popular, they are more likely to stop doing it.

CYBERBULLYING

CYBERBULLYING

Cyberbullying is hurting someone else through the use of cell phones or the Internet. So, instead of whispering a rumor to a friend, a bully might e-mail that rumor or post it on the Internet for everyone to see! This is even more embarrassing than spreading a rumor by word of mouth because the Internet reaches more people.

Cyberbullies harass, humiliate and tease others through:

- Blogs
- Instant messaging / "IM-ing"
- E-mail
- Chat rooms
- Text messaging / "texting"



Protect Yourself from Cyberbullies

- Never give out personal information online.
- Don't tell **anyone** your e-mail or IM passwords.
- If someone sends a mean message, don't respond. Save it and show it to an adult you trust.



OTHER TYPES OF BULLYING

HAZING

Hazing is any activity that you're forced to do that humiliates you or causes you emotional or physical harm. People are hazed when they are joining a new group, like a sports team.

Many people think of hazing as harmless, but hazing is harmful, both physically and emotionally. A victim of hazing can be affected forever by what happened to them.

Hazing is actually illegal in 44 of the 50 states. States without anti-hazing laws are Alaska, Hawaii, Montana, New Mexico, South Dakota and Wyoming.

Common types of hazing include:

- Being yelled at, sworn at and insulted by group members
- Being forced to wear embarrassing or humiliating clothing in public
- Being forced to eat gross things or having gross things smeared on your skin
- Getting physical beatings
- Being forced to take part in binge drinking and drinking games



HAZING

Protect Yourself from Hazing

Stand up for yourself! Refuse to do anything humiliating and tell an adult right away! You or someone else can get hurt by these hazing activities if they are not stopped.



What Would You Do?

Someone shot a video of you accidentally falling down the stairs at school, and they posted it on the Internet so everyone at school could see it!

This makes you feel embarrassed and you fake being sick every morning so you don't have to go to school and deal with all the pointing and laughing everyone does. You wish you could make that video disappear!

Do you...?

- a) Get revenge on the kids who shot the video.
- b) Tell an adult, and have them help you remove the video.
- c) Start bullying everyone who laughs at you.



Answer: If you might be tempted to get revenge on people, but the only way the problem will go away is if you get an adult you trust involved in the situation. Tell them what's going on and how it makes you feel. They can talk to the bullies or the bullies' parents, or they can help you find another way to solve your problem and keep you safe from harm or humiliation.

OTHER BULLYING HELP

If you're being bullied, know someone who is being bullied or are a bully yourself, some of these websites might be able to help you.

KidsHealth.org
www.kidshealth.org

GirlsHealth.gov
www.girlshealth.gov/bullying/

Stop Bullying Now!
www.stopbullyingnow.hrsa.gov

BAM! Body & Mind
www.bam.gov/sub_yourlife/

Stop Cyberbullying
www.stopcyberbullying.org

TeenAngels
www.teenangels.org

The Cool Spot
www.thecoolspot.gov

HELP



ANTI-BULLYING PLEDGE

PLEDGE

My name is _____, and I want to make my world a safer place by putting an end to bullying. I promise to:

- Treat everyone with respect, no matter how they look, how they talk or what they wear.
- Report all bullying I see or experience to an adult I trust.
- Support other students who are being bullied.
- Defend other students who are being bullied whenever I can.
- Be a good role model for younger students and support them if they are being bullied.

I know that if I don't do my part to stand up against bullying, then I am just as guilty as the bully.

Signed by: _____

Date: _____

HELP
PLEDGE