

What is Bullying?



[Click here for video.](#)

Definition: Bullying- When a stronger, more powerful person hurts or frightens a smaller or weaker person on purpose and repeatedly

**There are four types of bullying we should be aware of.
Physical, Verbal, Emotional and Cyber Bullying**

Physical Bullying: What does it look or sound like?

Pushing
Shoving
Spitting
Kicking
Stealing



Verbal Bullying: What does it look or sound like?

Threatening
Mocking
Name-Calling
Taunting
Teasing



Emotional Bullying: What does it look or sound like?

Giving Dirty Looks

Excluding People

Spreading Rumors

Ignoring

Embarrassing someone



Emotional Bullying: Cliques

- A clique (KLIK) is a group of kids/friends who hang out together. (Not all groups of friends are cliques.)
- The thing that makes a group a **clique** is that they leave some kids out on purpose and won't let others join in.

Emotional Bullying: Cliques

- Sometimes kids in the clique are mean to kids they think are on the outside.
- Usually one or two popular kids control who gets to be in the clique and who gets left out.
- Kids may act much differently than they did before they were part of the clique. It can be really confusing.

Emotional Bullying: Cliques

- Both boys and girls have cliques, although girl cliques may be more common. Girl cliques are often meaner and more hurtful in the way they treat girls who aren't in the group.
- <https://www.youtube.com/watch?v=F3rqtxSCV-E>

Cyber Bullying: What does it look or sound like?

Sending Inappropriate

- *Emails**
- *Pictures**
- *Texts**
- *Social network posts**

Prank Calling with “Mean” Intentions

Writing Inappropriate Blogs



Cyber Bullying

When a student is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child/student using the internet, mobile phones or other interactive digital technologies.

Cyber bullying is not usually a “one time” communication.

It may arise to the level of a misdemeanor charge or charge of juvenile delinquency.

Cyber Bullying

Why do kids cyber-bully each other?

- Motivated by anger, revenge, or frustration
- Entertainment
- Boredom
- Accident
- Laughs
- Defending themselves
- Showing off

Cyber Bullying

Have you ever..... ?

- Signed on with someone else's name
- Sent an email from someone's account?
- Impersonated someone?
- Teased or frightened someone
- Posted pictures or information without permission
- Sent rude or offensive things/comments
- Used bad language
- Shared rumors or lies about someone

Stop Cyber Bullying

It's so easy to mis-communicate.

- Typing mistakes – predictive text
- Cannot read others' body language
- Confusion about meaning/context of text
- No personal support

This results in hurt feelings, anger, frustration, confusion, feeling threatened...

Stop Cyber Bullying

STOP. Take 5 Before you hit “send.”

- Don't send a text when you are angry.
- Calm down, walk away. Re-read your text.
- Make sure you are sending to the correct person
- Spell check. Look for errors in text/words
- Don't attack or insult others online.
- Do not use mean or hurtful words.
- No threats.
- Don't use capital letters (shouting)
- Don't forward others' emails/texts without permission
- Don't send anything you would not post on your living room or classroom wall

Tell an adult. THIS IS IMPORTANT!!!!

Teachers

School Counselor

School Nurse

Principal

Bus Driver

Coach or

Any other adult you trust.

SPEAK UP!



What is a “bully?”

- **They’re desperately unhappy.** Sometimes unhappy people take out their frustrations on other people. An unhappy person can be mean because they are miserable and want others to feel the same way.
- **They’re insecure.** Bullies most often have feelings of insecurity and low self-esteem. Bullies pick on others because it takes the focus off of themselves and what they believe are their weaknesses.

What is a “bully?”

- **They’re trying to impress the cool kids.** They want to be cool! When bullies bully, others laugh or follow along. And bullying can lead to popularity. It has to do with hierarchy, and ultimately goes back to insecurity.
- **They’re envious of their victims.** There’s something a victim has that a bully wants! Maybe the victim is prettier in the bully’s eyes, or smarter, or maybe the bully’s crush likes the victim. Or maybe the victim is confident or secure in her own skin—something the bully wishes he/she could be—and so the bully is jealous of that and wants to destroy that confidence.

What is a “bully?”

- **They're not strong.** Think about it: Most bullies surround themselves with others. Strength is in numbers. If those people desert the bully, the bully will lose his/her strength.
- **They want attention.** Maybe the bully is not getting attention at home. Maybe a parent is neglecting them. Maybe they can't make friends the regular way. So a bully resorts to picking on others to get attention.

What is a “bully?”

- **They don't want to be bullied.** Bullies do not want to be bullied. Often, they become the bully so that they won't be bullied. The big fear of a bully is meeting their match. What if the person the bully picks on, fights back or makes the bully look bad? This is why the bully often has an entourage—for support.
- **They are being bullied.** Many bullies are actually being bullied somewhere else in their world. It could be their parents, siblings or other people they interact with on a regular basis.

What is a “bully?”

- **They're afraid.** Bullies are afraid of a lot of things. They're afraid of being deserted by their peers. They're afraid that people will learn that they're not as strong as they act. They're afraid that you'll find out all of the above!

The Bystander

Person who is present at the event watching the situation.



What stops the bystander from helping?

The “NOTs?”

- It's NOT my job
- It's NOT my fight
- It's NOT worth the risk
- She is NOT my friend
- It's NOT my problem
- It's NOT



Lets untie the knots!

The Bystander

The bystander **MUST TAKE ACTION!!!!**

- If you feel safe, confront the bully
- If you do not feel safe, go and get help
- If there are other bystanders, join together to stop the bullying

If you do nothing, you are helping the bully!

Power of the “group”

Although one person may not be able to stand up to a bully... one large group can stop a bully!

“Strength in Numbers”

Football team protects bullied girl

- <https://www.youtube.com/watch?v=6D1OZWpfdVU>

Classmates join together in support

- https://www.youtube.com/watch?feature=player_embedded&v=DNvOcK6Uslc

Stop Bullying

What can you do to stop bullying?

First, decipher whether or not it is actually bullying. Sometimes people are just “rude.”

Don't exaggerate a situation.

Stop Bullying!

Rude:

- Burping in someone's face, jumping ahead in line, bragging, hurrying and accidentally bumping into someone. These behaviors could appear to be bullying, but are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners, but are not meant to actually hurt someone.

Stop Bullying

Mean:

- Purposefully saying or doing something mean to hurt someone.
- The main difference between mean/bullying or rude is “intention.” Criticizing someone’s clothing, appearance, intelligence, the way they talk, etc.
- Mean words and behaviors can deeply hurt others.

Stop Bullying

- **Take action yourself.** If you feel safe in doing so, appropriately let the person who is bullying know that he/she must stop their behavior.
- **DO NOT EVER stand by and do nothing.** This gives the message that you are on the bully's side
- **Go and get help.** Tell an adult.
- **Support the person being bullied.** (Talk to them, include them in your activity, let them know you are on their side.)

Stop Bullying

- Watch for bullying incidents (in school and outside of school). Think of your classmates as your family and watch out for them. If any of your classmates are in trouble, go to their rescue. A group is much more powerful than one single “bully.”
- Let people know that you do not support bullying behavior.

Stop Bullying

What will our “school” do to stop bullying?

- The school **WILL NOT** allow bullying!
- Educate students
- Consequences will be given
- School will work with law enforcement
- Adult bullying is called harassment and is against the law

Stop Bullying

- **Safe and Supportive Minnesota Schools Act:**

In April 2014, the MN Legislature passed this ACT to strengthen ^{Stop Bullying} bullying prevention and intervention efforts in Minnesota

- Bullying policy/rules must be made in each school
- They defined bullying
- Regulation how to report and handle bullying incidents

After the bullying incident...

How do you work through the hurt feelings and become friends again?

- The bully should think about ways they may have hurt or affected the other person's life, friendships, self-esteem, etc.

After the bullying incident....

The bully should ask himself:

- What did I do or say to that person?
- How could my behavior have affected that person? How did I make them feel?
- How have I felt in the past?
- Would I have done this if a teacher was watching me?
- If asked by their parent what/why I did this, what would I say to them?
- What can I do to make it up to him/her?

After the bullying incident....

People involved in the bullying should make amends (make it up to the other person).

- Write an apology letter
- Apologize directly to the person or in front of the entire class
- Write a report on bullying and present it to the class
- Stay inside for one week during recess and clean the classroom
- Complete bullying worksheet
- Other ideas?

What about the victim?

- Support the victim
- We have all been victims to bullying before
- Help the person who has been bullied to understand that they are not alone!
- The victim is encouraged to talk about the situation with the school counselor, teacher, principal, social worker, etc., to move past it.
 - Individually
 - With the bully

Stop Bullying!!!!



STOP BULLYING

Bullying can be stoped dont let it ruin your life