

# **Bullying**

What is it?

What can you do about it?

# You Tube Video Links

- ***Sticks & Stones***

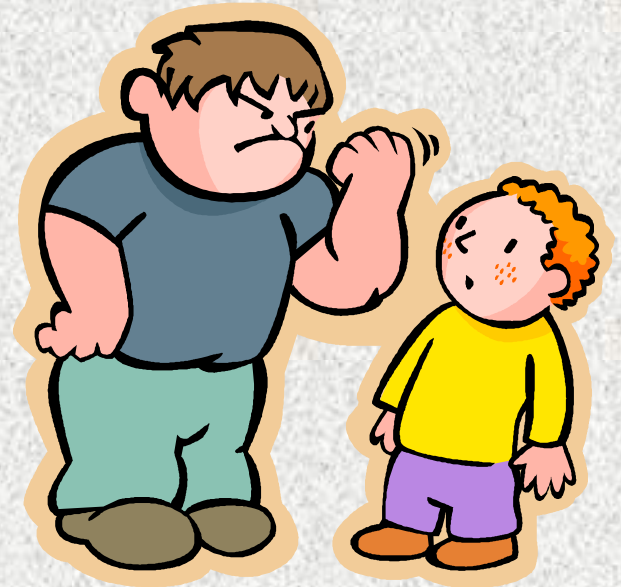
<http://www.youtube.com/watch?v=pt6vuJj6ySs&feature=related>

- ***Words Hurt***

<http://www.youtube.com/watch?v=1j6YA03hm4k&feature=related>

# What is bullying?

- "Bullying" (per IC 20-33-8-.2) means overt, unwanted, repeated acts or gestures, including verbal or written communications or images transmitted in any manner (including digitally or electronically), physical acts committed, aggression, or any other behaviors, that are committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other targeted student and create for the targeted student an objectively hostile school environment that:



# Bullying Definition Continued

- places the targeted student in reasonable fear of harm to the targeted student's person or property;
- has a substantially detrimental effect on the targeted student's physical or mental health;
- has the effect of substantially interfering with the targeted student's academic performance; or
- has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school.

# Bullying Definition Continued

- Bullying fosters a climate of fear and disrespect that can seriously impair the physical and psychological health of its victims and create conditions that negatively affect learning. Bullying includes unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. The imbalance of power involves the use of physical strength, or popularity to access embarrassing information to control or harm others.

# Teasing vs Bullying

- Teasing
  - Everyone is involved and getting an equal share of the teasing (not ganging up on one person)
  - Not making fun of someone's disabilities, ethnicity, faith, or other characteristics that are out of the person's control
  - Not meant to harm, if asked to stop they would
  - Done by friends (no imbalance of power)

# Who Bullies and why?

- You can't tell who is a bully by what they look like.
  - Can be big/small, rich/poor, popular/unpopular
- Reasons kids bully
  - Low self-esteem
  - Makes them feel “safe” if they bully others
  - Increase popularity
  - Copy behaviors they see from others
  - They have been bullied themselves
  - Jealousy
  - To feel better about themselves

# Effects on Victims of bullies.....

- The effects can last a long time. Sometimes victim believes what bully says about them.
  - Unwilling to attend school
  - Afraid of being alone in hall / bathroom
  - Give up studying/ paying attention in class
  - Nightmares, crying, outbursts, & eating disorders
  - Stress related head and body aches
  - Reluctant to speak out
  - Bruises



# Effects of bullying on bullies....

- Frequent fighting
- Stealing or damaging property
- Smoking &/or drinking
- Truancy &/or dropping out of school
- Bad grades
- Office referrals, ISS, OSS, Expulsion

# Types of Bullying

- **Physical**
- **Verbal**
- **Social / Relational**
- **Electronic / Written Communication**



# Physical Bullying

- involves hurting a person's body or possessions. It includes hitting/ kicking/ punching, spitting, tripping or pushing, taking or breaking someone's things, and making mean or rude hand gestures.

# Verbal Bullying

- involves saying mean things. It can include teasing, name-calling, inappropriate sexual comments, taunting, or threatening to cause harm.

# Social / Relational Bullying

- involves hurting someone's reputation or relationships. Social bullying involves telling other children not to be friends with someone, leaving someone out on purpose, spreading rumors about someone, or embarrassing someone in public.

# Electronic/Written Communication

- involves cyber-bullying, collective or group note writing, any bullying undertaken through the use of electronic devices (computer, cell phones).



# Cyberbullying



- Definition
  - When technology is used to bully others
  - It is ILLEGAL (against the law)
- Methods:
  - e-mail
  - instant messaging (im)
  - text
  - social networking sites (Facebook, etc)
  - web pages
  - blogs
  - chat rooms

# Cyber Bullying~ What can you do?

- Don't respond online
- Block the Bully
- Change your accounts
- Record the attack
- Talk to a trusted adult
- Report it to your service provider
- Report it to a school representative (teacher, principal, counselor)
- Unplug & go offline



# Cyber Bullying Facts

- Sometimes called “Social Terrorism by Technology”
- 89% of middle school students report being cyber bullied
- Girls are more likely to be bullied online than boys

# Three Main People Involved...



- **“TARGET”** –Someone who is the focus of mistreatment
- **“PERPETRATOR”** – Someone who says or does something against another person
- **“BYSTANDER”** - Someone who sees something happening and does not say or do anything

# Sometimes involved...

- **“Upstander”** –Someone who speaks out on behalf on someone else.



# How You Can Help Someone Who Is Bullied...

- Peers are present 85% of the time when name-calling and bullying occur!
- **Assess the potential safety risks if you take action right away** – Get help if you don't feel safe. Always consider the impact on the targeted person-embarrassment or safety



# How You Can Help Someone Who Is Bullied...

- **Stop the Behavior Immediately**
- **Assess the needs of the person being targeted** – determine their feelings and ask what you can do to help – **be an “Upstander”**



# How You Can Help Someone Who Is Bullied...

- **Ask Questions that Cause Perpetrators to Consider their Actions –**  
“I don’t understand why you said that.”  
“That was really mean. Why did you say that?”
- **Communicate the impact of the behavior on you by Sharing Your Feelings –**  
“I’d appreciate it if you didn’t say that word because I think it is offensive.”

# How You Can Help Someone Who Is Bullied...

- Maybe you are not ready to step in and stand up for someone else.....
- **There are still things you can do!!**

# From Being a Bystander to “Upstander”

- **Be a friend.** Commit to providing support to the targeted person after the incident.
- **Don't laugh** at the jokes and comments being made by the person doing the bullying.
- **Don't join in.** Walk away. If possible, take the targeted person with you.
- **Distract the Bully.**
- **Report any Bullying you see.**



# How Should Victims Deal With A Bully?

- Ignore them!
  - Pretend you didn't hear them
  - Don't show them that you are upset.
- Tell them to stop
- Stick together with your friends.
- **Tell a trusted adult!**



# S.T.A.N.D.

- **S**how good character every day.
- **T**reat others the way I want to be treated.
- **A**lways report bullying to an adult.
- **N**ever bully others or stand by and watch bullying.
- **D**o my best to help anyone who is bullied.