



bully¹ verb use superior strength or influence to intimidate (someone), typically to force him or her to do what one wants.

"A 2nd grade student was **bullied into** giving away his snack."

In other words:

persecute, oppress, tyrannize, browbeat, harass, torment, intimidate, strong-arm, dominate

Bullying: Unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Tease:

To laugh at and criticize (someone) in a way that is either friendly and playful or cruel and unkind. When teasing is done repetitively to harm another person it can become Bullying.

Resources: www.StopBullying.gov

<http://meadowbrookschoolcounseling.weebly.com/teasingbullying.html>



is it BULLYING?

When someone says or does something unintentionally hurtful and they do it once, that's

RUDE.

When someone says or does something intentionally hurtful and they do it once, that's

MEAN.

When someone says or does something intentionally hurtful and they keep doing it – even when you tell them to stop or show them that you're upset – that's

BULLYING!

IS IT BULLYING? WHAT IS IT?



TEASING

- ★ Everyone is having fun
- ★ No one is getting hurt
- ★ Everyone is participating equally

CONFLICT

- ★ No one is having fun
- ★ There is a possible solution to the disagreement
- ★ Equal balance of power















MEAN MOMENT

- ★ Someone is being hurt on purpose
- ★ Reaction to a strong feeling or emotion
- ★ An isolated event (does not happen regularly)

BULLYING

- ★ Attacked physically, socially, and/or emotionally
- ★ Unequal balance of power
- ★ Happens more than once over a period of time
- ★ Someone is being hurt on purpose



| BOTHERING <i>Unexpected</i>  | BEING A FRIEND <i>Expected</i>  |
|---|--|
| Touching  | Waving  |
| Name Calling  | Using Nice Words  |
| Unexpected Noises  | Thumbs Up  |
| Mean Voice  | Friendly Voice  |
| Mad Face  | Smiling Face  |
| Space Invader  | Personal Space  |

CONFLICT VS. TEASING VS. BULLYING VS. NEGATIVE BEHAVIOR

A lot of times kids and adults use the word bullying when the situation is actually conflict between two people or one person is displaying negative behavior by being rude or hurtful to another. Not every situation in which someone is rude or hurtful is bullying; it must fit the whole definition.

Conflict is normal and can be handled ourselves. It can range from a simple disagreement to an intense problem between two people, but it isn't always a bad or negative thing. It should be expected in any relationship and can be resolved quickly when both people are ready to commit to taking steps to fix the relationship.

Teasing is when someone:

- ★ Laughs at and criticizes in a way that is either
- ★ Playful and friendly or
- ★ Cruel and unkind...but either way it may bother or annoy the person being teased.

When someone is teasing us:

- ★ It is **our job** to tell them to "stop!" if we do not like it.
- ★ It is **their job** to stop immediately.

There are many stories of friends who like to tease each other. Through their words and body language, it is clear that this is a mutual and fun way of relating to a good friend. However, too often a friend who is teased only acts as if it were funny. Inside the friend is very hurt. If we care about a person and are unsure if our teasing is fun or funny to them, we should always ask them if he/she is okay with what we are saying. Offer to stop if it bothers them!

Negative teasing does not start as bullying but can turn into bullying if it fits the entire definition of bullying below and it doesn't stop once the target identifies that they are uncomfortable with the teasing and has asked for the person to stop.

Bullying is when someone

- ★ **REPEATEDLY** uses their
- ★ **POWER** to
- ★ **HURT** someone's body or feelings.

Bullying is never okay and typically needs adult intervention.

Negative Behavior is often not the same thing as conflict, teasing, or bullying. Nearly everyone knows someone who just seems terribly unhappy, rude, and short with others. They are unpleasant to be around and their behavior may make others feel uncomfortable, offended, or upset. However, this behavior is often not targeted or purposeful and may include things like bragging, lying, blaming, sarcasm, a sharp tone of voice, or socially awkward topics of conversation. The person may not even realize their effect on others. While this does not excuse this behavior, learning how to deal with people like this is a vital skill for everyone. These types of people do not go away when we leave school and we often have to deal with them at our jobs and social events as adults. We can control (ourselves) and practice strategies to minimize, avoid, or improve our interactions with these people. The biggest thing we have to remember is that we should not take it personally!

IF YOU FEEL YOU ARE BEING BULLIED...

You MUST tell a safe adult. You can tell someone at home, school, or in the community. If you tell someone and the bullying does not stop, you must tell again! You can tell the same adult every time that it happens or you can tell someone else. If you stop telling, most adults think the problem has been solved. YOU DO NOT DESERVE TO BE BULLIED AND YOU DO NOT HAVE TO DEAL WITH IT OR HANDLE IT YOURSELF!!! Keep telling until the behavior stops!

Some bullies say that they will make it worse if you tell. They are saying this to try to keep the power. When you tell an adult who has the power to stop the bullying, you are taking power away from the bully. Since the only way to stop a bully is to take away their power, you must tell! It is scary, but once students tell an adult who has power, the bullying almost always stops immediately!

BULLYING OR NOT?

Check out the handout below to further differentiate between these behaviors and see some examples and explanations that fall within each.

Friendly Teasing:

One student comments to another student that he/she should turn his/her jersey inside out because his/her favorite team lost last night.

Hurtful Teasing:

One girl comments to another girl that she looks chubby in the outfit she is wearing.

Peer Conflict:

Two students have a disagreement during gym about which one will be the pitcher in kickball.

Actual Bullying:

One student repeatedly threatens another student that if he/she walks down a specific hallway he/she will be "beat up". Another example! One student repeatedly calling another student names regarding his/her performance in P.E.

| Friendly Teasing | Hurtful Teasing |
|--|---|
| <ul style="list-style-type: none">★ Equal power★ Neutral★ Purpose is to be playful★ Funny to both parties | <ul style="list-style-type: none">★ Unequal power★ Sensitive topic★ Purpose is to upset★ Exclude★ Sarcastic |
| Peer Conflicts | Actual Bullying |
| <ul style="list-style-type: none">★ Equal power★ Occurs occasionally★ Accidental★ Relationship is valued★ Remorse★ Effort to solve the problem★ Equal emotional reaction | <ul style="list-style-type: none">★ Imbalance of power★ Usually occurs repeatedly★ Purposeful and serious★ Seeks to gain power★ No remorse★ No effort to resolve★ Imbalance of emotional reaction |

HANDLING NEGATIVE OR DISRESPECTFUL BEHAVIOR

Whether it is rude or negative behavior or any kind of teasing, we can try the following strategies. We must remember that if things become unsafe or fit the definition of bullying we should tell a safe, trusted adult (and keep telling until the situation is resolved!).

Below are some basic techniques to try when someone is being hurtful, rude or disrespectful to us.

- Use your "assertive voice" and/or I messages and ask the teaser to stop. Say "I feel angry when you tease me and I want you to stop."
- Walk away, move away, or look away. Getting space from the teaser will bring it to a stop. You gain control by no longer allowing the teaser to continue doing it.
- Smile/shrug your shoulders. By smiling and shrugging your shoulders you leave the impression that the teasing doesn't bother you. When a tease realizes you're not going to react or bit the hook, the teasing will often stop.
- Do something/join others. A bully will often pick on someone who is alone and not involved in an activity. By joining others you make it more difficult for someone to tease you. If you are busy doing something, it's less likely you'll notice the teaser and less likely the teaser will notice you.
- Change the topic. When someone is being hurtful with their words, changing the topic can stop the teasing. Bringing something different into the conversation can move the focus away from you. It may stop the teasing.
- Ask others for help. Sometimes you may encounter a teaser who is very persistent and the teasing may become bullying. Despite all your best efforts, the teasing may continue. This is not your fault and you don't deserve to be bullied – no one does. If this happens ask others for help, ideas and support!



Every day we see instances of students being mean, making hurtful choices and teasing. This may be because the person is having a bad day, is feeling hurt themselves or does not understand how their actions affect others. Whatever the reason, these behaviors are not okay and must be addressed. Use the techniques listed above to stand up for yourself. If the behavior is marked by a difference in POWER, happens REPEATEDLY, and someone is getting HURT, this is BULLYING. It must be reported and adults will intervene to make it stop. The person begin bullied might be intimidated, scared, or feel unsafe being at school or around the bully. They might be threatened to not say anything. If you see this, please get help! Your voice will keep other safe!



TYPES OF BULLYING

Report any bullying to your teacher or adult!

VERBAL BULLYING

- ~ Laughing at Others
- ~ Spreading Rumors
- ~ Mimicking Others
- ~ Name Calling
- ~ Threatening
- ~ Gossiping
- ~ Slander



NON-VERBAL BULLYING

- ~ Intimidating Gestures
- ~ Excluding Someone
- ~ Mean Faces
- ~ Eye Rolling
- ~ Ignoring
- ~ Glaring
- ~ Rude



PHYSICAL BULLYING

- ~ Blocking Someone's Way
- ~ Pulling Someone's Hair
- ~ Punching
- ~ Pinching
- ~ Tripping
- ~ Kicking
- ~ Shoving
- ~ Hitting



CYBER BULLYING

Using computers, phones and other electronic devices to send or post texts, emails, and/or photos threatening, hurt or embarrass someone.



HELP MAKE OUR SCHOOL BULLY FREE!

WHAT IS YOUR ROLE IN A BULLYING SITUATION??

Too often we think of bullying as being limited to a bully and a victim. However, the truth is that every single person who is aware of the bullying fits somewhere on the Bully Circle. These people who are not the bullies or the victims are called bystanders. Ideas posted below can help you to help others that are being bullied.



What are you willing to do if you see someone getting bullied?

- ★ Defend the person.
- ★ Tell the bully to stop!
- ★ Discourage the bully.
- ★ Stand next to the person.
- ★ Help the person walk away.
- ★ Help the person talk to adult.
- ★ Report the bullying to adults.
- ★ Let the person know you care.
- ★ Include the person in your group.
- ★ Be a friend to the person; talk to them.
- ★ Rally support from other kids to stand up to the bully.

STOP
BULLYING
STAND UP. SPEAK OUT.



- ★ Create a distraction to redirect the situation away from the bullying.
- ★ Tell other bystanders not to laugh or encourage the bullying behavior.
- ★ If you hear someone say something untrue, tell them not to say it anymore.
- ★ Comfort the person and remind them that no one deserves to be bullied and it is not their fault.