

# Anti-Bullying

## Bullying

**What is Bullying?** It is an intentional act meant to hurt another person emotionally or physically, and it's not OK.

Have you ever been teased or taunted? Received a nasty e-mail or text message? Been physically intimidated? Then you've most likely been the target of a bully. You're not alone. 60-80% of students are bullied at school every year.

Bullying hurts everyone involved. Even the bullies! Bullies tend to have a difficult time finishing school, and some even spend time in jail later in life. Teens who are bullied by older classmates sometimes become bullies themselves, perpetuating a "tradition" of abuse.

Some believe that bullying is part of growing up and it's how we learn to stand up for ourselves. There are better ways to learn life lessons than being abused! There is simply no excuse for bullying. No one ever deserves to be bullied and together we can stop bullying for good!



## Teasing vs. Taunting

Sometimes we tease our friends playfully, but when does it go too far? When does playful teasing become taunting? Teasing and taunting both involve making fun of someone, but taunting is mean and one-sided.

### Is it a Tease or a Taunt when...

Someone is upset and the teaser doesn't stop

**Tease / Taunt**

You tease someone you know, who can and will say things back

**Tease / Taunt**

Only the teaser laughs

**Tease / Taunt**

Someone is upset and the teasing stops

**Tease / Taunt**

It is not playful and is directed at someone you do not know well

**Tease / Taunt**

In a group, everyone laughs, even the one who is teased

**Tease / Taunt**

## Types of Bullying

**PHYSICAL BULLYING:** Hitting, poking, pinching, pulling hair, or damaging someone else's things are all examples of physical bullying. Hurting someone physically is never OK, even if they do it first.

**VERBAL BULLYING:** Teasing, name-calling, spreading rumors, insulting, mean jokes, threats, or other verbal attacks that make us feel hurt or threatened. The old adage, "Sticks and stones may break my bones but words will never hurt me" is not true. Verbal torments can lead to depression and even suicide, in some cases. If you wouldn't want someone to say something to you, then don't say it to them.

**SOCIAL BULLYING:** Excluding or teasing others who are different from you and your friends (What a geek!). Or picking someone last or not at all for kickball, just because you don't like them or they are unpopular among your friends.

**CYBER BULLYING:** Using the Internet or electronic devices to engage in verbal or social bullying. Spreading rumors on social media sites and sending hurtful text messages or e-mails are a few examples. In some states, cyber bullying is now illegal.

# Anti-Bullying & Internet Safety

## Do You Bully?

Sometimes a bully cannot recognize they are being a bully.

### Have you ever...

Hurt someone's feelings because you were jealous?

Made fun of someone because it made you feel better about yourself?

Joined in with friends' taunts even though you didn't actually want to participate?



Pinched, slapped, or physically hurt someone else because they were different?

Damaged someone's property on purpose to make them upset?

Sent hurtful text messages, e-mails, or spread online rumors?

Made fun of someone else simply because you could?

## Are You Being Bullied?

Bullies often target those who they believe are not going to stand up for themselves. Be assertive and confident if you are bullied. If you are confronted by a bully...

### Don't:

**Engage the bully** with similar behavior. If they taunt you, **don't taunt back**. If they shove you, **don't shove back**. It's exactly what they want.

**Show you're upset**. Try to control your emotions and keep cool.

**Keep it a secret**.

### Do:

Proudly **walk away** and **ignore** the bully. Don't show you are affected.

Confidently tell the bully you don't like what they are doing and **tell them to stop**. Remember, **you deserve respect** and the bully is being disrespectful.

**Ask your friends for help** and to accompany you in places the bully might confront you.

**Ask an adult you can trust for help**. Even if you think you have solved the problem, let an adult know. The bully may move on to someone else.

## Internet Safety

The Internet is a real-life place with real-life dangers. Be smart and take steps to keep yourself safe online.

### Be Smart!

Everything you post online stays online forever! It can be copied, saved, and distributed by anyone. Think before you post images or words you might regret!

### Be Respectful!

When online, people sometimes forget that they are communicating with other people and not with their computer screen. They might say or do things online they would never say or do in person. These people are called cyber-bullies. Don't say or do anything that you wouldn't say or do to someone face-to-face. Be kind, courteous, and respectful to others.

### Be Secure!

The online world is not a game. It is real life. Keeping your personal information safe is important. Here are a few tips on how to keep your information safe online:

- Keep your passwords and login information secret from even your best friend.
- Change your password(s) periodically.
- If you get an e-mail from someone you don't know, ask a parent or guardian for help.