

What is Bullying?

Bullying is when a person purposefully hurts others with words or actions. Bullies will pick on their target over and over, and it can be hard to make them stop.

Bullies...

1. Purposefully hurt others with words or actions.
2. Pick on others repeatedly.
3. Have power over those whom they pick on.

Instruction

Circle the examples of bullying that have happened to you.
Underline the examples you've seen happen to someone else.

Physical Bullying



hitting / kicking

pushing

tripping

Verbal Bullying

name-calling / teasing

making hurtful
comments

threats



Social Bullying



spreading rumors

causing
embarrassment

encouraging others to
exclude from group

Cyber Bullying

sharing embarrassing
photos / videos

sending hurtful
comments / messages

impersonating another
person online



Dealing with Bullies

① Tell an Adult

Telling and tattling are two different things. When a person *tattles*, they just want to see someone else get in trouble. *Telling*, on the other hand, is about helping. If you or someone else is being bullied, reporting it to an adult is *telling*, not tattling!

List three adults you can tell about a bully.

1.	2.	3.
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② Don't Show Your Feelings

Bullies like to pick on people whom they can control. If a bully realizes that they can upset you, they're more likely to keep coming back. Hide your feelings of sadness and anger until the bully is gone.

③ Avoid the Bully

Whenever reasonable, simply walk away, or avoid the bully entirely. For example, take a different path to class, or pretend like you didn't hear the bully and keep walking.

④ Act Confident

Bullies avoid people who seem confident, or sure of themselves. Even if you don't *feel* confident, you can pretend by standing tall, responding with a calm and clear voice, and making eye contact. Try practicing your confident response before you need it.

⑤ Respond Neutrally

Bullies quickly grow bored with neutral responses. The key is to seem uninterested in what the bully has to say, without giving a reason to argue. Try responses like these:

"Eh, maybe."

"Possibly."

"Hmm, I don't know."

"Who cares?"