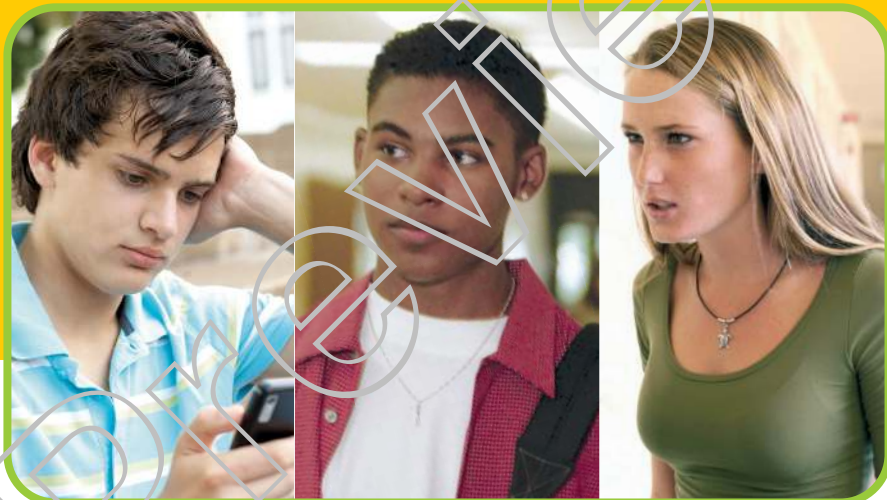


# All About **BULLYING**

**What You Need to Know**



**WOODBURN PRESS**  
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Dear Fellow Students,

Let's be honest. Bullying is a problem. We all want it to stop, but stopping bullying is a hard thing to do. I've seen kids bullied in my school, and a couple of my good friends had problems with a bully when we were in middle school.

This booklet will help you understand bullying, and it will give you some really good tips on what you can do about it. At the end, there's also a section for parents. So, show this book to your parents—it will help them understand what we're dealing with.

Everyone knows that there's only so much that teachers and principals can do about bullying (especially since they usually don't know it's going on). If bullying is going to stop in your school, it's up to you, the students. This book will help get you started.

Hope you have a great year—a year *without* bullies!

Sincerely,

*Jordan Thomas, Senior*

# All About BULLYING

What You Need to Know



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# BULLYING

## What It Is and Why Students Bully



**Bullying is aggressive behavior that is intentional, hurtful, and repeated.**

**There are several forms of bullying—all are hurtful.**

### **Physical – using physical force to harm another**

- Pushing, shoving, hitting, kicking
- Stealing or damaging someone's property
- Hazing a member of a team or group

### **Verbal – using language to hurt others**

- Making intimidating or threatening remarks
- Taunting, insulting, or embarrassing others

### **Social – hurting another's social standing**

- Spreading rumors, lies, or gossip
- Purposely harming another's self-esteem or reputation
- Excluding someone from a group

### **Cyberbullying – using technology to cause harm**

- Posting hurtful or embarrassing messages or pictures
- Sending harassing or threatening text messages

# Why Do Bullies Bully?

**Most students who bully do so for one or more of the following reasons.**

**Power and Control** – Bullies are often insecure people who are trying to show they are superior and powerful by controlling others. They often target students who are passive or shy—and less likely to stand up for themselves.

**Justice** – Some students bully for revenge. They want to “get even” for something that’s happened.

**Jealousy** – Students who are jealous of another’s success, status, or possessions sometimes bully to “bring others down.”

**Boredom** – Some bullies are simply bored. They entertain themselves by harassing others, not stopping to think about what effect it might have. They may even think what they’re doing is clever or funny.

**Intolerance** – Bullies are often intolerant of people who look or act different than they do. These bullies target those with different backgrounds, beliefs, or interests.

**To Impress Others** – Some students bully to increase their status or to impress others, often bragging about what they’ve done. They think this will earn them admiration and respect.

## What’s the difference between teasing and bullying?

Teasing is more playful and it occurs between people who generally like each other. In bullying situations, you see the following:

1. there is a power imbalance
2. it occurs repeatedly
3. there is an intention to do harm



# BYSTANDERS

## Bystanders, Upstanders, and Friends



Students who witness bullying are **bystanders**.

Students who witness bullying *and* take some action to discourage or stop it are **upstanders**.

When bullies feel their behavior is accepted by their peers, the bullying is likely to continue—or get worse.

If you witness bullying, you have the opportunity to help someone, and to make a real difference in that person's life. You also have an opportunity to help make your school a safer place for everyone.

### If you witness bullying...

- Speak up and tell the bully to stop.
- Speak to the person who's being bullied. Ask him/her to come with you, and then walk away together.
- If you don't feel comfortable speaking up, walk away. Do not give the bully an audience. Later, find the student who was bullied and offer your support.
- Report any bullying incident you see to a teacher, counselor, or trusted adult.

Hey, John,  
cut it out.

C'mon, Kate.  
We need to get  
to class.

I'm really sorry  
that happened  
to you.

"In the end, we will remember not the words of our enemies, but the silence of our friends." Martin Luther King, Jr.

# Is Your Friend a Bully?

Perhaps a friend of yours started teasing someone—and now the teasing has turned into bullying. It's possible your friend doesn't realize how big a problem his/her behavior has become.

**Talk to your friend about things that are bothering him/her.** Often, bullies have issues that cause them to act out. Sometimes just talking things over is enough to stop someone from wanting to hurt others.

Friends are in the best position to help bullies change their thinking—and their behavior.

**Help your friend find other ways to resolve problems.** Be creative and help your friend come up with positive ways to resolve problems and deal with difficult situations. Be a voice of reason.

**Encourage empathy.** Encourage your friend to think about the effect his/her words and actions have on others.



## Imagine this...

Between classes, Jack knocks Nick into the lockers, causing him to drop his books and his notebooks. Several students laugh, and everyone else moves on, ignoring Nick as he gathers up his things.

**What if...** someone says, "Hey, Jack, leave him alone," and then three students stop to help Nick pick up his papers.

What a difference these upstanders make! Nick feels supported, and Jack just looks like a bully.

# TARGETS

## What Targets Can Do

If you are the target of a bully, it's important to remember that ***this is not your fault***. No one deserves to be bullied, harassed, or intimidated.

### Tips to avoid being the target of a bully

- Bullies often target those who are quiet or seem passive. As you walk through the halls at school, stand tall, and walk confidently. Use body language that shows you are self-confident and self-assured.
- Bullies are less likely to target students in a group. Sit with friends at lunch, and try to make sure other students are around when a bully is near.



### Tell someone

- Tell your parent(s) and your friends what's going on. Also talk to your counselor or to a favorite teacher. Sometimes just having things out in the open can be enough to make bullies stop.
- Don't think of telling someone as "tattling" or "snitching." Think of it as standing up for yourself and for what's right. And if you're being bullied, chances are the bully is also causing problems for others. By stopping the bully, you're not only protecting yourself, you are making your school a safer place for everyone.

**"Never be bullied into silence."**

Harvey Firestone



# If you find yourself in a difficult situation...



**You don't have control over another's actions, but you do have a choice as to how you respond. If you are dealing with a bully, try doing the following:**

**Walk away.** Calmly walk away and ignore the bully. Don't show fear. Fear, anger, and other reactions give bullies what they're looking for.

**Speak up and speak out.** Remind yourself that no one has the right to bully you. Remain calm, and speak in a confident, respectful voice. Be assertive, and tell the bully to stop.

Leave me alone.

**Use humor.** Smile, and say something humorous to show that you're not upset.

That's a good one.

**Keep a record.** Write down the people involved, dates, times, places – and what was said, done, sent, or posted online. You will then have a record if you decide to talk to a school official or law enforcement.

**Tell someone.** Bullies try to isolate those they're bullying. Do not let that happen. Tell someone!

Mom, I need to talk to you about something.

## Coping during difficult times

**Get involved in positive activities.** Sports, band, clubs, and other school activities can be safe havens from bullies. If you feel physically vulnerable, consider taking a self-defense class.

**Believe in yourself.** Remind yourself of your strengths and talents, and replace negative thoughts with positive self-talk.

I'm strong.  
I can handle this.

**Keep it in perspective.** It is important to know that bullying is not permanent. These days will pass, and things will get better.

# BULLIES

## Bullies Need Help Too



Bullies often have problems that they don't know how to deal with. Bullies, as well as targets, need help and understanding.

**Below are some factors that may contribute to someone becoming a bully.**

### **Personality Traits**

Bullies tend to be aggressive and impulsive, having little regard for the feelings of others. While some bullies feel they are "better" than their targets, most bullies are insecure and use bullying as a way to build their self-esteem and feel powerful.

### **Family Behavior**

Many bullies come from families where they were physically or emotionally abused, or where they've witnessed abuse.

### **Peer Group**

Some students may join in on the bullying to try to fit in. They might even feel that if they don't join in, they could become targets themselves.

### **Past Experience**

Many bullies have been bullied themselves. They take out their anger on others, or they simply do what's been done to them.

# Are You A Bully?

YES NO

- |   |                          |                          |
|---|--------------------------|--------------------------|
| 1. Do you sometimes use your strength or size to get your way?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you say hurtful things to others?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you intentionally damaged someone's property?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you sent hurtful messages?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you intimidated others in order to make them feel afraid?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you sometimes solve problems with force?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you told lies or spread rumors in order to damage someone's reputation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you want others to fear or respect you because you're tough?              | <input type="checkbox"/> | <input type="checkbox"/> |

*If you answered "yes" to any of these questions, think about your behavior—and about what kind of person you want to be.*

## Bullies Can Change

If you recognize that you may be a bully, or are perhaps feeling badly about how you've treated others in the past, consider doing the following:

**Examine your motives.** What have you done and why did you do it?

**Increase your empathy.** Put yourself in another person's shoes and try to imagine how he/she might feel.

**Find positive ways to be powerful.** Look for positive ways to use your passion, strengths, and/or leadership skills.

"If it is not right, do not do it.  
If it is not true, do not say it."  
Marcus Aurelius

# CYBERBULLYING

## How You Can Take Control



Cyberbullying is the use of electronic communication to harass, threaten, or embarrass others.

### Who are the cyberbullies?

Cyberbullies are often people who lack the courage or strength to confront someone face to face. While bullies who attack others physically or verbally are looking for power and control, cyberbullies are often motivated by anger or revenge.

Sometimes cyberbullying is unintentional. Classmates start out playing around, or think they're just teasing. They don't realize that the things they say are hurtful, and could cause serious problems.

### Tips to prevent cyberbullying

- Be polite when posting on social media. Don't send a message to someone else when you're upset or angry.
- Post only what you are comfortable with the world seeing **forever**.
- Delete anything you receive that's hurtful to another. Don't respond to it. Don't forward it.
- Photos can be altered and posted in ways you might not like. If you do post a photo, use one that your parent(s) would approve of.

Remember, there is no such thing as privacy online!

# CYBERBULLY Survey

Have you ever done the following? YES NO

- |   |                          |                          |
|---|--------------------------|--------------------------|
| 1. Sent a mean, insulting, or threatening message.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Spread gossip, rumors, or lies about another student online.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Excluded others from an online group in order to hurt them.                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Pretended to be someone else in order to get that person in trouble.         | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Sent or posted a photo or information that would be embarrassing to another. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Shared someone's secret online.  | <input type="checkbox"/> | <input type="checkbox"/> |

*All of the above are examples of cyberbullying. If you have done any of these, think about how your actions may have affected others.*

## What to do if you are the target of a cyberbully



- Immediately block or delete the cyberbully's number or email.
- Do not respond; ignore it. Cyberbullies who don't get a reaction often get bored and quit.
- Tell an adult you trust. Also tell your friends. Don't let anyone bully you into silence!
- Save and print all messages or posts. Keep a record of where it's coming from and when it happens.
- Look for clues to help you identify a cyberbully. Once identified, cyberbullies should be reported to their online service provider.
- If you feel threatened, it's serious. Tell your parents what's going on, inform school officials, and consider involving law enforcement.

# FOR PARENTS



Dear Parents,

You can probably remember being picked on or teased when you were young. It was generally seen as part of growing up. But today's world is more complicated, and now children are dealing with bullies not only at school, but also online—and the online bullying can take place 24/7.

As a parent, it's important to talk to your child about bullying. Make it clear that you believe that bullying is wrong, and that it is never justified.

Let your child know that you are open to hearing about problems, and that you want your child to come to you if he/she is ever singled out unfairly. Assure your child that you understand how difficult it can be to deal with bullies, and that you will work with your child to ensure that whatever you do will help the situation.

## How you can help prevent/stop bullying

- Bullies often target students who are passive or quiet. Encourage your child to stand tall, walk confidently, look people in the eye, and use body language that shows self-confidence. (A self-defense class or martial arts training can often help a child feel more confident.)
- Be aware of what's happening online, and set limits. Consider keeping your home computer in a common space, such as the family room. Set a time at night when all cell phones must be turned off and docked in a central location.
- Encourage your child to be involved in school activities. They will help your child develop friendships and feel more connected.
- Spend one-on-one time with your child, and regularly talk about what's happening at school and with friends.

# If Your Child Is a Target

## Be observant

Young people are often afraid or embarrassed to tell their parents they are being bullied. If your child exhibits any of the following, ask if anyone is bothering him/her.

- Suddenly more anxious, quiet, or insecure
- Refusing to go to school
- Drop in grades
- Loss of appetite
- Complaints of illness
- Unexplained injuries

## Monitor online activity and cell phone use

Have clear cut rules and guidelines for internet and cell phone use.

## Listen to your child

When children are being bullied, it's critical that their parents believe, support, and empower them.

Parents should ask their child to explain what has happened, who was involved, how often it has occurred, when, and where. Also, make a printout of anything that has been sent or posted online.

Talk to your child, and together decide how to best handle the situation.

## Communicate concerns

Sharing information and working with school officials is the best way to stop bullying at school.

## Is your child a bully?

If you learn that your child is bullying others, here are some suggestions.

- Take it seriously and don't make excuses.
- Listen to your child's reasons, but emphasize that there are always other options, no matter what the situation.
- Avoid lecturing, criticizing, and blaming. Be loving and firm, and focus on solutions.
- Discuss the consequences of bullying, and hold your child accountable. Allow your child to experience the consequences.



# All About BULLYING

## What You Need to Know

Bullying seems to be everywhere nowadays—and it's a big problem. But what can anyone do about it?

This booklet doesn't have all the answers, but it will help you understand bullying, and give you some smart ideas on how to deal with it.

*"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."* Harvey Firestone



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