

**BULLYING IS:**

**GANGING UP**

**INSULTING**

**THREATENING**

**TEASING**

**HITTING**

**EXCLUDING**

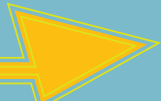
**WRONG!**

SAMPLE COPY

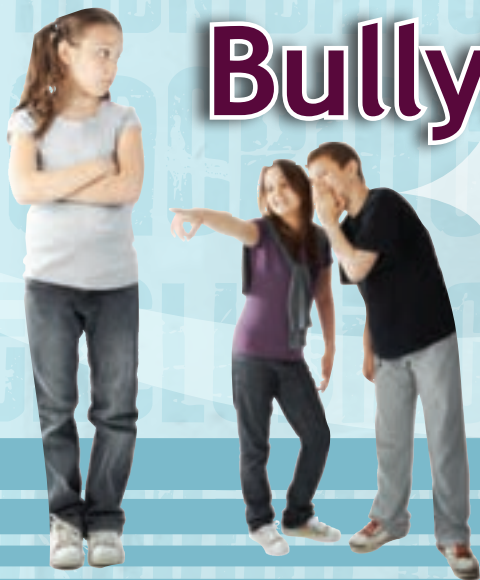


**You can help stop bullying!**

tips, tricks and techniques, ALL INSIDE!



# Bullying Hurts



Bullying is picking on someone who is weaker than you. It makes the victims feel sad, scared, lonely, and embarrassed. Anyone can be a bully: big, small, male, female, young, old, individuals or groups. Some bullies are physical—they kick, push, punch or even bite. Other bullies are psychological—they call people names, steal, scare or make threats.

Bullying can happen anywhere. It can ruin school and activities by turning the playground and the classroom into a sad, scary place.

## BUT... WHY?

Bullies often feel bad about themselves and pick on others to feel more powerful. They choose easy targets and make them feel scared and hopeless, just like the bully does inside. Many times, bullies are victims of bullying themselves. Bullies may be upset about something else and they don't know how to deal with their feelings. **NO matter why, it is never okay to be a bully.**

If someone picks on you all the time you are being bullied. If you are being hit, harassed, threatened or picked on, you are being bullied. If you boss someone around or pick on them, you might be a bully yourself!



**any way you look at it,  
BULLYING IS BAD.**

# STOP BULLIES

**Bullying hurts everyone:** the bully, the victim and the people who witness it. It creates an atmosphere of fear and can make kids feel helpless. But you're not helpless! **You can stop bullying!**



**How?** Bullies thrive on fear. Don't be afraid. Stand up for other victims – loners, smaller children, the new kid. Make friends with them.

**Be an anti-bully alliance!**

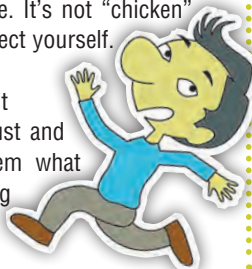
## HERE ARE SOME WAYS YOU MIGHT RESPOND TO A BULLY

THE BULLY:	YOU:	WHY IT WORKS:
Calls you "an idiot" or some other name.	Simply ignore it.	Bullies want a reaction from you. By ignoring them, they don't get it.
Threatens to beat you up.	Scream and yell as loud as you can.	Bullies don't like attention. If someone else notices, they may stop.
Says "I'm going get you at recess" or wherever.	Avoid the places where bullying takes place.	Bullies want to get you away from grown-ups, where they are in control. Simply stay away from those places.
Says, "You're fat" or some other mean thing.	Agree with them. Say, "You're right. I am a little overweight." Then walk away.	Bullies want you to argue with them. Agreeing takes the opportunity away.
Says, "You're ugly" or some other mean thing.	Make a joke. Say, "It's true. Dogs run from me." Then leave right away.	Using humor puts you in control and takes power away.
Says, "You can't play with us."	Tell them how you feel. Say, "I don't like that. I want to play too."	Bullies don't want you to disagree. If you confront them with how you feel and what you want, you are in charge.

## GET A PLAN TO STOP BULLYING IN ITS TRACKS

If it feels safe, stand up for yourself. Look the bully in the eye, use a strong voice and tell them you don't like what they're doing and they should stop. Stay calm. Then just walk away. Next time, the bully may decide you are too strong of a person and look for someone else to pick on.

It's okay to run away. If you're in danger of being hurt, get out of there. It's not "chicken" to protect yourself. Go find an adult you trust and tell them what is going on.



Stick with your friends. Bullies often pick on kids who are alone. By staying with a group, you won't be an easy target and you'll have others around to help if you do get into trouble.



# WHAT WOULD YOU DO?

Hey, **FAT-ty!**

He just wants attention.  
If I ignore him, he  
doesn't get it.



Test your bully awareness.  
Circle your selection, then grade  
yourself with the answers below.

1. A group of kids dare you to throw a spitball at your friend. What do you do?
- You throw the spitball and tell your friend you're sorry later.
  - You throw the spitball and laugh.
  - You tell them "No" and walk away.

2. You see a group standing around a friend of yours who is beating up another kid.
- You help your friend beat the other kid up.
  - You try to stop the fight.
  - You join the group and watch the fight.

3. A group of bullies asks you to go with them to vandalize the school gym. You:
- Go with them.
  - Say "No thanks" and walk away.
  - Tell a teacher or adult right away.

4. A bully threatens to beat you up after school because of something you said. You:
- Walk away but worry the rest of the day.
  - Ask some friends to walk home with you.
  - Threaten the bully back.

5. You see someone being threatened by a bully. You:
- Tell the bully you and your friends are sticking up for the victim.
  - Listen close and be a witness.
  - Ignore it—threats are just talk.



**GET HELP** Talk with your parents, a teacher, a coach or any adult you trust. They can help you figure out the best way to deal with a bully. If you've told an adult before and they haven't done anything to help, tell someone else. Don't worry about being called a "tattle-tale". Telling an adult is the right thing to do.

- 6.** You see a bully pushing someone who cannot fight back. You:
- Fight the bully.
  - Tell an adult, quickly.
  - Wait until it's over then offer the victim help.

- 7.** You hear a mean rumor being spread. You:
- Spread a different rumor to change the subject.
  - Listen and tell 2 friends.
  - Say you don't believe it's true.



COME UP WITH YOUR OWN WAYS OF DEALING WITH BULLYING. WRITE WHAT YOU WOULD DO IN THE SPACE BELOW EACH SCENARIO.

1. A "POPULAR" KID AT SCHOOL BRAGS THAT THEY HAVE BEEN SPREADING LIES AND RUMORS ON THE INTERNET ABOUT ANOTHER KID AT SCHOOL. WHAT WOULD YOU DO?

2. YOU SEE A SCHOOL BULLY TAKE ANOTHER KID'S PHONE AND KEEP IT. WHAT WOULD YOU DO?

3. A GROUP OF THE "POPULAR" KIDS ARE MAKING FUN OF ANOTHER KID AT LUNCH, WHO IS SITTING ALL ALONE. WHAT WOULD YOU DO?

SAMPLE COPY

## ANSWERS

The best answers: 1. c. It's never okay to be mean to someone else. 2. b. If you see someone being bullied, do your best to safely stop it from happening. It's the right thing to do. 3. c. Telling a teacher or adult is not tattling. It's bullying prevention! 4. b. Bullies often pick on people who are alone. By staying in a group, you can avoid being an easy target. 5. a. When you stand up for someone who is being bullied, bullies are more likely to back off. 6. b. Finding an adult to stop the incident is the best thing to do. 7. a. Always try to stop a rumor from spreading.



# AM I A Bully?

If you asked a group of kids,  
“Who here is a bully?”

no one would raise their hand. Why? Because no one wants to admit that they are a bully.

Some may even think that they are just being cool and tough or that other kids are weirdos and wimps, and that doesn't make THEM a bully! Well here's a quiz that might change your mind.

## ANSWER THE QUESTIONS YES OR NO

Do you pick on animals or people who are smaller than you?

Do you like to upset people with jokes or words?

Do you take, hide, break or move other people's things?

Do you make people do things your way?

Do you get jealous when other people succeed?

Do you blame people when things go wrong?

Do you want people to think you're tough or 'the boss'?

Do you get angry easily and stay that way?

If you said yes to more than two questions, you may be a bully. Examine your behaviors and make a change! If you said yes to #1 you are DEFINITELY a BULLY!

If you are a bully, **YOU CAN STOP!**

It takes a much stronger person to not be a bully than to be one. Other kids will respect you for it, and even like you more.

# DON'T BE a BULLY!



Sometimes doing things you think are just “fun” someone else might see as bullying. Stop and ask yourself these questions:

AM I TRYING TO MAKE SOMEONE DO SOMETHING THEY DON'T WANT TO DO?

ARE SOMEONE'S FEELINGS BEING HURT BY WHAT I DO OR SAY?

AM I DOING THIS BECAUSE I'M MAD ABOUT SOMETHING ELSE?

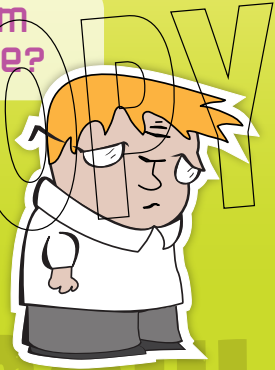
HOW WOULD I FEEL IF SOMEONE WAS DOING THIS TO ME?

If you think your words and actions might be considered bullying...

## CHANGE THEM!

## NO ONE DESERVES

## TO BE BULLIED



Don't let a bully stop you from living your life. Even if you're afraid, you shouldn't let a bully keep you from doing the things you love, like playing sports, playing music or hanging out at the playground with your friends.

# Stop Bullying Now! Pledge

I believe that everyone has a right to be who he or she is without being bullied or made fun of. I will be respectful of others and their feelings. I will not bully or tease others. I will reach out to others who are being bullied. If I see someone bullying I will go and tell an adult.

Signed,

YOUR NAME



SAMPLE COPY