

What To Do When Bullying is Happening

Strategies & Suggestions for Kids

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Key Elements of Bullying

- Imbalance of Power
- Intent to Cause Harm
- Repetition



Why do Bullies Bully?

- Jealousy
- Victim of bullying by others
- Attention
- Respect
- Power
- Behavior is reinforced every time they get away with it

Teasing vs. Bullying

- Teasing is:
 - Friendly
 - Playful
 - Mutual
 - Both kids find it funny
- Bullying is:
 - Relentless
 - Hurtful
 - Unkind
 - One-sided

Types of Bullying

- Emotional Abuse
- Verbal Abuse
- Physical Abuse
- Sexual Harassment
- Cyber (online) Abuse

The Stop Sign Strategy

- When you witness bullying happening, or it is happening to you, say “Stop” or “Enough”.
- Hold your hand up to signal “stop” as well.
- Walk away confidently.



The Fogging Strategy

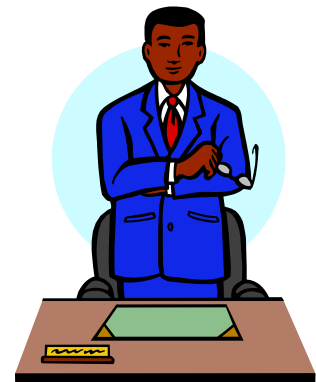
- Make soft verbal comebacks “John, you sure are fat.” You could say “You’re right, I need to lose weight.” or “Wow you noticed I’m fat.”

(Walk away with confidence)



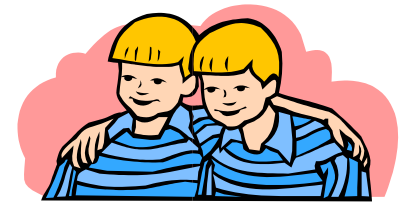
When to Ask an Adult for Help

- If you have tried the first two strategies and the bullying has not stopped then
- Ask an adult for help (teacher, counselor, principal, assistant principal, etc.)



What Bystanders Can Do – Kids

- Ask Bully to Stop.
- Talk to the person being bullied.
- Tell a grown-up.
- Ask the person being bullied to go somewhere with you.



What Bystanders Can Do - Adults

- Intervene immediately
- Request more information.
- Make it a teachable experience.



What the Victim's Parents Can Do

- Talk with your child.
- Empathize with your child.
- Work together to find solutions.
- Document ongoing bullying.
- Help your child develop strategies and skills.
- Be persistent.
- Ask your child what he/she thinks could be done.
- Encourage you child to be with friends.



Cyber-Bullying Definition

Using the Internet and related technology to harm other people in a deliberate, repeated, and hostile manner!



Tips to Prevent Cyber-Bullying, Teach Kids to

- Refuse to pass along cyber-bullying messages.
- Tell their friends to stop cyber-bullying.
- Block communication by deleting messages without reading them.
- Never post or share their personal information.
- Never share their password only with parent.
- Not put anything online they wouldn't want classmates to see.

Our Children Have a Right

- Live their lives free from fear.
- Be safe and protected.
- Enjoy a supportive home, community and school environment.
- Thrive physically, psychologically, socially and academically.



Advocated for Bully-Free Schools!

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