

Bullying Prevention Guide

Being Bullied or Being the Bully

What is bullying?

Bullying can be one person making fun of another or someone trying to beat up another. It can also be a group of people ganging up against others or a group singling out friends and talking about them behind their back. Bullying can be physical, emotional, and/or social.

Think & Act

What does bullying mean to you?

Think back to a moment when you were bullied. How did that make you feel?

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Bullying Behavior Chart

Physical Bullying Harm to someone's body or property		Emotional Bullying Harm to someone's self-esteem or feeling of safety		Social Bullying Harm to someone's group acceptance	
Verbal	Nonverbal	Verbal	Nonverbal	Verbal	Nonverbal
LEVEL ONE					
<ul style="list-style-type: none"> Expressing physical superiority Blaming the victim for starting the conflict 	<ul style="list-style-type: none"> Making threatening gestures Defacing property Pushing / shoving Taking small items from others 	<ul style="list-style-type: none"> Insulting remarks Calling names Teasing about possessions, clothes, physical appearance 	<ul style="list-style-type: none"> Giving dirty looks Holding nose or other insulting gestures 	<ul style="list-style-type: none"> Gossiping Starting or spreading rumors Teasing publicly about clothes, looks, relationships with boys/girls, etc. 	<ul style="list-style-type: none"> Ignoring someone and excluding them from a group
LEVEL TWO (some of these behaviors are against the law)					
<ul style="list-style-type: none"> Threatening physical harm 	<ul style="list-style-type: none"> Damaging property Stealing Starting fights Scratching or biting Pushing, tripping, or causing a fall Assaulting 	<ul style="list-style-type: none"> Insulting family Harassing with phone calls Insulting your size, intelligence, athletic ability, race, color, religion, ethnicity, gender, disability, or sexual orientation 	<ul style="list-style-type: none"> Defacing school work or other personal property, such as clothing, locker, or books 	<ul style="list-style-type: none"> Ostracizing using notes, Instant Messaging, e-mail, websites etc. Posting slander in public places (such as writing derogatory comments about someone in the school bathroom) 	<ul style="list-style-type: none"> Playing mean tricks to embarrass someone
LEVEL THREE (most of these behaviors are against the law)					
<ul style="list-style-type: none"> Making repeated and/or graphic threats (harassing) Practicing extortion (such as taking lunch money) Threatening to keep someone silent: "If you 	<ul style="list-style-type: none"> Destroying property Setting fires Physical cruelty Repeatedly acting in a violent, threatening manner Assaulting with a weapon 	<ul style="list-style-type: none"> Harassing you because of bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation 	<ul style="list-style-type: none"> Destroying personal property, such as clothing, books, jewelry Writing graffiti with bias against your race, color, religion, ethnicity, gender, disability, or sexual orientation 	<ul style="list-style-type: none"> Enforcing total group exclusion against someone by threatening others if they don't comply 	<ul style="list-style-type: none"> Arranging public humiliation

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tell, it will be a lot worse!"					
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How does bullying affect us?

Sometimes when we are bullied, we can feel alone, hurt, or sad. However, bullying does not have to be part of growing up. All people have the right to feel safe in their life and feel good about themselves.

Different Types of Bullying

Relational aggression is defined as a type of aggression that is "intended to harm other adolescents through deliberate manipulation of their social standing and relationships". Write an example of each type of bullying under each category.

DIRECT

=

FACE TO FACE

Physical

Emotional

Social

INDIRECT

=

BEHIND SOMEONE'S BACK

Relational aggression

Emotional

Social

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The Bullying Circle



EXERCISE: Role Play

As a group, come up with a scenario of bullying behavior and have each person play a role from the bullying circle.

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How to Deal With Bullying

Bullying is something that we may deal with in different aspects of life, so it is important to be prepared with how you want to respond to these situations.

What are some ways to cope, if you are personally bullied?

What can you do if you see a friend being bullied?

Things you can do in the moment: ignore the bully, don't show that you are upset, respond to the bully evenly and firmly, turn the comment into a joke, or walk away. Remember, you are not the one with the problem, the bully is.

Act confident ... Hold your head up, stand up straight, and make eye contact. Be sure to talk to an adult who you trust.

Always remember ... The Golden Rule: "Treat others the way you want to be treated." Stand up for someone when he/she needs it; when you need it, someone will stand up for you.



Find Help Today. Call 844-413-2722

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The Core of Bullying: Respect

Respect includes taking someone's feelings, needs, thoughts, ideas, wishes, and preferences into consideration. Giving respect is valuing others; their thoughts and feelings, being truthful, accepting individuality, acknowledging and listening to them.

We can behave in ways to show respect, and we can feel respect for someone and feel respected by someone.

Where Respect Comes From

Respect is something that we should show to one another. It can be difficult to show respect when you feel disrespected. Although, a sign of maturity is when we show someone respect who is not giving it to us.

Respect cannot be demanded or forced.

Showing Respect

Respecting people means appreciating their feelings and values. Here are ways to show respect to others:

- asking about feelings
- validating opinions
- seeking to understand values

Here are some specific ways to show respect:

- Not interrupting when someone else is talking
- Asking "How would you feel if..." before making a decision
- Voluntarily compromising to accommodate feelings, desires, or needs
- Giving and allowing feedback to understand beliefs, values, and needs
- Giving opportunity to solve problems, in particular, avoid telling people what to do or what they 'need' or 'should' do