

The Facts About Bullying

Bullying Definition: Bullying is making someone feel uncomfortable, frightened or threatened in order to have power over that person. It is deliberate and repeated over time. There are three basic types of bullying.

Physical Bullying includes:

- Hitting, shoving or kicking someone (or threatening to do it)
- Damaging, hiding or stealing something that belongs to another
- Forcing someone to do things that he or she doesn't want to do

Verbal Bullying includes:

- Teasing
- Insulting
- Name-calling

Relational Bullying includes:

- Spreading lies or rumors about someone
- Refusing to talk to someone
- Making someone feel rejected, left out or "different"

Roles of a Bully Scenario:

Bullies . . . select and systematically train their victims to comply to their demands. They seek active encouragement, passive acceptance, or silence from bystanders. **But**, bullies can be stopped when victims and bystanders learn and apply new ways to stand up against bullying. Bullies can also learn how to make friends and get what they want by helping, rather than hurting, others.

Victims . . . reward the bully by yielding control and showing signs of intimidation. They often fail to gain support from bystanders and avoid reporting the bullying. **But**, victims can learn to defeat the bully by responding assertively, rallying support from bystanders, or reporting the bullying to adults.

Bystanders . . . play an important and pivotal role in promoting or preventing bullying. Often without realizing it, they may exacerbate a situation by providing an audience, maintaining silence, actively encouraging, or joining in. **But**, bystanders can neutralize or stop the bullying by aiding the victim, drawing support from other bystanders, or obtaining help from adults.

Do's and Don'ts for Bullying Scenarios

If someone is bullying you, here are some ways to handle it:

- **Stay away from situations where bullying can happen.**
Spend time with other people and try to avoid being alone with a bully. Sit near the school bus driver. Walk next to a teacher when changing classes.
- **Ignore the bully.**
If the bully doesn't get a reaction from you, it's no fun!
- **Act confident.**
Keep your head up and respond to the bully in a calm, firm voice.
- **Try talking to the bully.**
Ask the bully why he/she is bothering you. Tell the bully how you feel; ask him/her to stop.
- **Walk away.**
Just leaving the situation will end the bullying incident.
- **Talk to an adult.**
This is a must! Telling a parent, teacher, counselor or other adult does not make you a tattletale, snitch, or a sissy.

Here are some things you should *not* do, if you are being bullied:

- Don't cry, get angry, or show that you're upset.
- Don't try to fight a bully who threatens you with physical harm.
- Don't give in to the bully's demands by doing something you don't want to do.
- Don't bring money or expensive things to school.
- Don't plan revenge against the bully or try to take matters into your own hands.
- Don't feel as though you deserve to be bullied. The bully is the one with the problem, not you.

Here are some things all bystanders can do:

- **Some bystanders . . . *directly intervene***, by discouraging the bully, defending the victim, or redirecting the situation away from bullying.
- **Other bystanders . . . *get help***, by rallying support from peers to stand up against bullying or by reporting the bullying to adults.

Adapted by Human Relations Media's "The Power Trip: Bullying in School" copyright 2006

Adapted by <http://www.eyesonbullying.org/players.html>