

SCHOOL BULLYING CAN LEAD TO BATTERING!

WE MUST UNDERSTAND VIOLENCE TO STOP IT!

Bullying: An act of aggression causing embarrassment, pain, or discomfort to another person.

An Imbalance of Power

*Usually an abuse of power by a stronger person against a weaker one

Repeated Actions

*The negative actions usually occur repetitively over time.

Intentional Actions

*Bullies purposely choose actions that will hurt or intimidate the victim.

They seldom show empathy or concern for the victim.

Unequal Levels of Affect

*The victim may show high levels of emotion while the bully will demonstrate very little emotion. The bully is likely to blame the victim for causing the aggressive act or believe "he/she deserved it."

Bullies commonly feel justified in their actions.

Many bullies bully others to: *gain power; *gain supposed popularity; *to act out problems from home; *to copy what someone else does that they admire; or *they perceive it as fun; sometimes they have low self-esteem.

Some reasons bullies bully: Social Status of Victim (grades are too high or low; members of a minority group, friends with another student who is bullied, student has different interests than them, etc.) or Appearance (overweight, underweight, less attractive physical appearance, don't have 'accepted' clothing, have glasses, gender identity issues, overly emotional, less athletic or more athletic, physically different, etc.)

Many victims: *feel alone and isolated; *have trouble making friends; *are small or weak or appear unsure of self; *cry easily and are unable to stick up for self; *may have suffered abuse at home; *may have difficulty learning; *may try to fight back but will still lose & get very upset; *are sometimes irritable and provoke other students; *are willing to keep quiet; *are new to school; *are 'between' friend groups

No one ever deserves to be a victim.

Types of Bullying Behaviors: Physical Aggression; Social Aggression; Verbal Aggression; Intimidation; Written Aggression; Sexual Harassment; Racial/Ethnic Harassment

Crisis Connection

**24 - Hour Hotline
1-800-245-4580**

Friendly Teasing

vs.

Hurtful Teasing

Equal power; friends
Neutral topic
Playful purpose
Funny

Imbalance of friends; not friends
Sensitive topic
Purpose is to upset
Sarcastic

Normal Conflict

vs.

Bullying

Equal power; friends
Happens occasionally
Accidental
Equal emotional reaction
Not seeking power or attention
Not trying to get something
Remorse-takes responsibility
Effort to solve problem
Not serious

Imbalance of friends; not friends
Repeated negative actions
Purposeful
Strong emotional reaction on part of victim
Seeking power, control
Trying to gain material things or power
No remorse-blames victim
No effort to solve problem
Serious threat of physical, emotional,
or psychological hurt

Tattling

vs.

Telling

Unimportant
Harmless
Can handle by self
Purpose is to get someone in trouble
Behavior is accidental

Important
Harmful or dangerous
Need help from an adult to solve
Purpose is to keep people safe
Behavior is purposeful

What Bystanders Can Do:

- *Don't spread rumors
- *Refuse to join in when someone is being bullied
- *Create a distraction to draw the bully away
- *Identify teachers that you trust to ask for help. Get adult assistance during a bullying incident. Don't be embarrassed to do this.
- *Speak up when they see someone being bullied. "Stop. No more of that behavior is needed here."
- *Take A Stand
 - Don't pass on hurtful notes.
 - Ask someone new to join you at lunch
 - Say 'hi' to a new student or someone you don't know very well.
 - Include someone new in your activities.
 - Join up with someone who is being bothered and take he or her out of the situation.
 - Ask your friends to help stop the bullying behavior
- *Common Concerns To Overcome
 - Fear of being ostracized or made fun of by friend for including someone new
 - Worries about getting involved in something that is 'not your business'.
 - Fear that the person you reach out to might expect you to be friends
 - Worry that if someone sees you helping out someone outside of your friend group that you will lose social status.

PUTTING IT ALL TOGETHER

- *Respect yourself and others
- *Contribute to a healthy and safe learning environment
- *Use empathy and extra effort to include others
- *Take a stand for what is right
- *Encourage creative and peaceful problem solving
- *Follow all school rules
- *Be polite, honest and cooperative

USE 'HA HA SO' STRATEGIES:

H elp
A ssert Yourself

H umor
A void

S elf-talk
O wn It

Help – Seek assistance from an adult, friend, or peer when a potentially threatening situation arises. Seek help also if strategies aren't working. Brainstorm all the sources of help in your community – counselors, nurses, teachers, agencies

Assert Yourself – Make assertive statements to the bully addressing your feelings about the bully's behavior. Use "I" statements. Make statement on what you want to happen looking them in the eye and then walk away.

Humor – Use humor to de-escalate a situation. Make the joke about a situation, not a person. When insulted, say "Gee, I didn't know you cared enough to notice."

Avoid – Walk away or avoid certain places in order to avoid a bullying situation.

Self-Talk – Use positive self-talk to maintain positive self-esteem. Think about having a good attitude. Rehearse mental statements about self and accomplishments (i.e. It's his problem. I know I have a good smile.)

Own It – Own the put down or belittling comment in order to diffuse it. Agree with the bully and leave the situation.

You May Want To Read The Following Books:

<i>'The MisFits'</i>	James Howe
<i>'Odd Girl Out'</i>	Rachel Simmons
<i>'Take The Bully By The Horns'</i>	Sam Horn
<i>'The Bully Free Classroom'</i>	Allan L. Beane
<i>'Breathing Underwater'</i>	Alex Flinn
<i>'7 Habits Of Highly Effective Teens'</i>	Sean Covey
<i>'Dreamland'</i>	Sarah Dessen
<i>'Who Moved My Cheese?'</i>	Spencer Johnson
<i>'Reviving Ophelia'</i>	Mary Pipher
<i>'A Child Called It'</i>	Dave Pelzer
<i>'The Batterer As A Parent'</i>	Lundy Bancroft
<i>'The Gift of Fear'</i>	Gavin DeBecker
<i>'Bullying At School'</i>	Dan Olweus
<i>'Zink The Zebra'</i>	Kellie Weil
<i>'ToeStomper & The Caterpillars'</i>	Sharleen Collicott
<i>'Don't Laugh At Me'</i>	Steve Seskin

You May Want To Check Out These Websites:

- [www.weprevent.org \(McGruff The Crime Dog\)](http://www.weprevent.org)
- [www.ncpc.org \(School Safety & Security ToolKit\)](http://www.ncpc.org)
- www.nonamecallingweek.org
- www.bullying.org
- www.stopbullyingnow.org
- www.tbio.org
- www.newmoon.org
- www.seeitandstopit.org
- www.takecareonline.org
- www.johncrudele.com
- www.indianapta.org
- www.goaskalice.columbia.edu
- www.thediaryproject.com
- www.austin-safeplace.org
- www.4girls.gov
- [www.ncvc.org - gethelp@ncvc.org - 1-800-FYI-CALL](http://www.ncvc.org)