

WHAT IS BULLYING?

Definition:

Bullying is intentional aggressive behavior that involves an **imbalance of power**. Bullying can be **physical, verbal, or psychological** attacks or intimidation directed towards someone.

Why won't victims tell?

- Retaliation
- Ashamed
- Not believed
- Don't want to worry parents
- Nothing will change
- Problem might get worse
- Don't want to snitch

Help Kids Understand Bullying

ENCOURAGE kids to speak to a trusted adult if they are bullied or see others being bullied.

TALK about how to stand up to kids who bully. Give tips, like using humor and **saying "stop"** directly and confidently. Talk about what to do if those actions don't work, like **walking away**.

TEACH strategies for staying **safe**, such as staying near adults or groups or other kids.

URGE them to help kids who are bullied by showing kindness or getting help.

KEEP the lines of **communication** open. Sometimes spending 15 minutes a day talking can reassure kids they can talk to their parents if they have a problem.



Victims suffer

- Physical / Emotional Harm
- Fear
- Declining grades
- Absenteeism from school
- Low self-esteem
- Isolation
- Anxiety
- Depression

Types of Bullying:

VERBAL BULLYING The use of words to hurt or humiliate another person and involves name-calling, insults, threats, discriminating comments and constant teasing.

PHYSICAL BULLYING When targets are hit, kicked, slapped, choked, poked, punched, pinched, pushed, scratched, have their hair pulled, are threatened, or their property is taken or damaged.

RELATIONAL/SOCIAL BULLYING

Making a person (usually someone with a group of friends) feel worthless through ignoring, isolating, excluding, or shunning, or through the spreading of rumors. It is used to convince peers to exclude or reject a certain person or people and cut the target off from their social connections.

CYBERBULLYING The use of information and communication technologies such as e-mail, text message, camera phones, instant messaging, or networking websites to support deliberate, repeated, and hostile behavior by an individual or group with the intention of harming others.

