Everyone wants to feel good about themselves. Bullying (whether you are the one who does the bullying, or the one who is being bullied) makes everyone involved feel bad. Being able to cope better with bullying will make you feel better about yourself (I), safer in your relationships with others (Us), and happier about the world in which you live (All).

I • Us • All

We are each like a drop of water splashing into a pond. Our actions cause concentric ripples in a pond. A helping hand or a smile from one person can ripple through their relationships to the relationships of others, and so on; until the world has changed. The actions of the individual may seem insignificant, but can alter the world.

I: Every positive action begins with Self (I), when we discover our ability to effect change and take the initiative to act.

Us: Our impact grows through our Relationships (Us), where we find encouragement as well as challenges.

All: The actions we take ultimately affect the World (All) around us, where we realize our greatest power and make a lasting difference.

Look for the I, Us, and All symbols in your planner and supplements. They mark sections and ideas to help make positive ripples in your self, relationships, and world.
Because you see others doing it.

Because bullying makes you feel stronger, smarter, or better than the person you’re bullying.

Because you want to hang out with an “in” crowd.

Because you’re trying to keep others from bullying you.

It’s NOT just harmless teasing.

Learn more and take a stand against it.

Bullying is all too easy to spot. You may have watched a bully hurt or scare someone. Studies reported by the U.S. Health Resources and Services Administration say between 15 and 25 percent of young people have been victims of bullying.

Unfortunately, not everyone takes bullying seriously, including some adults. Bullying is not harmless fun, just “kids being kids,” or simply a part of growing up. Bullying is hurtful to everyone involved from the bully to the victim, and even those witnessing the bullying. However, by learning more about bullying, you can learn to stop and prevent it from happening.

Bullying is Wrong!

Why would you BULLY Someone?

Because you see others doing it.

Because bullying makes you feel stronger, smarter, or better than the person you’re bullying.

Because you want to hang out with an “in” crowd.

Because you’re trying to keep others from bullying you.
What's the Harm?

MORE THAN YOU THINK

Bullying is not just a fact of life or “no big deal.” It should be taken seriously. Here are some sad and scary statistics compiled by researchers and reported by the U.S. Health Resources and Services Administration:

15-25% were bullied

15-20% bully others with some frequency.

(Meltom et al., 1998; Nansel et al., 2001)

10,000 students = School Datebooks

It makes some kids so much that they skip school.

As many as 160,000 students may stay home on any given day because they’re afraid of being bullied.

(Pollack, 1998)

Young people who bully are more likely than those who don’t to skip school and drop out of school. And they’re more likely to smoke, drink alcohol and get into fights.

(Nansel et al., 2003; Olweus, 1993)

60% can lead to huge problems later in life

Children who bully are more likely to get into fights, vandalize property, and drop out of school. And 60% of boys who were bullies in middle school had at least one criminal conviction by the age of 24.

(Olweus, 1993)
I’m being BULLIED.

What can I do?

Being bullied can feel pretty awful. But, no matter how bad it makes you feel, you should know you’re not alone. There are plenty of kids all over the world who go through the same things you do every day. And, even though you may feel helpless sometimes, there are a lot of things you can do to help yourself out.

Always tell an adult

They can help put a stop to bullying. Tell any adult you feel you can talk to. Try a teacher or school official who may have noticed the bullying. If you’re afraid to tell an adult that you have been bullied, get someone else to go with you.

Try to stand up to the bully

If bullies think you won’t do anything, they are more likely to keep picking on you. If you don’t feel safe, you should fight back. Tell bullies that you don’t like their actions and they should stop. The person bullying you should know that what they are doing is wrong. If you’re afraid to talk to the person or persons who are bullying you by yourself, then try getting someone else to go with you. Kids who bully are more likely to listen, and less likely to bully you, when you’re not alone. If you’re not comfortable doing this, that’s okay. But be sure to tell an adult.

Stay in a group

Kids who bully like to pick on kids who are by themselves a lot. Spend more time with other kids. You can be an easy target if no one else is around to help you if you get in a bad situation.

I don’t bully others, but I’ve SEEN IT HAPPEN.

What can I do?

Be a friend

Sometimes the best thing you can do for a person is to just be a friend. That may mean including him in your social or school activities or just spending some time with her. It will make a huge difference! Show a person who is being bullied that you care about him. That can be a BIG help!

Stand up to the bullying

Say it’s wrong. Tell the bully to stop. If you can, get some friends to join you. It’s not easy to stand up to kids who may be bigger and stronger than you or really popular, but it works! Be sure you don’t bully them back. If you don’t feel safe telling someone to stop bullying, that’s OK. As you can see here, there are other things you can do.
I realize that I’ve BULLIED OTHERS.

What can I do?

Let’s face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. But that’s not enough. Trying to change the way you’re acting is the next step.

Check out these tips.

They will help you start treating others with the respect they deserve.

Think about what you’re doing and how it affects others.

If you think calling others names is really harmless, or if you think pushing, hitting or stealing from other kids is funny, you’ve forgotten what it feels like to be hurt yourself! Teasing, hitting, excluding others – all are harmful.

Next time you are about to bully, **DO THIS**

Talk to an adult.

Making other people feel badly should not make you feel good. It does, or if you’re not really sure why you bully other kids, you need to talk to an adult about it. Even though you might think an adult won’t understand, or that you’ll get yourself into trouble, they can help! Whether it is your parent, a teacher or another trusted grownup, you should tell an adult how you’ve been acting so that they help you deal with it. School counselors are also great people to talk to about how you feel and how to change the way you treat others.

For more information

Check out the Take a Stand. Lend a Hand. Stop Bullying Now! campaign at www.stopbullyingnow.hrsa.gov

The project and the source of this material were provided by the U.S. Department of Health and Human Services, the Health Resources and Services Administration, and the Maternal and Child Health Bureau.
What is CYBERBULLYING? And how do I prevent it?

What cyberbullies do:
- Pretend they are other people online to trick others
- Spread lies and rumors about others
- Trick people into revealing personal information
- Send or forward mean text messages
- Post pictures of others without their consent

Common negative reactions to cyberbullying:
- Seeking revenge on the bully
- Avoiding friends and activities
- Cyberbullying back

Why do people cyberbully?
- Don’t think it’s a big deal
- Don’t think about the consequences
- Are encouraged by friends
- Think everybody cyberbullies
- Think they won’t get caught
Cyberbully prevention
Don’t be a cyberbully yourself
Educate yourself about cyberbullying
Do not post anything that may compromise your reputation
Delete unidentified or unsolicited messages without reading them
Speak with friends, other students, teachers and school administrators, to develop rules against cyberbullying
Search yourself online to make sure that no personal information is available
Protect your passwords and personal info
Always log out of all online accounts

In general, Internet Service Providers have a mailbox set up to receive e-mails that need to be investigated. Forward your e-mail to the following addresses to ensure that a human being will inquire into the situation:
abuse@ispname.com
postmaster@ispname.com
root@ispname.com
admin@ispname.com

Be sure to replace “ispname.com” with the actual name of the Internet Service Provider.

Be sure to archive the e-mail in a single record file your own records, including full header information. You may either save the e-mail, or print it out and file it away.

You can also take screen shots of harassing messages, images, and behavior with a couple of easy key strokes on most popular operating systems. Make sure the content is clearly displayed on your screen.

Subject: What are full e-mail headers and how can I view them?
From: The Bully <bully@cyberbullying.com>
Subject: Re: What are full e-mail headers and how can I view them?
Date: December 12, 2012 2:12:31 PM
To: The Victim <you@cyberbullied.com>

E-mail messages have two parts: The body and the header. There are also invisible portions of the header that contain things like formatting and routing information.

For more in depth information on how to see invisible parts of e-mails, visit the website below and download the PDF “Viewing Cyberbullying E-mail Headers in Various E-mail Programs.”

PC/Windows
Take a screenshot with the ‘Print Screen’ key, then paste the screenshot into a new Word document, either by right-click your mouse and selecting ‘Paste’ from the menu, or by pressing ‘Control’ + ‘v’

Visit http://www.cyberbullying.us for more information on cyberbullying and ways to prevent it.