

STOP BULLYING

What should I do?

TAKE A STAND!

Bullies often target those who they believe are not going to stand up for themselves. Be assertive and confident if you are bullied.

If you are confronted by a bully...

Don't:

- ✗ Engage the bully with a silly comeback. If he says you don't taunt back. If he says you don't go back. Do exactly what they want.
- ✗ Show you're upset. Try to control your emotions and keep cool.
- ✗ Keep it a secret.

Do:

- ✚ Proudly walk away and ignore the bully. Don't show you are affected.
- ✚ Confidently tell the bully you don't like what they are doing and tell them to stop. Remember, you deserve respect and the bully is being disrespectful.
- ✚ Ask your friends for help and to accompany you in places the bully might confront you.
- ✚ Ask an adult you can trust for help. Even if you think you have solved the problem, let an adult know the bully may move on to someone else.

DON'T STAND BY

If you see bullying occur...

It may seem obvious not to contribute to bullying. But, it can sometimes be difficult. Can you think of a time when it might be difficult?

Don't contribute

Speak up, if it's safe



REVIEW ONLY

School Datebooks

When should you speak up and when shouldn't you? Can you think of a situation where speaking up would be a bad idea? A good idea? And, what should you say? **Discuss and practice/roleplay.**

If you are going to get help, where should you get help from? **Remember, if you are dealing with several bullying situations, you should come up with a plan to get help.**

DO NOT SUBMIT

REFLECT:

Describe a time you or another person were bullied:

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Given what you've learned, what would you have done differently?

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BULLYING VOCABULARY

- Judgment:** Bullies will sometimes judge another on their appearance or dress.
- Silence:** Not speaking out; what allows bullying to continue.
- Tormenting:** Intentionally causing excessive pain or worrying.
- Name-Calling:** Verbal bullying that involves "put-downs," insults, racial slurs, and other unpleasant names.
- Malicious:** Intentionally being vicious, causing suffering and harm to others, e.g. "That was a malicious thing to say."
- Worry:** The emotion we feel when we think we might be bullied again.
- Bystander:** A classmate or adult who witnesses bullying taking place.

REMEMBER:

It's not your fault. It's the bullies that have the problem, not their targets. Speak out, get help. You deserve to be respected and not tormented.