

## STOP BULLYING

Sometimes we tease our friends playfully, but when does it go too far? When does playful teasing become taunting? Teasing and taunting both involve making fun of someone, but taunting is mean and one-sided.

### TEASE VS. TAUNT

Is it a Tease or a Taunt when...

- if offended, the teaser doesn't stop ..... **Tease / Taunt**
- I tease someone I know, who can and will say things back..... **Tease / Taunt**
- only the teaser laughs ..... **Tease / Taunt**
- someone is upset, the teasing stops ..... **Tease / Taunt**
- it is not playful and directed at someone you do not know well ..... **Tease / Taunt**
- in a group, everyone laughs, even the one who is teased ..... **Tease / Taunt**

(Circle One)

### Have I ever...

- hurt someone else's feelings because I was jealous?
- made fun of someone because it made me feel better about myself?
- joined in with my friends' taunts even though I didn't actually want to participate?
- pinched, slapped, or physically hurt someone else because they were different?
- damaged someone's property on purpose to make them upset?
- sent hurtful text messages, e-mails, or spread online rumors?
- made fun of someone else simply because I could?

## REVIEW ONLY

### TYPES OF BULLYING

**PHYSICAL BULLYING:** Hitting, poking, pinching, pulling hair, or damaging someone else's things are all examples of physical bullying. Hurting someone physically is never ok, even if they do it first.

**VERBAL BULLYING:** Teasing, name-calling, spreading rumors, insulting, mean jokes, threats, or other verbal attacks that make us feel hurt or threatened. The old adage, "Sticks and stones may break my bones but words will never hurt me" is not true. Verbal torments can lead to depression, in some cases. If you wouldn't want someone to say something to you, then don't say it to them.

**SOCIAL BULLYING:** Excluding or teasing others who are not friends or your friends (What a geek!). Or, picking someone last or not at all for kickball, just because you don't like them or they are unpopular among your friends.

**CYBER BULLYING:** Using the internet or electronic devices to engage in verbal or social bullying. Spreading rumors on social media sites and sending hurtful text messages or e-mails are a few examples. In some states, cyber bullying is now illegal. For more information, visit: [www.cyberbullyalert.com](http://www.cyberbullyalert.com).

### DO I BULLY?

Sometimes a bully cannot recognize that they are being a bully.....

When we routinely hurt others on purpose we become bullies.



## DO NOT SUBMIT FOR PRINT

## BULLYING VOCABULARY

**Jealousy:** A feeling of resentment towards someone because of that person's success or advantages. Bullies often bully other people because they are jealous of them.

**Victim:** A person who has been bullied.

**Ashamed:** The feeling we get when we wish we had done something differently.

**Indirect Bullying:** The spreading of rumors, gossip, or anonymous actions that are meant to hurt another person.

**Cyber Bullying:** Using the internet to bully - text messages, unpleasant e-mails, Twitter and Facebook postings, etc. to damage someone's reputation.

**Anger:** An emotion we feel when bullied. Also an emotion that leads to bullying.

### JUSTIN TIMBERLAKE...

#### comes out on top!

When he was a teenager, Justin had terrible acne and was picked on for trying to become a singer. Now, he is an international pop star. Justin says: "When you're a kid I think you try so hard to fit in and when you get older you realize that fitting in isn't really the thing that's more interesting... I would not be here if I would have listened to the kids who told me I was a terrible singer and I was a sissy... Be different!"