



Mrs. Gunderson


BULLYING — WELLNESS 1

What is Bullying?

- Bullying is different from the typical disagreements or arguments between friends and classmates.
- What's the difference?
- It's bullying if:
 - One person is hurting or harming another with words or behavior.
 - It is being done intentionally.
 - The person being hurt has a hard time defending themselves from the behavior.
 - The kids who are doing it have more power*.



What is Bullying?

- *“Power” can include such things as being older, being physically bigger or stronger, having more social status, or when a group of kids “gang up” on someone.
 - A lot of teens describe bullying as, “When someone tries to make you feel less about who you are as a person, and you aren’t able to make it stop.”
- 

Bullying can be:


- **Physical**: This one's easy to recognize. Examples include pushing, shoving, hitting, kicking, biting, hair pulling, inappropriate touch, breaking objects, and taking or damaging another's stuff.
- **Verbal**: It's really common because it's quick, direct, and easy to do. Examples include teasing, name calling, threats, intimidation, demeaning jokes, rumors, gossip, and slander.
- **Sexual**: This one is something that not everyone thinks of as bullying. It can include using words that demean someone about their gender or sexuality, inappropriate touching of body parts, unwelcome physical contact, or even posting inappropriate photos online.

Bullying can be:

- **Emotional**: This type of bullying is more sophisticated. It's calculated and often done by a group. It hurts people on the inside and makes them feel bad about themselves. Examples include leaving someone out on purpose, telling lies to hurt someone's reputation, and humiliating someone publicly.
- **Cyber-bullying**: Using technology is the newest way to bullying. Examples include sending mean text messages, posting videos, stories, or photos that ridicule someone, and spreading rumors through social networking sites.

Why Does Bullying Prevention Matter?

- Each school day 160,000 students in the U.S. stay home from fear of being bullied. They are scared to go to school. That means those students lose the opportunity to learn. It is every student's right to feel safe in school.
- Students who are bullied also can have lower self-esteem, less self-confidence, increased fear and anxiety, depression, lower grades, and even suicidal thoughts.
- It's not just the targets of bullying who suffer and pay a price. Students who bully grow up to have a greater risk of getting in trouble with the law. By the age of 25, one in four will have spent time in jail.
- Those who witness bullying often express that their feelings about seeing it range from anger to guilt to fear, and they wish they could help but don't know how.




When does Bullying happen?

- Bullying can begin as early as preschool. It increases in elementary school, peaks in middle school, and then decreases in high school.



Who does it happen to?

- Bullying can happen to ANYONE. Bullying is about someone's behavior. That behavior could be directed at the shy, quiet student, or the class tough guy. Girls bully, boys bully, preschool kids bully, and high school kids bully – there is no one characteristic or aspect that indicates who gets bullied.
- The one sure thing is that no one EVER deserves to be bullied, and if someone is being bullied, they have a RIGHT to be safe.




Targets of Bullying – what can they do?

- There's a lot you can do if you are being bullied:
- Know you do not deserve what is happening
- Tell someone; parents, a teacher or trusted adult.
- Develop a plan about how you can respond to the situation.
- With the help of an adult, decide how other students might help.



Students who Bully – what can they do?

- Understand that their actions are hurting another.
 - Know that is never okay to hurt or harm another.
 - Realize that everyone deserves respect, that differences are a part of our world.
 - Talk with someone; their parents, a teacher or trusted adult and ask for their help.
- 

Witnesses – what can they do?

- There's a lot you can do if you see bullying. You can:
- Speak Up!
- When someone is willing to say they think something is wrong, they can make a difference.
- Let other know that you don't accept bullying at your school, and others will be more willing to speak up, too.
- If they see bullying, they can tell a grown-up. Telling is not tattling. It's okay to tell.

Witnesses – what can they do?

- Reach Out!
- Tell the kid who is being bullied that he or she don't deserve to be treated that way. No one does.
- Ask friends to join them in being a kid against bullying.
- Be a Friend!
- Invite the kid who is being bullied to play with them.
- Let the person being bullied, that you think they are okay, give them a compliment about something they do well.
- Work toward an environment where all can feel accepted.