

Here is some information about bullying that we hope might prove helpful to those who are dealing with bullying in their lives.

### **Bullying Information for Young People:**

Don't put up with bullying in your school, group or community! It is NOT just "a part of life" or a "normal part of growing up"!

Bullying usually involves three individuals or groups: the bully, the victim and the bystander. Bullying is repeated, aggressive behaviour towards one person from another person or group of people--and it is hurtful. It might be shoving, name-calling, shunning, lunch-stealing or even gossiping.

You may think that as long as you're not the bully you're not hurting anyone, but that's not true--the bystander plays an important role in a bullying situation.

### **Bystanders have the power to help stop bullying.**

·Bystanders (other kids watching) are present most of the time (85%) when there is a bully episode on the playground or in the classroom.

·Most kids feel uncomfortable witnessing bullying, but very few intervene.

·When peers step in; the bullying stops within ten seconds 57% of the time

### **How Bystanders Can Help**

You're a "bystander" if you watch the bullying, but don't take part in it. In fact, you are exactly the audience that the bully wants. But you can help stop the bullying.

Here are some tips:

- Recognize bullying -- It's not just physical. It can be social and verbal as well. Telling someone they're "ugly" is considered bullying, and can be just as hurtful as hitting them.
- Walk away -- By standing around and watching you encourage the bully. Walk away and go get help.
- Encourage bystanders to get involved as a group -- Band together and walk away.
- Keep track of places where bullying is taking place -- If you tell an adult in charge, they will monitor these areas more closely.
- Speak up -- Tell the bully that they're wrong and that you won't get involved in any bullying.
- Help the victim -- Put yourself in their shoes. Would you want someone to help you if you were being picked on? Of course!
- **DON'T JOIN IN.** Don't call kids names or pick on them. Bullies try to get other kids to join in.
- **BE A FRIEND** to the kid being bullied. Ask them to tell a grown-up. Go with them if they're scared.
- **BELIEVE THE KID BEING BULLIED** and what they say
- **FIND HELP** from teachers, parents, friends, or other grown-ups. **TELL SOMEONE** if you see a kid being bullied. Telling is not tattling! If you're scared of the bully, then don't let them know you told.
- **DON'T FIGHT THE BULLY.** It's not safe. Go tell a grown-up instead.

### **There Are No Innocent Bystanders**

If you're standing around watching, you're part of the problem not the solution.

NOTE: Reporting bullying is **NOT** tattling. Tattling is when you want to get someone in trouble. When you report bullying, you are helping someone else. It is important to know and understand the difference.

### **It's Different For Boys and Girls...**

If you find yourself in a situation where you are being pressured into doing something you don't want to do, try these tools. Boys and girls have different experiences with bullying, so we have some tips for both of you.

#### **Boys:**

- ·STOP and THINK. Don't just rush in.
- ·Walk away.
- ·Make a joke, sometimes humour is the best way to relieve tension.
- ·Let it pass, ignore the situation and carry on as if nothing happened.
- ·Talk it out. It can be a teacher or a friend. If something is really bothering you, talk about it.
- ·Create a scene to draw attention away from the bullying. Yell, sing, and jump around, anything that will draw people away from the bully.

#### **Girls:**

- ·Speak up! You have a right to be heard.
- ·Have a positive attitude.
- ·Make up your own mind. Just because everyone else is doing it, doesn't mean you have to as well.
- ·Choose your friends carefully. Like them for their good qualities, not just because they're popular.
- ·Be true to yourself. In the end, no one matters more than you do.

## Are You a Victim of Bullying?

Bullying is scary and embarrassing. It can make you feel as if it's your fault--it's not! Here are a few things to remember:

- **THIS WILL END.** You will not have to feel this bad forever!!
- Stay calm, bullies LOVE a reaction so don't give them one.
- If you know a kid who doesn't like you, then **STAY AWAY** from them.
- Don't fight back; you may get hurt or make the situation worse.
- Try to calmly withdraw from the situation
- **DON'T FIGHT BACK OR GET MAD.** It'll make the bullying worse. Bullies try to make kids mad so don't let them. **STAY CALM.**
- Avoid bad situations where bullies are and being alone. Walk to school earlier or later or walk with brothers, sisters, neighbors, or friends. Take different paths to school to keep away from the bully. Don't be alone in the hallways, restrooms, empty classrooms, or playgrounds
- Stay within site of teachers and grown ups when you are at school
- **HANG OUT WITH FRIENDS.** Bullies pick on kids who are alone
- **JOIN GROUPS** and find friends who like the same things you do
- **LOOK AROUND SCHOOL.** You're probably not the only kid being bullied. Make friends with other kids who are alone. Maybe you can help other kids
- Sit near the bus driver on the school bus
- Don't get mad **GET FUNNY.** It shows that you're not scared and it can diffuse the situation
- Project confidence
- **CHECK OUT THE WAY YOU ACT.** Slouching, looking at the ground or your feet, and fidgeting show that you're not sure of yourself. Hold your head up and stand up straight. Look confident bullies pick on you if they think you are afraid of them.
- **DON'T ACT SCARED.** If you **BELIEVE IN YOURSELF** other kids will notice
- **THINK OF THINGS TO SAY AHEAD OF TIME.** Keep them short and don't say anything mean (don't be a bully yourself).
- **DON'T BRING EXPENSIVE STUFF OR LOTS OF MONEY** to school. Bullies pick on kids who bring things they can take. It's not worth getting hurt. *Things can be replaced but you can't!*
- If the bully won't stay away from you, then **IGNORE THE BULLY** and **WALK AWAY.** The bully wants you to get mad so don't. It's harder for the bully to bully you if you are not there.
- Don't be afraid to tell an adult you trust. Telling is not tattling! If you are afraid to tell your parents, then tell your grandparents, brothers or sisters, or a grown-up you trust. Even if you just want to talk about it, they will listen.

## What You Should Tell Others Them?

- **WHAT happened to you and WHAT YOU DID**
- **WHO BULLIED YOU** and **WHO SAW** it happen
- **WHERE IT HAPPENED** and **HOW OFTEN** it happened
- **WRITE DOWN EVERYTHING** that happened to you in your diary. Don't forget to write about things that other kids and grown-ups did for you
- **GET HELP.** Talk to a teacher. It's their job to stop the bullying. If you are scared, then take a friend along. Tell your teacher when the bully is not around. If you can't tell them in person, then write a note
- **SEE YOUR DOCTOR OR SCHOOL NURSE.** Ask them to write down any scrapes or bruises and show it to a grown-up
- **KEEP A DIARY.** Sometimes it helps to remember the good things that happened.

## “No One Can Make You Feel Inferior Without Your Consent” –Eleanor Roosevelt

### HOW DO YOU KEEP FROM BEING BULLIED?

- **HANG OUT WITH FRIENDS.** Bullies pick on kids who are alone.
- **JOIN GROUPS** and find friends who like the same things you do. **LOOK AROUND SCHOOL.** You're probably not the only kid being bullied. Make friends with other kids who are alone. Maybe you can help other kids.
- **WALK TO SCHOOL WITH SOMEONE** - brothers, sisters, neighbors, or friends.
- **AVOID BULLIES.** If you know a kid who doesn't like you, then stay away from them.
- **AVOID PLACES WHERE BULLIES ARE.** Walk to school earlier or later. Take different paths to school to keep away from the bully. Don't be alone in the hallways, restrooms, empty classrooms, or playgrounds.
- **STAY WITHIN SIGHT OF TEACHERS AND GROWNUPS** when you are at school. If they can see you, they can help you.
- **SIT NEAR THE BUS DRIVER** on the school bus.
- **DON'T BRING EXPENSIVE STUFF OR LOTS OF MONEY** to school. Bullies pick on kids who bring things they can take. It's not worth getting hurt. Things can be replaced but you can't!
- **CHECK OUT THE WAY YOU ACT.** Slouching, looking at the ground or your feet, and fidgeting show that you're not sure of yourself. Look confident and the bully probably won't pick on you.
- **DON'T ACT SCARED** - hold your head up, stand up straight, and don't look at the ground or your feet. Bullies don't pick on kids who are confident.

Remember, you are NOT Alone!

### Advice for Parents

Look for signs of your being bullied, such as

- trouble sleeping
- wetting the bed
- stomach and headaches
- lack of appetite, throwing up
- fear of going to school
- visiting the school nurse more often
- crying before/after school
- lack of interest at social events that include other students
- Complains of illness before school events often
- Frequent visits to the school nurse or office complaining of feeling sick - wants to call Mom or Dad to come & get them
- Lowered self-esteem
- A marked change in attitude, dress or habits
- Unexplained broken personal possessions, loss of money, loss of personal items
- Unexplained bruises & injuries or stories that don't add up
- Acting out aggression at home
- Missing or incomplete school work, decreased success in class
- Teach your child to communicate. If an adult or a child is bullying them, they need to have the skills to persistently seek assistance
- As a parent of a child being bullied, do not accept the bullying behavior as a problem your child has to live with. The bullying behavior is the responsibility of the bully, not the child being bullied

**Additional information for the Parent of a child being bullied:**

- Be involved with your school and talk to other parents
- Meet with the school administration and ask to see their school policy on bullying, insist that it be in writing
- Talk to your child's teacher and find out if they have observed any problems in the classroom or on the playground and ask them to keep their eyes open for any reason your child might be changing his/her behavior. Insist your report be kept confidential
- Talk to your school counselor - alert him/her that there have been behavior/attitude changes in your child and you are seeking to find out why. Ask them to sit down with your child and discuss if bullying is going on. Insist your report be kept confidential. Ask for recommendations of successful youth counselors
- When you work as a volunteer at your child's school, you can learn more about how your child interacts with other children. -Be another pair of eyes & ears - watch to see if another child bullies your child or other children. If you are close by, tell the bullying child his/her behavior is bullying and unacceptable at school or elsewhere. If at a distance, report what you see to the teacher
- If a physical or verbal threat has been made to your child - report it to the school at once and report it to the school safety officer. If your school doesn't have a safety officer, contact your police department and they will put you in contact with the closest one.

**Document Everything That Happens.** Keep a diary. Take photos if you observe physical or material damage. If action is not being taken write a letter to:

1. Your child's teacher and copy it to the school administration outlining the problem. Be specific as to dates, events, physical evidence that you have noted etc.
2. Arrange a meeting to find out what the school is doing about the situation. Agree to a timetable and/or a schedule of actions that the school will take.
3. If this schedule is not adhered to as promised, write to the school and send a copy to the School Board outlining your concerns and share the schedule and timetable that the school had agreed to adhere to, which was not followed.

We hope that this helps.

Most sincerely,

[www.bullying.org](http://www.bullying.org)

"Where You Are NOT Alone!"

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