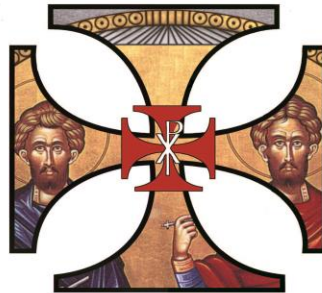


STOP BULLYING IN YOUR COMMUNITY

GOYA-AGED CHILDREN/TEENAGERS 7th – 12th GRADES

**INFORMATION FOR YOUTH GROUPS, ADVISORS AND
COMMUNITY MEMBERS**



Greek Orthodox Ladies Philoptochos Society, Inc.

Bullying Basics

We now know that:

- Bullying is NOT pre-wired, harmless, or inevitable.
- Bullying IS learned, harmful, and controllable.
- Bullying SPREADS if supported or left unchecked.
- Bullying INVOLVES everyone—bullies, victims, and bystanders.
- Bullying CAN BE effectively stopped or entirely prevented.

What Is Bullying?

Bullying is a form of emotional or physical abuse with three defining characteristics:

1. **Deliberate** – a bully's intention is to hurt someone
2. **Repeated** – a bully often targets the same victim over and over again
3. **Power imbalanced** – a bully chooses victims he or she perceives as vulnerable

Why Isn't Bullying Reported?

Most bullying is NOT reported because children...

- Don't recognize it as bullying
- Are embarrassed
- Don't want to appear weak
- Believe they deserve it
- Want to belong
- Fear retaliation
- Don't know how to talk about it
- Don't have a trusted adult to confide in
- Think adults won't understand
- Think nothing can be done about it

Warning Signs

What are some warning signs of bullying?

- Unexplained damage or loss of clothing and other personal items
- Evidence of physical abuse, such as bruises and scratches
- Loss of friends; changes in friends
- Reluctance to participate in activities with peers
- Loss of interest in favorite activities
- Unusually angry, sad, moody, anxious, lonely, or depressed
- Problems with eating, sleeping, bed-wetting
- Headaches, stomachaches, or other physical complaints
- Decline in school achievement
- Thoughts of suicide

Who Is Most at Risk?

- Children who belong to a minority, racial or ethnic group
- Children with mental or physical disabilities
- Children who are overweight
- Children who are new to the community
- Children who are gay, lesbian, bisexual, transgendered
- Children who don't "fit in"

Bullying occurs in many different forms, with varying levels of severity. It may involve:



Physical

- Poking
- Pushing
- Spitting
- Mean hand gestures
- Hitting
- Kicking
- Beating up

Verbal

- Yelling
- Teasing
- Name-calling
- Insulting
- Threatening to harm

Relational

- Ignoring
- Excluding
- Spreading rumors
- Telling lies
- Getting others to hurt someone

Cyberbullying

- Sending hurtful messages or images by Internet or cell phone

What Is Cyberbullying?

- Cyberbullying is an increasingly prevalent form of bullying that is especially difficult for others to detect.
- Cyberbullying involves sending or posting hurtful, embarrassing, or threatening text or images using the Internet, cell phones, or other digital communication devices.
- Using these technologies, cyberbullies can reach a wide group of people very quickly.
- ***The goal of cyberbullies is to damage their victim's reputation and friendships .***

Cyberbullying Can Involve:

- Spreading rumors or posting false or private information
- Getting other people to post or send hurtful messages
- Excluding someone from an online group

Effects of Cyberbullying

Victims of cyberbullying are more likely to:

- ❖ Use alcohol and drugs
- ❖ Skip school
- ❖ Experience in-person bullying
- ❖ Be unwilling to attend school
- ❖ Receive poor grades
- ❖ Have lower self-esteem
- ❖ Have more health problems

Some Things Adults Can Do to Help Prevent Cyberbullying

- Keep computers in visible places so that you can monitor use
- Talk with children about safe and responsible use of the Internet and cell phones, and about the dangers of cyberbullying
- Discuss what to do when cyberbullying occurs, such as ignoring the posting, or calmly but firmly telling the cyberbully to remove the harmful material

Some Things Adults Can Do to Help Prevent Cyberbullying (cont.)

- Remind children not to share any personal information online
- Encourage children to tell you if they are being cyberbullied or know others who are; assure them that you will help them deal with the problem
- Set appropriate limits

How to Help If Your Child Is Being Bullied

- ❖ Show support
- ❖ Help him/her to develop a response strategy
- ❖ Follow up to make sure the bullying does not continue

Signs a Child Is Bullying

A child may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

How Can Someone Respond to a Bully with Self-Confidence and Assertiveness?

- *Help victims change their outlook from one of helplessness to one of confidence.*
- *Develop the belief that there are specific things that victims, bystanders, and adults can do to stop the bully.*
- *Each time a child practices an assertive response, fearful and helpless thoughts are replaced with strong, confident ones.*

Looking Bullies in the Eye...



Tips for Standing Up to Bullies

- ❖ Take a deep breath and let the air out slowly
- ❖ Sit or stand tall, head up
- ❖ Keep your hands at your sides rather than on your hips or folded across your chest
- ❖ Have a relaxed and purposeful facial expression, not angry or laughing
- ❖ Maintain eye contact

Looking Bullies in the Eye...



Tips for Standing Up to Bullies (cont.)

- ❖ Speak with a calm voice, loud enough to be heard clearly
- ❖ Use non-provocative words and a confident tone of voice
- ❖ Avoid name-calling or making threats
- ❖ Avoid finger pointing or other threatening gestures
- ❖ Reply briefly and directly
- ❖ Avoid bringing up past grudges or making generalizations (“You always...”)

Recommendations and Strategies for Adults to Prevent Bullying

- ✓ Intervene when children are young
- ✓ Teach bullying prevention strategies to all children
- ✓ Take bullying seriously
- ✓ Encourage empathy
- ✓ Teach by example
- ✓ Be an effective role model

Look Strategically...

*What **YOU** Can Do*

- Help children critically evaluate media violence
- Provide opportunities for children to learn and practice the qualities and skills that can protect them from bullying
- Encourage children to talk about and report bullying
- Develop strong connections with the children in your care
- Re-examine your own beliefs about bullying

When YOU See or Hear Bullying...

- Intervene immediately
- Intervene even if you're not sure it's bullying
- Stand between or near the victim and the bully, separating them if necessary, so as to stop the bullying behaviors
- Respond firmly and appropriately; remain calm but convey the seriousness of the situation
- Get help if needed
- Do not respond aggressively
- Avoid lecturing the bully in front of his or her peers
- Don't impose immediate consequences
- Don't ask children to "work things out" for themselves
- Give praise and show appreciation to helpful bystanders
- Stick around. Remain in the area until you are sure the behavior has stopped

*What You Should Tell **CHILDREN** About Bullying...*

- Bullying is not acceptable and will not be tolerated.
- If a child bullies you, it's OK to stand up for yourself, walk away, or ask a friend or adult for help.
- Responding to bullying by fighting back doesn't usually work---and may make matters worse. Violence encourages more violence and fails to solve problems.
- It is important to report bullying when you see it and when you hear about it. Telling is not tattling.
- Bullying does not have to happen. Working together with adults and peers, there are specific things you can do to prevent and stop bullying.

*What You Should Tell **VICTIMS...***

- You are not responsible for a bully's behavior. It's not your fault.
- Don't respond to bullies by giving in, getting upset, or fighting back---this will encourage them. Instead, stay calm and be assertive.
- Sometimes the best response is no response---just walk away.
- Get help from a trusted adult. Adults can help you figure out new ways to respond the next time someone bullies you.

Providing children who are bullied with specific options for responding and an action plan will help them feel less anxious and fearful, and more confident to take action to stop the bullying.

What You Should Tell

BYSTANDERS...

- Your involvement makes a difference. Don't just stand by and watch quietly.
- Stand up for the person being bullied.
- Don't join in. This encourages the bully to continue and can make the situation worse.
- Help the victim walk away. A victim may be too afraid to leave on his or her own, but will do so with the help of a friend.
- Encourage other bystanders to help the victim.
- Get help from a trusted adult.
- Afterward, tell the victim you feel bad about what happened.
- Include the victim in activities. ***Be a good friend.***

Creating a Bullying-Free Environment

Lasting change requires the creation of an environment where everyone understands that bullying is unacceptable, harmful, and preventable---and where everyone takes responsibility for stopping it.



When developing a bullying prevention plan for your setting, consider these steps:

- ❖ Lay the groundwork
- ❖ Develop connections, a team approach, and a support system
- ❖ Build a shared vision
- ❖ Create an inclusive environment
- ❖ Establish clear bullying prevention policies and procedures
- ❖ Communicate key concepts to everyone in the program
- ❖ Supervise children responsibly
- ❖ Encourage children and staff to speak out as soon as they witness or experience bullying
- ❖ Provide ongoing education and training for all staff
- ❖ Involve parents

Anti-Bullying Pledge

I will...

- **Speak out** against bullying
- **Report bullying** when I see it happen
- **Learn** what is and is not bullying
- **Make others feel** included and valued
- **Solve problems** in peaceful ways
- **Think before** I comment on, post, or forward messages

I know... I don't deserve to be bullied.

Follow-Up...

Show a commitment to making bullying STOP.

Because bullying is behavior that repeats or has the potential to be repeated, it takes consistent effort to ensure that it stops.



Credits

This presentation was compiled from information available at

*www.stopbullying.gov and
www.eyesonbullying.org*