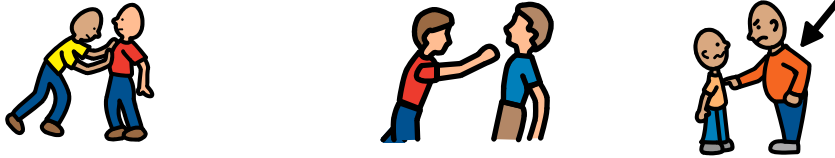


What Is Bullying?

Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending themselves. Usually, bullying happens over and over.

Punching, shoving, and other acts that hurt people physically



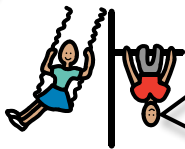
Spreading bad rumors about people



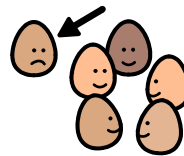
That boy is really weird. I heard that he still sleeps with his stuffed animals at night



Keeping certain people out of a "group"

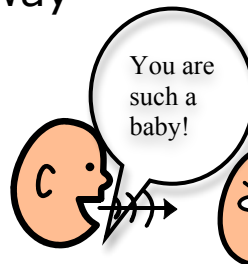
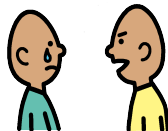


No – only 3rd graders get to play here...



You can't join our club...

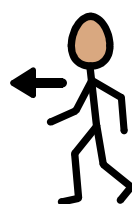
Teasing people in a mean way or being "bossy"



Yeah- we don't play with babies!



Getting certain people to "gang up" on others

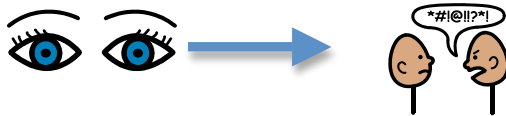


Hey – that kid is so dumb – every time we see him today, lets call him a "weirdo" OK?

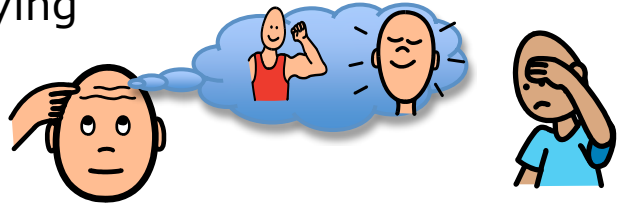
Why Do Kids Bully?

There are all kinds of reasons why kids bully others, either occasionally or often. They might be...

Because they see others doing it



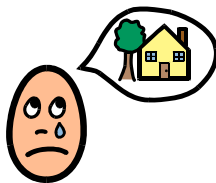
Because it makes them feel stronger, smarter, and better than the person I'm bullying



Because it keeps others from bullying *them*.

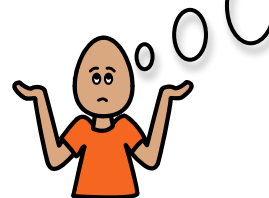


Someone bullies them at home.



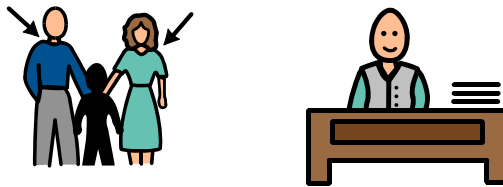
If I am bossy to kids, they will HAVE to play with me! I don't know how to join kids that are playing...

They don't know how to make friends very well.

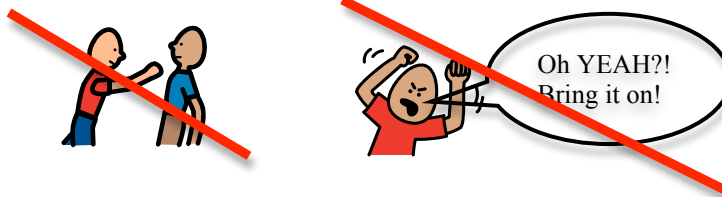


What Should I do if I am Bullied?

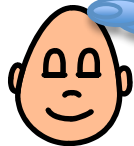
Talk to your parents or teachers. They can help stop the bullying.



Don't fight back. Don't try to bully those who bully you.

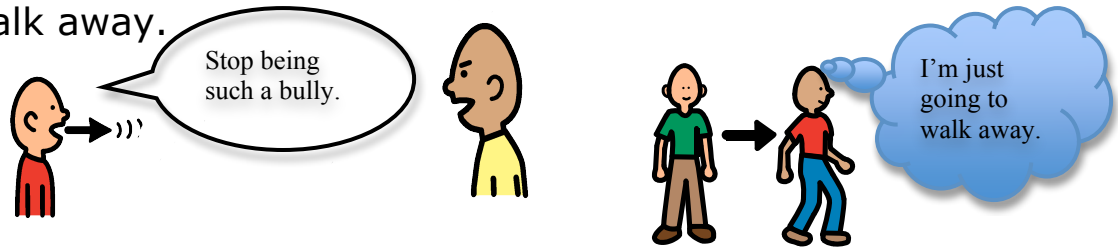


Try not to show anger or fear. Students who bully like to see that they can upset you.

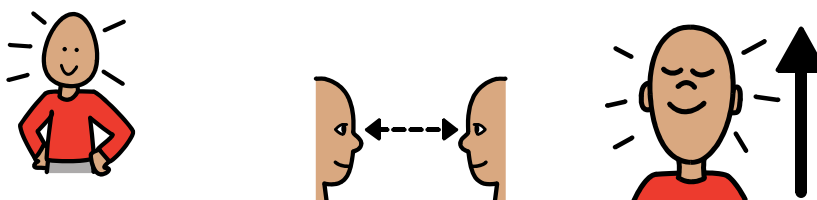


I am not going to look mad or scared. That is what the bully wants me to do. I will stay calm.

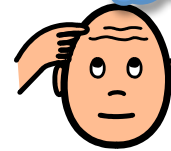
Calmly tell the student to stop...or say nothing and then walk away.



Stand up tall, look the bully in the eye, and be brave.

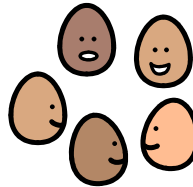


Try to avoid situations in which bullying is likely to happen.



That mean and bossy kid always hangs out by the basketball hoops – I'm just going to play somewhere else.

Get a buddy, and be a buddy. Be near other people, so you are not by yourself.



Watch for other kids who are playing alone. Invite them to join you. Be a buddy, so other people do not get bullied.

