

BULLYING



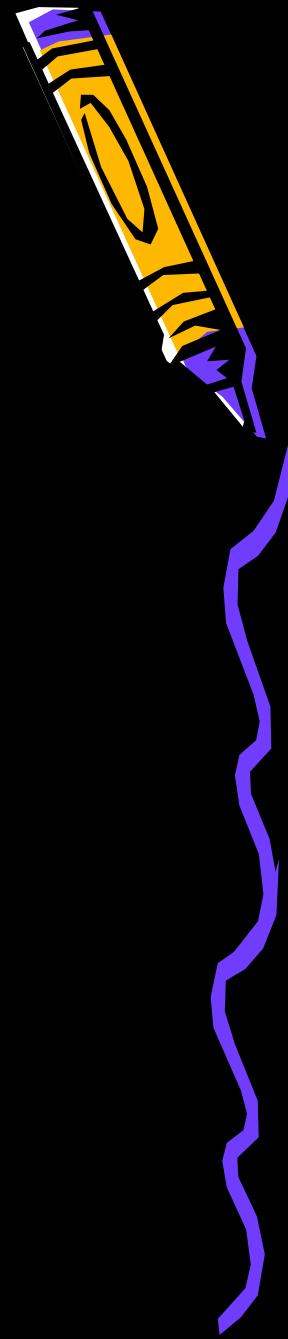
Det. Andrew Palese
Delaware State Police
SRO

The Golden Rule

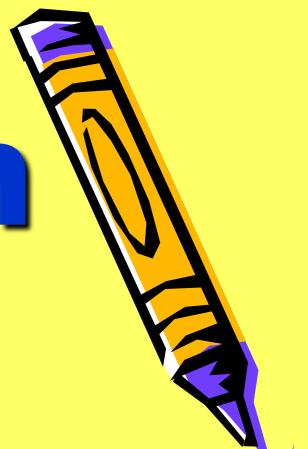
**“Treat others the way you want
to be treated”**



Video



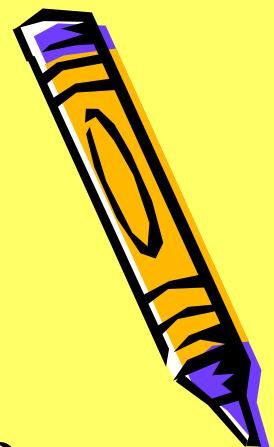
Bullying Definition



- Behavior that is intentional, hurtful and repeated by one or more persons.
- Bullied students are teased, harassed, and assaulted verbally or physically.



Did you know?

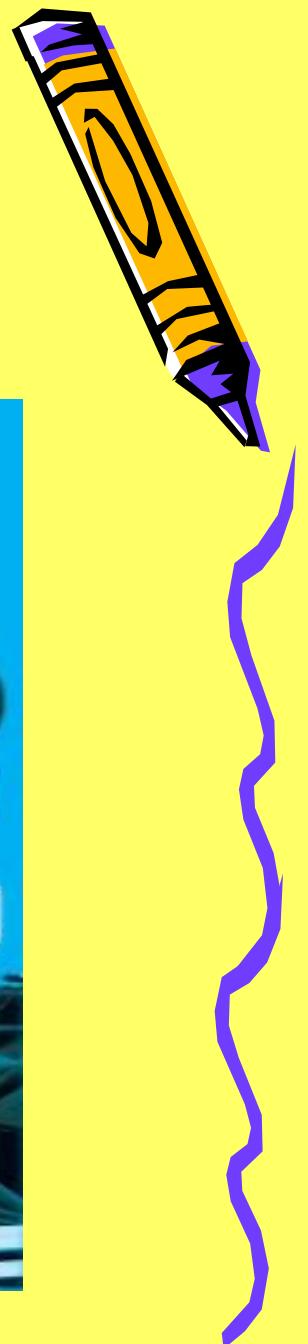
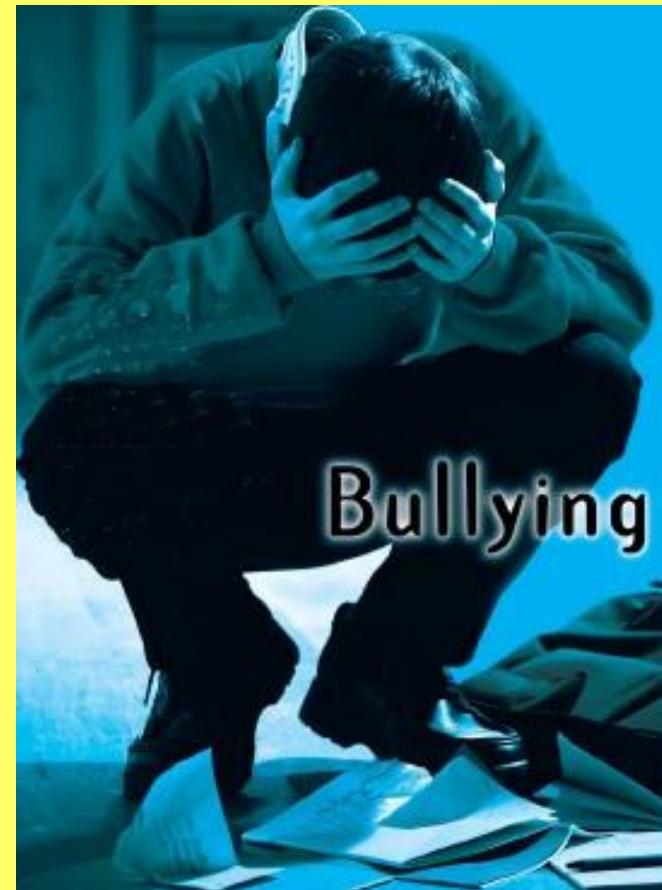


- The word “**Bully**” used to mean the total opposite of what it means now.
- Five hundred years ago, it meant friend, family member or sweetheart.

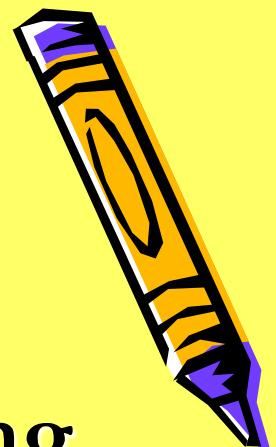


Two Types of Bullying

- Direct
- Indirect



Direct



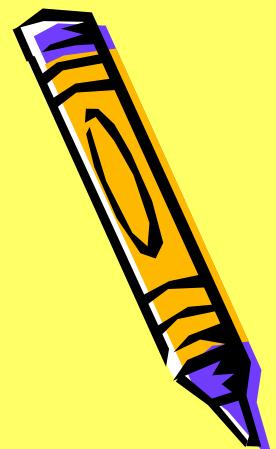
- **Physical** – hitting, kicking, pushing, stealing, hiding or ruining someone's things.

Making someone do something they don't want to do.

- **Verbal** – name calling, teasing, insulting, threats.



Indirect

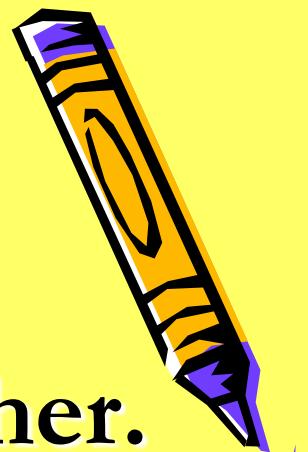


- **Relationship Bullying** – gossiping, spreading rumors and lies about someone.
- Making someone feel left out or rejected.



Bullying can be...

- One person making fun of another.
- One person trying to beat up another.
- A group of people ganging up against others.



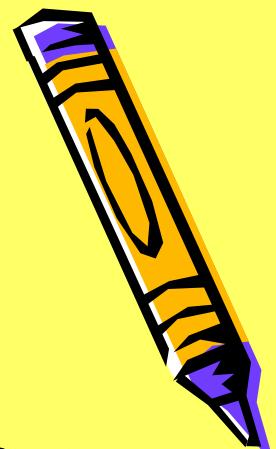
Bullying – You Decide?



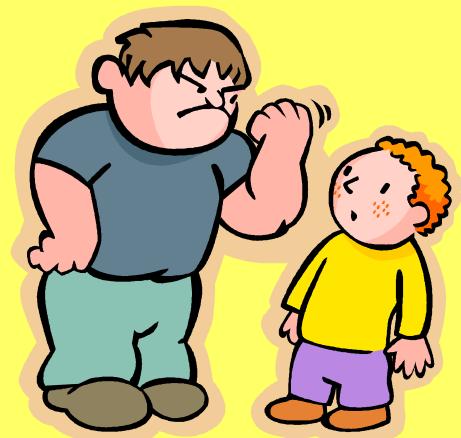
- Jennifer recently broke up with her boyfriend Andrew. Andrew is now dating Melissa. Jennifer convinces all of her friends not to speak or hang out with Melissa anymore. Is this bullying?



Bullying – You Decide



- When John walks in the hallway to his class, Chris repeatedly knocks his books out of his hand everyday. Is this bullying?



How does it make you feel?

Alone

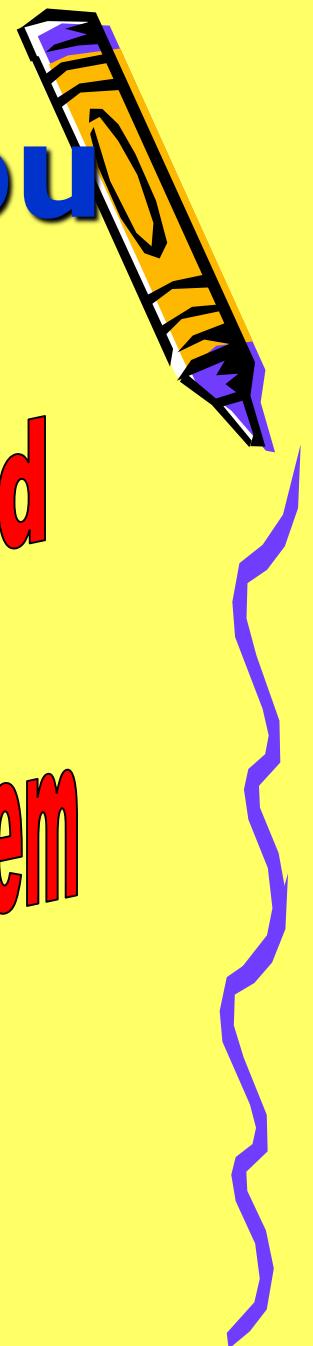
Anxiety

Hurt

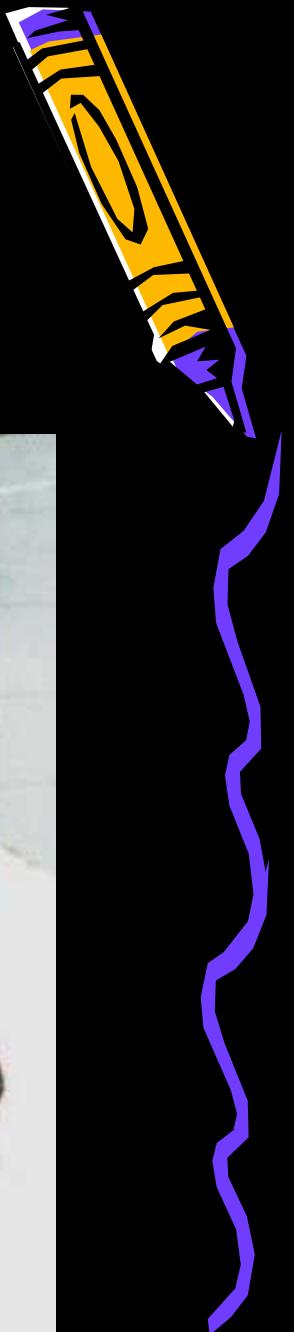
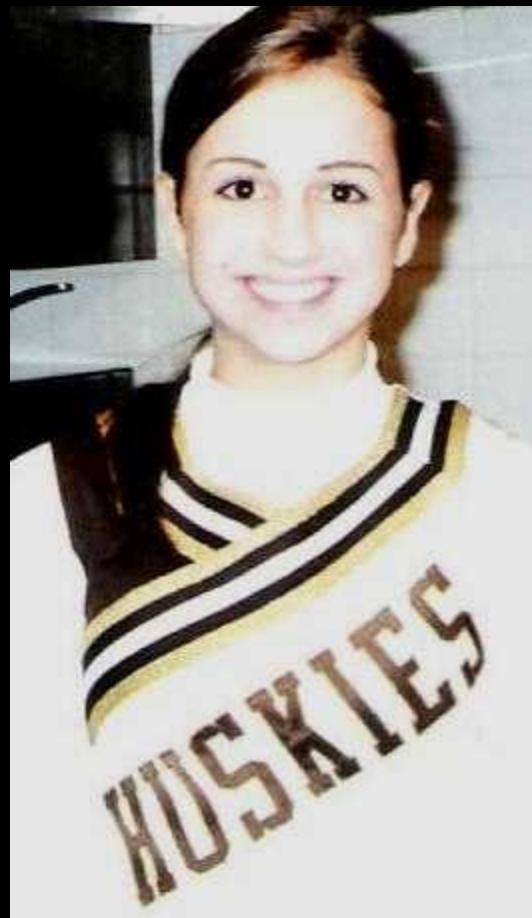
Scared

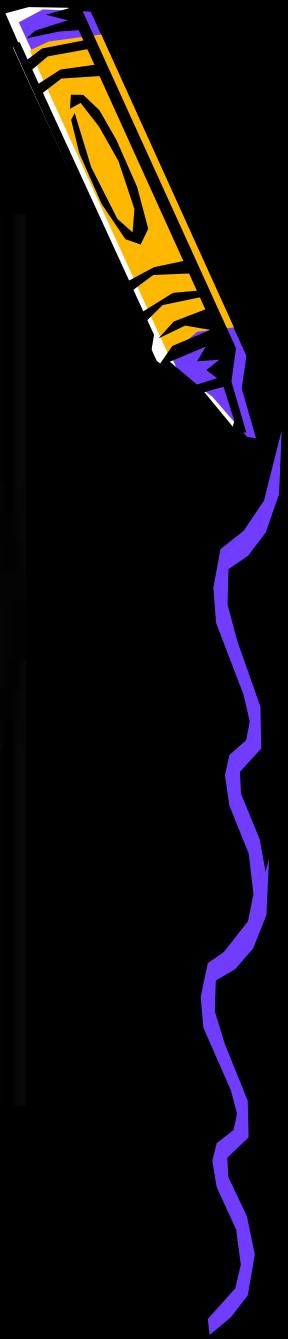
Depressed

Low Self-Esteem



Kristina A Calco



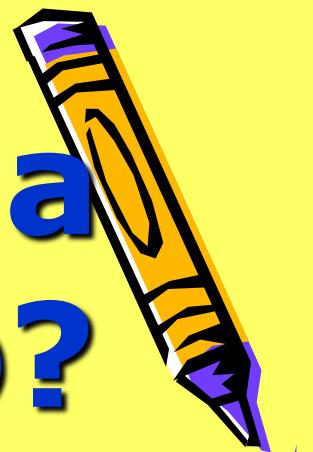




CHO



Does it have to be a part of growing up?



No

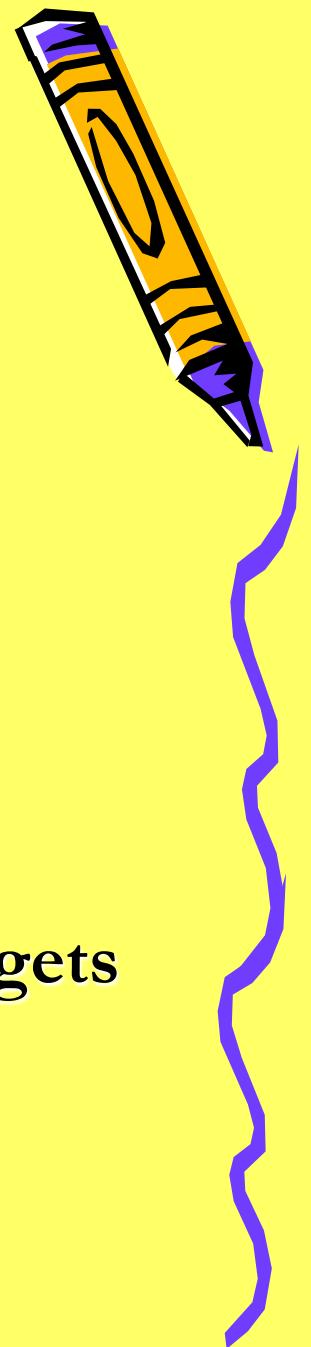
- Each and every person has the right to feel safe in school and in life.



Who is a Bully?



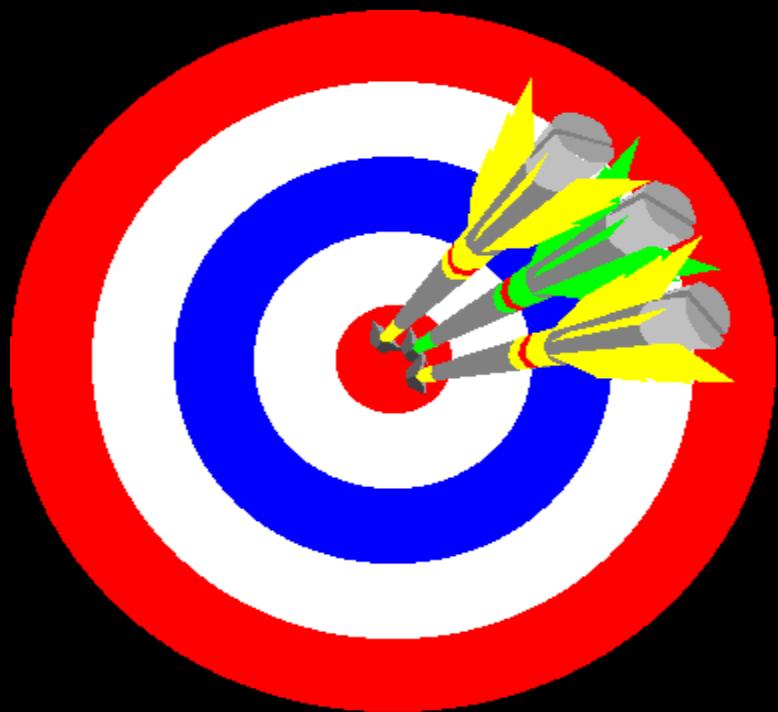
Characteristics of a Bully



- Excited by their bullying behavior
- Enjoy feelings of power and control
- Enjoy causing pain
- Can be a below average, average or above average student
- Lack compassion and empathy for their targets
- Can be all shapes and sizes



Who is a Target?



Reasons

- Doesn't fit in
- Physically weak
- Minority
- Facial appearance
- Clothing
- Emotional
- Overweight
- Good grades



Reasons

- If you usually are alone and don't have many friends.
- If you don't have a lot of confidence and don't stand up for yourself.



How to Deal with Bullying



Ways to avoid future bullying

- Don't bring expensive things or money to school
- Hang out with friends
- Avoid unsupervised areas
- Sit near the bus driver on the bus or walk with a teacher to class
- Don't walk alone and avoid places where bullying occurs
- Get funny
- Don't act scared

"No one can make you feel inferior without your consent". - Eleanor Roosevelt



Report, Report, Report



- Report it to a trusted adult immediately
- BE A HERO



Bystanders



Part of the problem not the solution

Be a Hero



- Encourage other bystanders to help stop the bullying incident by being assertive.
- Make friends with someone who continually gets picked on.
- Report it or send someone to a trusted adult.
- You are a key player in stopping bullying



Report vs Tattling

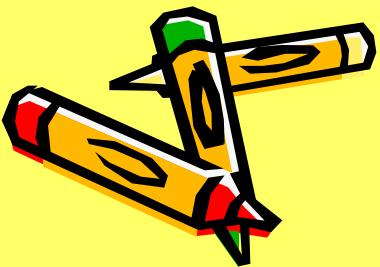


- **Tattling** – Is trying to get someone in trouble.
- **Reporting** – When you report bullying you are helping someone else.

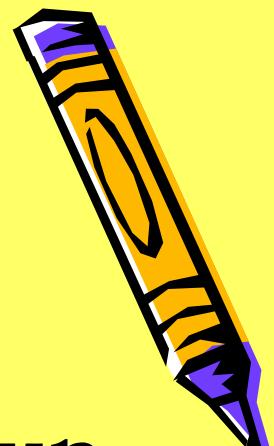




why do others **LET it happen?**



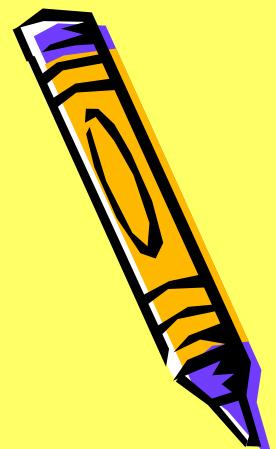
Reasons



- The bully is someone others look up to and want to hang out with.
- They want to “side” with the bully because it makes them feel strong.
- They’re entertained by the bullying.



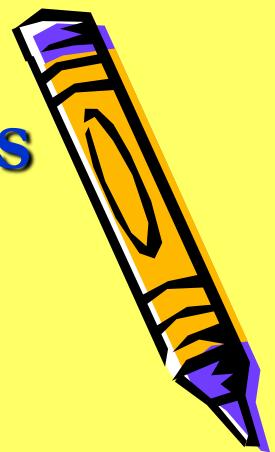
Reasons



- They don't think speaking up will help.
- They're afraid that if they say something, the bully will turn on them.



Some things you can say if someone is getting bullied.



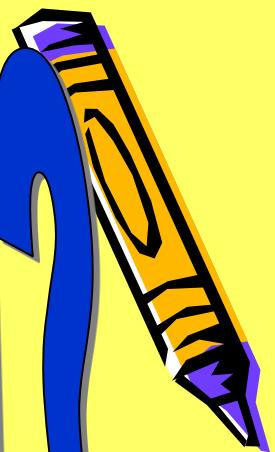
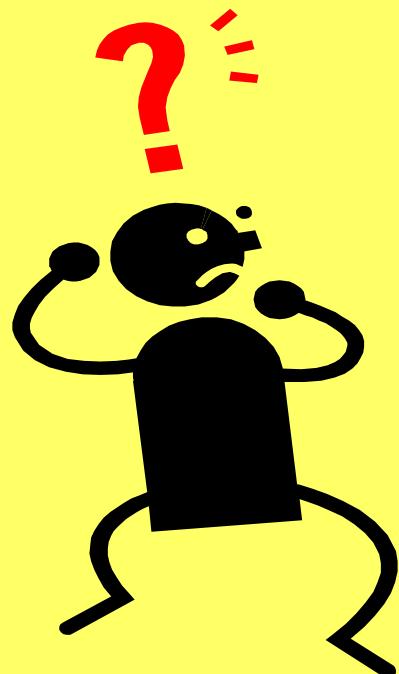
"That's Not Funny"

"How would you like it if someone did that to you?"

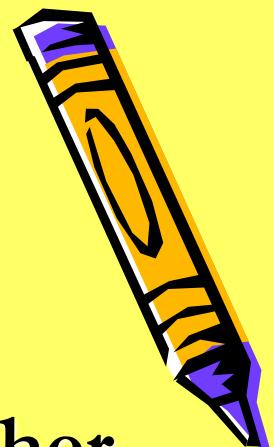
"Cut it out"



Are you a BULLY?



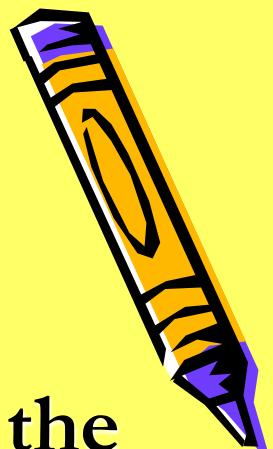
Ask Yourself These Questions



- Does it make you feel better to hurt other people or take their things?
- Are you bigger and stronger than other people your age?
- Do you sometimes use your size and strength to get your way?



Ask Yourself These Questions



- Have you been bullied by someone in the past and feel like you have to make up for doing the same thing to others?
- Do you avoid thinking about how other people might feel if you say or do hurtful things to them?



How can you STOP being a Bully?



If you are a bully, here are some ways to stop

- Apologize to people that you have bullied, and follow it up by being friendly.
- They might not trust you right away, but eventually they will see that you have changed.



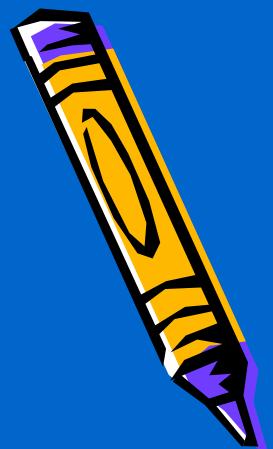
More ways to



- If you are having a hard time feeling good about yourself, explore ways to boost your self-esteem. (Sports)
- If you feel like you're having trouble controlling your feelings, especially anger, talk to a school counselor about it.



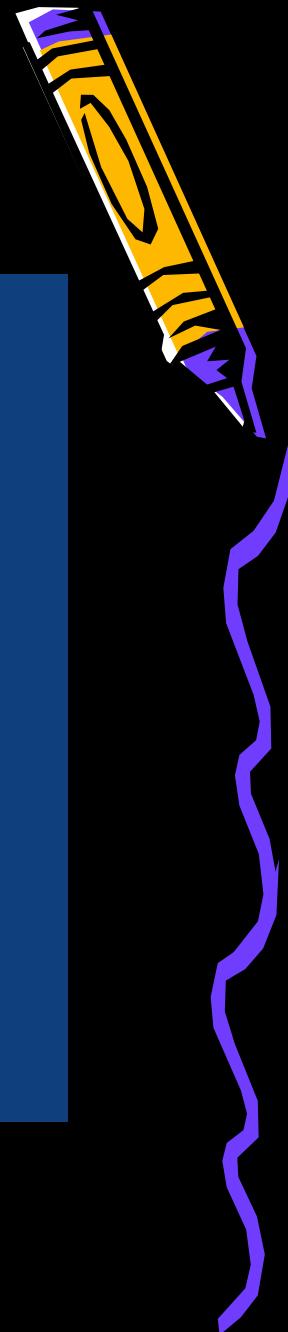
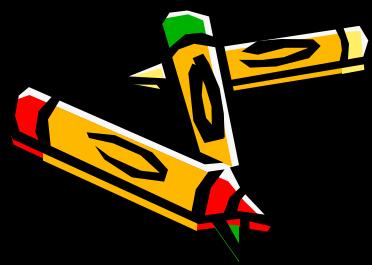
The Golden Rule



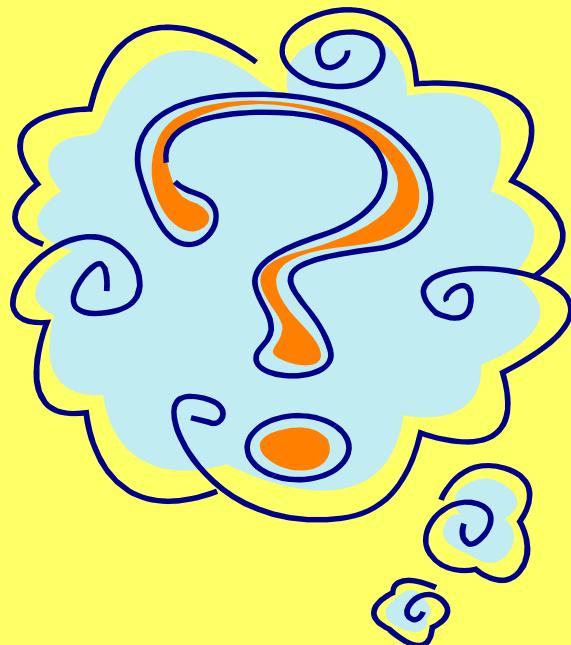
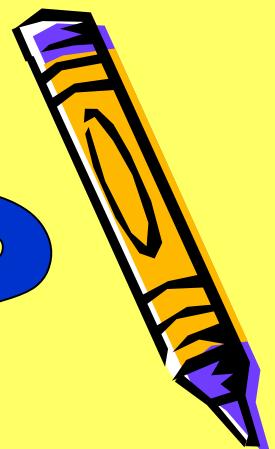
**“Treat others the way
you want to be
treated”**



Video



Questions?



Credits

- PBSkids.org
- Youtube.com
- Stopbullyingnow.com
- Jaredstory.com

