

A bully is a person who purposely tries to hurt others by:

- Making them feel uncomfortable.
- Hurting them by kicking, hitting, pushing, tripping, etc.
- Name-calling.
- Spreading nasty rumors.

The bully hurts the other person over and over.

The person being bullied feels that he or she can do nothing to stop it:

- He or she might feel smaller or weaker than the bully.
- He or she might feel outnumbered by the bully and the bully's friends.
- He or she might feel there is no help:
- No one to talk to.
- No one is standing up for him or her.
- He or she often feels very sad, but does not know how to change the situation.

Bullies can be BOYS or GIRLS!!

Who do bullies pick on?

- Often, bullies are bigger kids, so they pick on:
- Kids they feel are smaller.
- Kids they think won't stand up to them.
- Kids that have few friends to stand up for them.

Why do bullies do what they do?

- Sometimes they think that they will win or get what they want.
- Sometimes they want to impress or entertain their friends.
- Sometimes they enjoy feeling power over someone because sometimes they are being bullied by someone else!
- Sometimes they do not even realize that they are hurting the other person.

What to do if someone is bullying you:

- Tell someone you trust about it. If it is easier for you, write that person a note instead!! (People you might want to tell are: parents, teachers, the principal,

playground safeties, or older friends).

- If the person you told cannot help you or does not do anything, find someone else! Never keep being bullied a secret!
- Try not to let the bully see you are upset. (Bullies are looking for signs that you are upset and they may do it more).
- Avoid areas where the bully feels comfortable picking on you (for example, places where teachers cannot see you - such as corners of the playground, lonely corridors, and behind large furniture in the classroom).
- Try to surround yourself with friends and people who will stand up for you.

What to do if you see someone who is being bullied:

- Get friends together and TALK to the bully. Let the bullies in your school know that bullying is not accepted at your school.
- Don't cheer the bully on or stand around to watch. (The bully might like the attention, and pick on the kid even more).
- If you see someone being bullied, find someone to help stop it. (Get another friend, a teacher, a playground safety, a principal).
- Be nice to, include, and get to know the people who are being bullied: You may find they are similar to you!!
- Try to make friends with the bully too- show them other ways to interact with others. (They don't need to bully others to be accepted or cool).

Bullies: Innocent Bystanders

In a bullying situation, there are usually bystanders, but they aren't exactly "innocent".

Bullying usually happens with other kids around, right? Having an "audience" is very important to a bully. She wants people to

Did you know that if one person watching a bullying situation says "Stop it!", half the time the bullying will stop? This can be hard to do, but it's important to try. When you stand by and do nothing, that's saying that bullying is okay with you. It makes you no better than the bully himself.

Here are some things you can do if you see someone getting bullied:

- Tell the bully to stop. Examples: "Cut it out!", "That's not funny!", "How'd you like it if someone did that to you?" Let the bully know that what he or she is doing is stupid and mean.
- If you feel like you can't speak up, walk away from the situation and tell the nearest adult. Get them to come help. This is not tattling!

If you see someone being bullied over and over again -- whether that person is a friend, sibling, or classmate -- you can make a big difference in helping to stop it:

- If your school has a bullying reporting program, like a hotline or "bully box", use it.
- Make sure the kid who's being bullied tells his parents, or a teacher. Offer to go with him if it will help.
- If she doesn't want to talk to anybody, offer to talk to someone on her behalf.
- Involve as many people as possible, including other friends or classmates, parents, teachers, school counselors, and even the principal.

Do NOT use violence against bullies or try to get revenge on your own. It's possible that by speaking up or helping someone, you've made the bully want to come after you. Be prepared for this, and hold your ground. You already have adult support on your side.

Try to remember the Golden Rule:

Treat others the way you would like to be treated. Stand up for someone when he or she needs it, and when you need it, someone will stand up for you.

HA-HA-SO Strategy

- Help (seek help from a teacher, trusted adult, or other student)
- Assert (Stand up for yourself, but do not fight back)
- Humor (make a joke out of the situation)
- Avoid (walk away or move to another seat)
- Self-Talk (tell yourself things that make you feel better)
- Own it (agree with what the bully says in order to defuse the situation)