

# Bystanders and Bullying

## What Bystanders Can Do

As a bystander, you have the opportunity to help someone—and to make a real difference in that person's life.

- ▶ If you witness bullying, speak up immediately. Stand tall, be confident, and tell the bully to stop. *"C'mon, cut it out. Leave her alone."*
- ▶ Distract the bully. *"Hey, it's late, we need to get to class."*
- ▶ Speak to the person who's being bullied. Ask them to come with you, and then walk away together.
- ▶ If you sense the situation may be dangerous, leave immediately and find an adult.
- ▶ If you don't feel comfortable speaking up, walk away. Do not give the bully an audience. Later, find the student who was bullied and offer your support. *"I'm sorry that happened to you. You don't deserve to be treated like that."*
- ▶ Report any bullying incident you see to a trusted adult.

*"In the end, we will remember not the words of our enemies, but the silence of our friends."*

Martin Luther King, Jr.

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### Bullying

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## Is Your Friend a Bully?

Friends are in the best position to help bullies change their thinking—and their behavior.

### Encourage your friend to talk about the things that are bothering them.

Sometimes just talking things out and knowing that you've been heard is enough to stop someone from wanting to hurt others.

### Help your friend find alternate ways to resolve conflicts and problems.

Be creative and help your friend come up with positive ways to resolve problems and deal with difficult situations. Be a voice of reason.

### Encourage empathy.

Encourage your friend to think about the effect their actions and words have on others.

*"My best friend is the one who brings out the best in me."*

Henry Ford



## Take a Stand Against Bullying

## How to Spot Bullying

Hitting or kicking is easily recognized as bullying. There are, however, several forms of bullying that are much less obvious.

### Verbal bullying – using language to hurt others

- ▶ teasing or name calling
- ▶ making insulting, embarrassing, or intimidating comments

### Social bullying – hurting another's social standing

- ▶ spreading rumors, lies, or gossip
- ▶ excluding someone from a group
- ▶ purposely harming another's self-esteem, group acceptance, or reputation.



### Physical bullying – using force to cause harm

- ▶ pushing, shoving, hitting, kicking
- ▶ hazing a member of a team or group
- ▶ damaging or destroying another's property

### Cyberbullying – using technology to harm another

- ▶ posting intimidating or embarrassing text or pictures online
- ▶ sending harassing or threatening text messages

When deciding if another's behavior is bullying, trust your instincts. If it looks like bullying, it probably is.

## Bystanders Have a Choice



Bystanders can be part of the problem or part of the solution.

### Be part of the solution

When bullies feel their behavior is accepted by their peers, their bullying is likely to continue, or even escalate. *Bystanders need to let bullies know that their behavior is not okay.*

While some bystanders may laugh, encourage, or support a bully, most students ignore any bullying they see—or they watch it and don't speak up. Many bystanders would like to help, but they are either afraid, or they don't know what to do.

### Speak up

Most bullying takes place “under the radar” of adults. This makes it more important than ever for students to speak up and take a stand.

Speaking up isn't as risky as you might think. Bullies are likely to stop if a group of bystanders protest, and all it takes is one or two people to speak up first.

*When students are bullied, the entire atmosphere of the school is affected. Talk to your friends, and together take a stand against bullying—for yourself, your classmates, and your school!*



# Bystanders and Bullying

Bullying is aggressive behavior that is intentional, hurtful, and repeated.

Students who see or witness bullying are bystanders. *Bystanders are the ones who have the most power to stop bullying!*

Bystanders have a choice. They can be part of the problem, or they can be part of the solution. They can choose to ignore bullying, support it, or they can take steps to stop it.

*Studies have shown that whenever bystanders intervene, bullying often stops within seconds. Bystanders are the key to stopping bullying!*





## What All Students Can Do

Here are some things you and your friends can do to make your school a safer, more inviting place for everyone.

### Make others feel accepted

You can help other students feel accepted by simply noticing them, making eye contact, and giving them a friendly smile. Just saying “hi” can help someone feel like they belong.

### Welcome new students

Reach out to new students and invite them to hang out with you or your group. Make an effort to get to know them, and introduce them to other students with similar interests.

### Be supportive

Many students feel out of place, or like they don't belong. Be supportive to students who may be having problems—and to those who seem like they just need a friend.

### Use peer pressure for good

Peer pressure is usually seen in a negative way, but it can also be used for good. When students join together behind a cause or in support of a classmate, others are likely to follow.

## Bullying Survey

Yes No

- 1. Do you think bullying is a problem at your school?
- 2. If yes, do you think teachers, principals, and counselors are aware of the problem?
- 3. Have you or a friend ever been bullied at school?
- 4. Have you or a friend ever been bullied online?
- 5. If you answered yes to either # 3 or # 4, did you tell anyone?
- 6. Are you concerned that you may be bullied before, during, or after school?
- 7. Have you been sent something that would be embarrassing or hurtful to another student?
- 8. Do you know what your school's policy is on bullying?

What can teachers and administrators do to make your school a better place for all students?

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*To help school leaders better understand what's happening in your school, share your survey results with a teacher, counselor, or principal.*

## WHAT YOU NEED TO KNOW

# Students Against Bullying



## Take a Stand Against Bullying

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# Make Your School Bully Free

Making your school bully free must be a team effort, and everyone must do their part. Here are some suggestions for each group involved.



## Teachers, principals, and counselors

Every school should have an anti-bullying policy that is publicized and enforced.

So that students will feel safe reporting bullying, there needs to be a secure way for students to make a report.

## Targets – the students who are being bullied

If you are being bullied, keep a record. Include information on what has happened, the people involved, dates, times, places, etc.

If you're the target of a bully, tell someone. Tell a parent, counselor, teacher, and/or principal. Also tell your friends. *Never let someone bully you into silence.*

## Bullies – the students who are causing harm

If you've been a bully in the past, examine your motives and try to change your thinking and your behavior. Bullies may have power temporarily, but they generally end up with very few friends.

*Statistics show that one in four bullies will have a criminal record before the age of 30.*

## Bystanders – students who witness bullying

Bystanders have a choice. They can choose to ignore bullying, support it, or take steps to stop it.

*Most bullying takes place under the radar of adults. This makes it more important than ever for students to speak up and take a stand against bullying.*

As long as bullies think their behavior is being accepted by their peers, they are likely to continue bullying others. Bystanders need to let bullies know that their behavior is not okay.

Here are some things bystanders can do:

- ▶ Be confident, speak up, and tell the bully to stop. *"C'mon, cut it out. Leave her alone."*
- ▶ Speak to the person who is being bullied. Ask them to come with you, and then walk away together.
- ▶ Distract the bully. *"Let's go. We gotta get to class."*
- ▶ Walk away, and report the bullying incident to a trusted adult.
- ▶ If there are weapons present, or if you feel the situation may be dangerous, leave immediately and find an adult.

***Bystanders have an opportunity to make a real difference. They are the key to stopping bullying!***



# Students Against Bullying

All students should be able to go to school knowing that they won't be embarrassed, hurt, or intimidated. To make your school bully free, everyone needs to work together!

Bullying is aggressive behavior that is harmful, intentional, and repeated. Bullying can take many forms—all of them are hurtful.

## Physical Bullying

- ▶ pushing, shoving, hitting, kicking
- ▶ stealing or damaging one's property

## Verbal Bullying

- ▶ making insulting or embarrassing comments
- ▶ teasing or calling people names

## Social Bullying

- ▶ spreading rumors, lies, or gossip
- ▶ intentionally damaging one's social status

## Cyberbullying

- ▶ using technology to intimidate, harass, or embarrass another







## If Your Child Is a Bully

If you learn your child is bullying others, here are some suggestions.

- ▶ Take it seriously and don't make excuses.
- ▶ Listen to your child's explanations, but emphasize that there are always other options—no matter what the provocation.
- ▶ Avoid lecturing, criticizing, and blaming. Be loving and firm, and focus on solutions.
- ▶ Discuss the consequences of bullying, and hold your child accountable. Allow your child to experience the consequences.

## If Your Child Is a Bystander

If your child witnesses bullying at school, encourage them to do the following:

- ▶ Speak up and speak out. Tell the bully to stop.
- ▶ Ask the target to leave with them.
- ▶ Walk away, and report the incident to a teacher, counselor, or principal.

***Bystanders are the key to stopping bullying!***

## Tips to Prevent Bullying

- ▶ Bullies often target students who are passive or quiet. Encourage your child to stand tall, walk with a purpose, look people in the eye, and use body language that shows self-confidence.
- ▶ Use a cell phone and/or internet contract to set rules and consequences for misuse. (There are a number of these available online.)
- ▶ Regularly talk to your child about what's going on at school. Be a good listener.
- ▶ Teach your child to respect others and to be tolerant of those with different opinions, beliefs, and backgrounds.
- ▶ Most bullying takes place "under the radar" of adults. This makes it more important than ever for students to speak up and take a stand. Encourage your child to work together with other students to make your school bully free.

*As a parent, you need to be aware of what your child is doing both "online" and "offline."  
Be observant and be involved!*

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# Parents and Bullying



## Take a Stand Against Bullying



# Parents and Bullying

If you're the parent of a teenager, you can probably remember being picked on or teased at some point in your youth. It was generally seen as part of growing up.

The world is different now. Too many of today's students are dealing with bullies, not only during and after school, but also online—which can be 24/7.

Bullying is aggressive behavior that is intentional, hurtful, and repeated.

To prevent bullying, schools and parents need to work together to do the following:

- ▶ empower targets
- ▶ teach bullies better ways to handle conflict
- ▶ encourage bystanders to send a message that bullying is not okay

## Understanding Bullying

There are several types of bullying, and a number of reasons why some students bully others.

### Types of bullying

#### Physical

- ▶ pushing, shoving, hitting, elbowing, kicking
- ▶ stealing or damaging another's property

#### Verbal

- ▶ teasing or name calling
- ▶ making insulting or embarrassing comments

#### Social

- ▶ spreading rumors, lies, or gossip
- ▶ intentionally damaging another's social status

#### Cyberbullying

- ▶ using technology to intimidate, harass, or embarrass another



### Why Students Bully

Students generally bully for one or more of the following reasons:

- ▶ to have power and control over another
- ▶ to "bring down" someone they're jealous of
- ▶ to relieve boredom and entertain themselves
- ▶ to "get revenge" for a perceived injustice
- ▶ to impress others and increase their status

*Many bullies have been bullied themselves, or they come from families where there is violence or abuse.*

## If Your Child Is a Target

When children are being bullied, it's critical that parents believe them, listen to them, support them, and empower them.

### Be a ware

Monitor your child's internet and phone use, and watch for these signs in your child:

- ▶ suddenly more anxious, quiet, shy, insecure
- ▶ a drop in grades/not wanting to go to school
- ▶ loss of appetite or complaints of illness
- ▶ withdrawn or depressed
- ▶ unexplained injuries

### Listen to your child

If your child tells you they are being harassed, have your child explain what has happened, who was involved, and how, when, and where it occurred. Make printouts of anything sent or posted online.

Listen, be supportive, and together discuss how to best handle the situation.



### Communicate your concerns

Sharing information/documentation with school officials is the best way to stop bullying at school.

*Be aware that many children don't tell their parents they're being bullied because they are embarrassed, afraid, or worried their parents will overreact.*





## Things to Remember

If you are being targeted by the bully, stay strong and do the following:

### Believe in yourself.

Remind yourself of your positive traits and replace any negative thoughts with positive self-talk. *"I'm a good person." "I am strong." "I can handle this."*

### Keep it in perspective.

It's important to remember that bullying is not permanent. These days will pass, and things will get better.

### Don't take it personally.

Remember, it's the bully who has a problem, not you. Although it's hard to feel sorry for a bully, just remember that if bullies were happy, they wouldn't feel the need to hurt others.

*"Everyone has in them something precious that is in no one else."* Martin Buber

## Tell Someone

- ▶ If you are being bullied or harassed, tell your parent(s) and your friends what's going on. Also talk to your counselor or to a favorite teacher. Sometimes just having things out in the open can be enough to make bullies stop.
- ▶ Your school likely has an anti-bullying policy. If the bullying is happening at school, your counselor, principal, or any of your teachers can help.
- ▶ Don't think of telling as "ratting" or "snitching." Think of it as standing up for yourself and for what's right.
- ▶ Bullying can have lasting effects. Holding fear, frustration, and anger inside is not healthy. Speak up and speak out.
- ▶ If you are being bullied, chances are the bully is causing problems for others. By stopping the bully, you're not only protecting yourself, you are making your school a safer place for everyone.
- ▶ Bullies try to isolate those they're bullying. Do not let that happen. Tell someone!

*"Never be bullied into silence.  
Never allow yourself to be made a victim.  
Accept no one's definition of your life,  
but define yourself."* Harvey Firestone

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# Targets and Bullying



## Take a Stand Against Bullying

# Strategies to Prevent Bullying

There are several types of bullying, and a number of reasons why some students bully others. The following tips will help you ward off bullying behavior.

## Use confident body language.

Use body language that projects strength and self-confidence. Even if you don't feel confident, you can still act confident.

- ▶ As you walk through the halls at school, stand tall and walk with a purpose.
- ▶ When someone speaks to you, stand up straight and speak clearly in a calm tone of voice.
- ▶ When you're walking, don't look at the ground. Hold your head up and make eye contact.



## Control your environment.

- ▶ Try to avoid situations and places where bullying is likely to happen, but do not let a bully stop you from doing things you need or want to do (like going to school or attending a football game).
- ▶ Bullies are less likely to target students in a group. Sit with friends at lunch, and try to be around others whenever you're concerned about bullying.

# What You Can Do

You don't have control over another's actions, but you do have a choice as to how you respond. If you're dealing with a bully, here are some things you can do.

**Speak up and speak out.** Look the bully in the eye, remain calm, and speak in a confident, respectful voice. Be assertive, and tell the bully to stop.

**Walk away.** Calmly walk away and ignore the bully. Don't show fear. Anger, fear, and other reactions give bullies what they are looking for.

**Use humor.** Laugh it off, or use humor to show that you're not upset.

**Keep a record.** Include the people involved, dates, times, places, and the specific things that were said, done, sent or posted online.

**Tell an adult.** Talk to a teacher, counselor, coach, or parent—any adult you trust. Explain what's happened and ask for their advice.

**Get involved in one or two school activities.** You'll have fun, make new friends, and you'll be focusing on something positive.



# Targets and Bullying

*Bullying is aggressive behavior that is intentional, hurtful, and repeated.*

If you or a friend are being targeted by a bully (or concerned that you may be targeted), the tips and advice presented here will give you some ideas on what you can do.

No student should ever have to worry about dealing with a bully at school, after school, or online.

*If you are the target of a bully, it's important for you to remember that it is not your fault. No one deserves to be bullied, harassed, or intimidated!*



# Bullies and Bullying



## Are You a Bully?

Have you done any of the following?

Yes No

1. used your strength or size to get your way
2. said hurtful things to others
3. intentionally damaged someone's property
4. sent or posted hurtful messages
5. used physical force to solve a problem
6. told lies or spread rumors in order to damage someone's reputation
7. wanted others to fear or respect you because you're tough

All of the above are warning signs that you may be a bully. If you answered yes to any of these questions, or are feeling badly about how you have treated others in the past, examine your motives and try to increase your empathy by putting yourself in another person's shoes.

*"If it is not right, do not do it.  
If it is not true, do not say it."*

Marcus Aurelius

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## Bullies Can Change

Being a bully can be hard. People may act friendly, but they aren't true friends. And always having to prove how tough you are can be tiresome.

If you recognize that you may be a bully, or are perhaps feeling badly about how you've treated others in the past, consider doing the following:

### Examine your motives.

What have you done and why did you do it?

### Try to develop better problem-solving skills.

Look for alternative ways to solve problems, and for better ways to communicate with others.

### Increase your empathy.

Put yourself in another person's shoes and try to imagine how they might feel.

### Find positive ways to be powerful.

Get involved in activities, and look for positive ways to use your passions, strengths, and/or leadership skills.

*Statistics show that 1 in 4 bullies will have a criminal record before the age of 30.*



## Take a Stand Against Bullying



# Bullies and Bullying

***Bullying is aggressive behavior that is intentional, hurtful, and repeated.***

There are many different types of bullying. Here are some examples.

## Types of Bullying

### Physical

- ▶ pushing, shoving, hitting, kicking
- ▶ stealing or damaging one's property

### Verbal

- ▶ teasing or name-calling
- ▶ making insulting, embarrassing, or intimidating comments

### Social

- ▶ spreading rumors, lies, or gossip
- ▶ intentionally damaging one's social status

### Cyberbullying

- ▶ using technology to intimidate, harass, embarrass, or threaten another person

## Why Do Bullies Bully?



Most students who bully do so for one or more of the following reasons.

**Power and control** – Bullies want to show they are superior and powerful by controlling others. They often target students who are passive or shy, and less likely to stand up for themselves.

**Justice** – Some students bully for revenge or to “get justice.” They want to get even for a perceived wrong.

**Jealousy** – Students who are jealous of another's success, status, or possessions sometimes bully someone in order to “bring them down.”

**Boredom** – Some bullies are simply bored. They entertain themselves by harassing others, not stopping to think what effect it might have.

**Intolerance** – Bullies are often intolerant of people who look or act different than they do, and will target those they see as being different.

**To impress others** – Some students bully in order to increase their status or to impress others, often bragging about what they've done. They think it's a way for them to earn respect and admiration.

## What Makes Someone a Bully?

Bullies often have problems they don't know how to deal with. Bullies, as well as targets, need help and understanding.

**Personality traits** – Bullies tend to be aggressive and impulsive, having little empathy or regard for the feelings of others. While some bullies feel they are better than the ones they target, most bullies are insecure individuals who use bullying as a way to build their self-esteem and feel powerful.

**Family behavior** – Many bullies come from families where they've been physically or emotionally abused, or where they've witnessed the abuse of other family members.

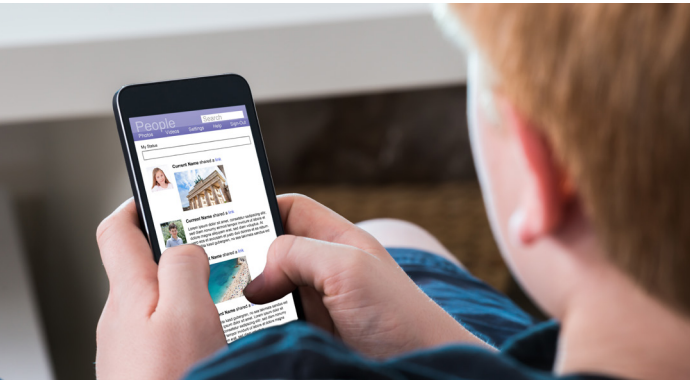


**Peer group** – In a culture or climate where there are few consequences for bullying, some students may try to fit in by joining in on the bullying. They might even feel that if they don't join in, they could become a target themselves.

**Past experience** – Many bullies have been bullied themselves. They sometimes take out their anger on others, or simply do what's been done to them.

*Spending time watching violent shows or playing violent video games can also contribute to the feeling that aggressive behavior is acceptable.*





## Cyberbully Survey

Have you done any of the following?

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Sent a mean or insulting message                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Spread gossip, rumors, or lies about another student online          |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Excluded others from an online group in order to hurt them           |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Pretended to be someone else in order to get that person in trouble  |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Sent or posted a photo that would be embarrassing to another student |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Sent a threatening message   |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Forwarded embarrassing information or photos to friends              |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Shared someone's secret online                                       |

All of the above are examples of cyberbullying. If you have done any of these in the past, think about your motives, and consider the effects your actions may have had on others.

*"Our character is what we do when no one is looking."*

Jackson Brown

# Cyberbullying



## Ways to Prevent Cyberbullying

Use these tips to protect yourself and others from cyberbullying.

### Use proper internet etiquette

- ▶ Be extra polite to people online. They can't see your expression or hear your tone of voice, so what you say can easily be misunderstood.
- ▶ Delete anything you receive that's hurtful to another. Don't respond to it. Don't forward it.
- ▶ Don't send a message to someone else when you're upset or angry.
- ▶ Post only information that you are comfortable with the world seeing **forever**.

### Protect your personal information

- ▶ Never give your contact information or your passwords to anyone other than your parents.
- ▶ If you post a photo, use one that a parent or grandparent would show to others.
- ▶ Use hard-to-guess passwords.

**Remember, there is no such thing as privacy online!**

## Take a Stand Against Bullying

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# Cyberbullying

Students today use all sorts of devices to communicate with their friends. And while electronic communication is fun and convenient, it's also easy to misuse.

*When students use their phone, tablet, or computer to harass, threaten, or embarrass another, it's cyberbullying.*

## Who are the cyberbullies?

- ▶ Cyberbullies are often people who lack the courage or strength to confront someone face-to-face.
- ▶ While bullies who attack others physically or verbally are motivated by power and control, cyberbullies are often motivated by anger or revenge.
- ▶ In many cases, cyberbullying is done by students who don't intend to be hurtful or mean—they're "just playing around."

## Cyberbullying is Different

Because of the following differences, cyberbullying can be even more difficult to deal with than physical or verbal bullying.

**Anonymity** – Because cyberbullies can hide their identity, they are often braver and more daring.

**Convenience** – Cyberbullying can be done 24/7, using any electronic communication device from any location.

**Distance** – Cyberbullies often do not see the hurtful reaction of their targets, making them less likely to understand the pain they're causing—and less likely to feel badly about what they've done.

**Entertainment** – Some cyberbullies enjoy creating drama, or they think what they're doing is funny or clever. Some are just bored and looking for ways to entertain themselves.

**Fast and far reaching** – Cyberbullies can reach a large number of people in a matter of minutes. In many cases, a message is sent or posted impulsively, before the sender has considered the consequences of their words or actions.



## What You Can Do



If you are the target of a cyberbully, here are some things you can do.

- ▶ Immediately block or delete the cyberbully's number or email address.
- ▶ Don't respond or retaliate. Ignore it. Cyberbullies who don't get a reaction often get bored and quit.
- ▶ Tell a parent. Tell an adult you trust. Tell your friends. *Don't let anyone bully you into silence!*
- ▶ Save and print all messages or posts.
- ▶ Keep a record of where the harassment is coming from and when it happens.
- ▶ Look for clues to help you identify a cyberbully. Once identified, cyberbullies should be reported to their online service provider.
- ▶ If you are being threatened, it's serious. *Tell a parent what's going on.* School officials should also be informed, and you may want to consider involving law enforcement or taking legal action.

*Most importantly, don't let a cyberbully get you down. Talk to your friends and parents about what's happening, stay busy with activities you enjoy, and focus on the positive things in your life!*