

# BULLYING



# RESPECTING OTHERS

## Diversity

- Two key terms:
  1. **ACCEPTANCE**
  2. **RESPECT**
- Understanding that each individual is **unique**
- Recognizing our **individual differences**
- **Celebrate** each other's differences



**DID YOU KNOW?**



Bullying is  
**AGAINST THE  
LAW!!**



# WHAT IS BULLYING?

- Any pattern of **written** or **verbal expression** or any **physical act**, or **gesture** that is intended to **ridicule**, **humiliate**, **intimidate**, or cause measureable **physical** or **emotional** distress upon one or more students.
- A student shall not do, attempt, or threaten to bully any person, including students and employees:
  - In the school
  - On school grounds
  - In school vehicles
  - At school bus stops
  - At school activities or sanctioned events



# TYPES OF BULLYING

- **Physical**
  - Hitting, punching, tripping, spitting, kicking, pushing, scratching, damaging property or possessions, stealing, throwing objects at someone, performing humiliating acts on someone, hiding or taking belongings.
- **Social/Emotional**
  - Spreading rumors
  - Making fun of someone
  - Excluding from groups
  - Ignoring, ostracizing or alienating



# TYPES OF BULLYING

- **Verbal**

- Name calling; making offensive remarks
- Insulting someone, such as negative comments about a person's appearance, clothing, or actions
- Taunts, teasing, or threats

- **Intimidation**

- playing dirty tricks; defacing or taking possessions; threatening looks or gestures; intimidating or threatening phone calls, emails, messages, notes; extortion; threats of aggression against people, property, or possessions.



# TYPES OF BULLYING

- **Written**
  - Intimidating or harassing through emails, notes, letters, graffiti, etc.
- **Discrimination**
  - Ethnic slurs, racism, slurs against children with special needs
- **Criminal**
  - Threatening with a weapon, assault, stealing property, vandalism



# QUIZ

1. Name three types of bullying.
2. Give examples of social/emotional bullying.
3. Name two places bullying is not allowed according to the Richmond County Code of Conduct?
4. In your own words, define bullying.





# WHY DO PEOPLE BULLY?

- Jealousy
- Popularity
- Afraid to be teased
- Attention
- Look tough/cool
- TV and music
- Poor self-esteem



# HOW DO PEOPLE BEING BULLIED FEEL?

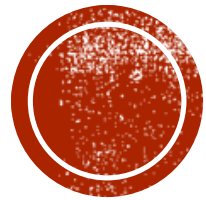
- The stress and feeling of depression may lead to stomach aches or headaches.
- Excessive crying.
- Bed-wetting, night mares, or sleeping difficulties.
- Afraid to attend school.



# QUIZ

- Name one reason people bully others.
- Does a bully realize that he/she is a bully?
- How do the victims of bullying feel?





# **CIRCLE OF FRIENDS**



# HOW DO WE SUPPORT BULLYING?

- Joining in
- Watching, laughing, or shouting encouragement
- DOING NOTHING!



# HOW DO WE STOP BULLYING?

- SPEAKING UP!
- Informing an adult
- Walking away



# WHAT SHOULD I **NOT** DO?

- Try to keep dealing with the problem yourself – it is alright to ask for help.
- Exaggerate or not tell the true facts. If part of what you say is found to be untrue, it cast doubt on the whole situation.
- Retaliate by hitting or being verbally abusive. You could be accused of bullying yourself.



# WHAT SHOULD I DO?

- If the action is not too serious, just ignoring it or laughing it off.
- Being assertive – using “I” statements to express how you are feeling.
- Showing confident body language.
- Avoiding the situation.
- Telling somebody – a friend, adult, teacher, or parent.

