

What is Bullying?

Bullying is a conscious, willful, deliberate, hostile and repeated behaviour by one or more people, which is intended to harm others. Bullying takes many forms, and can include many different behaviours, such as:

- physical violence and attacks
- verbal taunts, name-calling and put-downs
- threats and intimidation
- extortion or stealing of money and possessions
- exclusion from the peer group

Bullying is the assertion of power through aggression. Its forms change with age: school playground bullying, sexual harassment, gang attacks, date violence, assault, marital violence, child abuse, workplace harassment and elder abuse (Pepler and Craig, 1997)

“Bullying is not about anger. It is not a conflict to be resolved, it’s about contempt—a powerful feeling of dislike toward someone considered to be worthless, inferior or undeserving of respect. Contempt comes with three apparent psychological advantages that allow kids to harm others without feeling empathy, compassion or shame. These are: a sense of entitlement, that they have the right to hurt or control others, an intolerance towards difference, and a freedom to exclude, bar, isolate and segregate others”

-Barbara Coloroso “The Bully, the Bullied and the Bystander

Bullying Myths and Facts:

Myth: “Bullying is just, stage, a normal part of life. I went through it my kids will too. ”

Fact: Bullying is not “normal” or socially acceptable behaviour. We give bullies power by our acceptance of this behaviour.

Myth: “If I tell someone, it will just make it worse.”

Fact: Research shows that bullying will stop when adults in authority and peers get involved.

Myth: “Just stand up for yourself and hit them back”

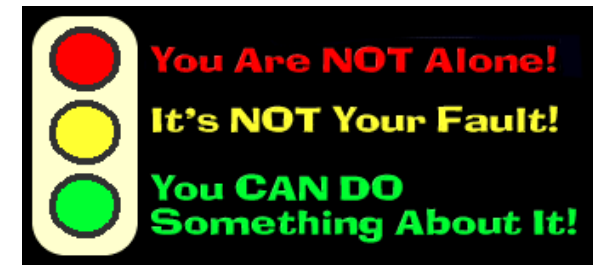
Fact: While there are some times when people can be forced to defend themselves, hitting back usually makes the bullying worse and increases the risk for serious physical harm.

Myth: “Bullying is a school problem, the teachers should handle it”

Fact: Bullying is a broader social problem that often happens outside of schools, on the street, at shopping centers, the local pool, summer camp and in the adult workplace.”

Myth: “People are born bullies”

Fact: Bullying is a learned behaviour and behaviours can be changed.



www.bullying.org is a multiple award-winning Web site that was created to help people around the world deal with the issues of bullying and taunting. www.bullying.org is a supportive international community where people can learn that they are **NOT** alone in being bullied and taunted, that being bullied and taunted is **NOT** their fault and that they **CAN** do something positive about it.

People can contribute their personal stories, poems, images, oral stories (audio files), music, animations and movies. In order to protect contributors’ privacy and security, no last names of young people, or personal contact information is published or shared with anyone else.

www.bullying.org also has two moderated, online support groups, one for youth and one for adults

Are You the Target of a Bully?

Bullying is scary and embarrassing. It can make you feel as if it's your fault--it's not! Here are a few things to remember:

- **YOU ARE NOT ALONE!** Don't be afraid to **TELL AN ADULT YOU TRUST**. Telling is not tattling! If you are afraid to tell your parents, then tell your grandparents, brothers or sisters, or a grown-up you trust. Even if you just want to talk about it, they will listen.
- **THIS WILL END.** You will not have to feel this bad forever!!
- **AVOID BULLIES AND PLACES WHERE BULLIES ARE.** If you know a kid who doesn't like you, then **STAY AWAY** from them. Walk to school earlier or later. Take different paths to school to keep away from the bully.
- If the bully won't stay away from you then **STAY CALM AND IGNORE THE BULLY** and **WALK AWAY**. The bully wants you to get mad so don't. It's harder for the bully to bully you if you are not there.
- **DON'T FIGHT BACK OR GET MAD.** It'll make the bullying worse.
- **DON'T BE ALONE** in the hallways, restrooms, empty classrooms, or playground. Walk to school earlier or later or walk with brothers, sisters, neighbors, or friends. Take different paths to school to keep away from the bully. Don't be alone in the hallways, restrooms, empty classrooms, or playgrounds.
- **HANG OUT WITH FRIENDS.** Bullies pick on kids who are alone.
- **JOIN GROUPS** and find friends.
- **BELIEVE IN YOURSELF** other kids will notice.



- **DON'T ACT SCARED** - hold your head up, stand up straight, and don't look at the ground or your feet. Slouching, looking at the ground or your feet, and fidgeting show that you're not sure of yourself. Hold your head up and stand up straight. Look confident bullies pick on you if they think you are afraid of them. Project confidence Bullies don't pick on kids who are confident. Remember, you are **NOT Alone!**
- **LOOK AROUND SCHOOL.** You're probably not the only kid being bullied. Make friends with other kids who are alone. Maybe you can help other kids.
- **SIT NEAR THE BUS DRIVER** on the school bus.
- Don't get mad **GET FUNNY**. It shows that you're not scared and humour can sometimes diffuse the situation
- **THINK OF THINGS TO SAY AHEAD OF TIME.** Keep them short and don't say anything mean (don't be a bully yourself).
- **STAY WITHIN SIGHT OF TEACHERS AND GROWNUPS** when you are at school. If they can see you, they can help you.
- **DON'T BRING EXPENSIVE STUFF OR LOTS OF MONEY** to school. Bullies pick on kids who bring things they can take. It's not worth getting hurt. *Things can be replaced but you can't!*

What You Should Tell Others?

- **WHAT happened to you and WHAT YOU DID**
- **WHO BULLIED YOU and WHO SAW** it happen
- **WHERE IT HAPPENED and HOW OFTEN** it happened

- **WRITE DOWN EVERYTHING** that happened to you in your diary. Don't forget to write about things that other kids and grown-ups did for you
- **GET HELP.** Talk to a teacher. It's their job to stop the bullying. If you are scared, then take a friend along. Tell your teacher when the bully is not around. If you can't tell them in person, then write a note
- **SEE YOUR DOCTOR OR SCHOOL NURSE.** Ask them to write down any scrapes or bruises and show it to a grown-up
- **KEEP A DIARY.** Sometimes it helps to remember the good things that happened.
- Share your experiences and ideas about bullying with **www.bullying.org** through writing your story, through poetry, drawing and art, through music, animation and film
- Join the Bullying.org Support Group for Adults or the Bullying.org Support Group for Youth age 18 and under. They are moderated for your protection.

“Everyone has the right to be respected and the responsibility to respect others”
-Bill Belsey
creator of **www.bullying.org**

