

Who are Accomplices?

Some children laugh when they see or hear bullying. They cheer, encourage and support the bully. The actions of the accomplice often escalates the bullying behavior. If you laugh or cheer when you see bullying happening,

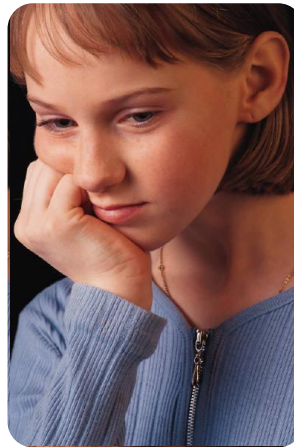
STOP!



Bullying hurts everyone. When children are bullied or see bullying happen they feel afraid. This leads to children feeling insecure about their school and community. Bullies who do not learn better ways to deal with other children are more likely to get into trouble with the law if they are allowed to continue.

The best way to stop bullying is to break the silence. Speak up against bullying, report it when you see or experience it. Your parents, teachers, school staff and the police are here to help, but you need to get involved.

**STAND UP,
SPEAK OUT,
AND SAY STOP
TO BULLYING!**



For Further Information



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Bullying

What You Can Do

What is Bullying?

Bullying is a term used to describe the repeated and hurtful behavior of one child toward another. The target often feels powerless to prevent the behavior.

There are five types of bullying:

Verbal - name calling, threats, gossip, rumors, insults and taunting.

Physical - punching, pushing kicking, theft, and vandalism.

Cyber - bullying on the Internet such as emails, websites, MSN messages, and text messages.

Social - this refers to exclusion. Rumor and gossip can be used to exclude a certain person or people from the group.

Sexual - This refers to any unwanted or unwelcome sexual attention.

Why Do Children Bully?

Children bully for many reasons. They:

- want attention.
 - have family problems.
 - have been bullied themselves.
 - are alone and do not have friends.
 - feel bad about themselves.
 - want revenge.
 - feel jealous.
 - want to be cool/tough.
 - are pressured into it by others.
 - have learned this behavior from their parents.
- Regardless of the reason, the bully feels powerful when he or she hurts someone else. We can help stop the bully from hurting others by showing the bully positive ways to feel powerful.

Who Can Be Bullied?

ANYONE can be bullied. It does not matter what you look like, what you like to do, or how old or big you are.

Children who are bullied are called Targets. If you are bullied it is not your fault and you are not powerless to do something about it.

You may feel afraid, embarrassed or not know what to do but there are things you can do to stop being bullied. Some ideas are:

Report. Tell a trusted adult if you are being bullied. This is NOT tattling.

Stand-up. Tell the bully to stop. This does not mean fighting back.

Do something unexpected. The bully wants to see that you are hurt or angry. You do not have to show him or her that you are. You can agree with him or her or use humor instead as he or she would not expect this.

Include yourself with others. It is safer to be with others than alone. Know where teachers/parents are who can help.

Walk away. Just ignore the bully and walk away. Sometimes you may need to run away to keep yourself safe.

Be confident. Confident children are less likely to be bullied. If you feel good about yourself, it will not matter what others think about you.

What Are Bystanders?

Bystanders are children who stand by and watch bullying happen but do not get involved or help stop it.

Children are often afraid to get involved because they feel they will get bullied next or they do not know what to do. Some are entertained by the behavior.

If bystanders speak out against bullying they can help stop it from happening.



Be a Helpful Bystander

Stand up for the target. Help the target tell the bully to stop.

Get help. If bystanders see bullying happen but cannot assist the target, they should get help from an adult.

Report the incident to a trusted adult. Remember the target may not be reporting the problem. Sometimes adults are required to deal with a bullying situation.

Include others. Include the target as well as the bully – remember you can accept the bully without having to accept their bad behavior.

Promote the target's self-confidence. This helps the target feel better about him or herself.