

# Bullying 411



## Essential Question

**What is bullying?**



# Bullying (Definition)

**Repeatedly causing someone to feel stressed, humiliated or threatened in an effort to assert power or control over that person**



# Types of Bullying

**Bullying can be divided into five main categories:**

- Physical Bullying
- Verbal Bullying
- Relational Bullying (AKA Emotional/Social Bullying)
- Cyber Bullying
- Sexual Bullying

# Physical Bullying

**Repeated acts of physical aggression toward a person in order to assert power—hitting, pushing, spitting, etc.**



# Verbal Bullying

**Repeated acts of verbal aggression toward a person in order to assert power—name calling, teasing, demeaning**



# Relational Bullying

**Repeated acts of aggression in which someone attempts to manipulate or damage a peer by sabotaging their friendships in order to assert power —spreading rumors, hurtful gossip**



# Cyber Bullying (Definition)

**Using the internet or other digital technologies to communicate words, images or language in an effort to purposely cause distress to another.**



# Sexual Bullying

**Any unwanted sexual advances or actions intended to make the other person uncomfortable, embarrassed, or humiliated. May include obscenities, or gestures, exposure or physical contact.**





# Criteria of Bullying

“Three criteria are necessary for an incident to be bullying:

1. Any behavior that is unwanted, offensive, threatening, insulting, causes discomfort or humiliation, or interferes with the individual’s school performance which results in the victim feeling stressed, injured, or threatened,
2. the behaviors are repeated ,and
3. there is an imbalance of power between the bully and the victim.”



CONFLICT	BULLYING
Equal Power—the individuals in the conflict are equals or equally matched	Imbalance of Power—(big/small, older/younger, popular/unpopular, many vs. one)
Can happen on one occasion	Happens repeatedly
Both parties are emotional	Strong emotional reaction from the victim
Problem resolves and parties may be friends again	Parties involved are NOT friends
Starts as an accident—not purposeful	Purposeful targeting of one person by another person or group
Parties aren't afraid of each other	Target/Victim feels in danger in some way

# Bullying or Conflict?

- Every time Aaron passes Joel he bumps him and says, "Watch where you're going, fresh meat!" All of Aaron's friends snicker. Joel starts to skip school to avoid Aaron.
- Jennifer is mad because Shaina got the lead in the school play. Jennifer bad mouthed Shaina to their mutual friends until no one talks to Shaina at all. This has been going on for a week. Shaina is upset because no one will talk to her.
- Sally thinks Gina took her boyfriend. She confronts Gina in PE. Gina starts taking off her jewelry and tells Sally, "Bring it on if you think you can."
- Toby sends Courtney emails calling her horrible names and threatens to tell everyone at school that Courtney eats dog food because her family is so poor. He makes Courtney cry every day.

# Dealing with Bullying



# GET THINKING!

## **Bulling activity.....**

- **Break into small groups**
- **Form a circle**
- **Take an apple**
- **And...**



# Who Has The Power?

**Who has the most power in a bullying situation: the bully, the victim or the person watching what is going on? Why do you think so?**

**If you said, “the person watching,”  
YOU ARE CORRECT!**

# Bystander (Definition)

**Someone who observes a bullying event**





# Types of Bystanders

**Sidekick**—A bystander who actively joins in at the bully's invitation. Usually is a friend of the bully.

**Reinforcer**—A bystander who does not actively participate in the bullying but laughs or encourages the bully in some way (smiling, hanging around, comments, gestures).

**Onlooker**—A bystander who does not support the bully but does nothing when others are bullied. This student does not want to get involved and may feel that bullying is none of his/her business.

**Defender**—Bystander who tries to stop bullying while maintaining personal safety. May comfort the victim and get adult help if necessary.



## Interesting Fact:

**Most students are ONLOOKERS! They don't support the bullying, but they don't get involved in helping the target/victim either.**

Why do you think students are reluctant to get involved?



# Why Kids Don't Get Involved

1. They don't know what to do or how to stop it.
2. They are afraid that if they try to do something, they may do something wrong and make the situation worse.
3. They fear that if they intervene, they may be next on the bully's list for bullying.
4. They think their friends may reject them if they reach out to someone who is an "outsider."



# How can a bystander help?

**S**ay what you feel. Tell the bully that you don't like what they are doing.

**T**ell a trusted adult. Report bullying. When it isn't safe to intervene alone, get help.

**A**sk other friends to help. If it is beyond what you can do alone, ask friends to join you in helping the target. Having people close by can discourage the bully.

**N**ever leave the targeted person alone. It shows support, and bullies are less likely to pick on someone if they are with others.

**D**on't encourage the bully. This means no laughing or smiling too!

**U**nderstand that you can make a difference.

**P**ut yourself in the target's shoes. Treat others like you would like to be treated.

# Report Bullying!

**Any student, parent or other interested party can report suspected bullying.**

**BULLYING CAN BE REPORTED ANONYMOUSLY!**



# Ways to Report Bullying

- Call the school and report via the phone.
- Go to the school and talk to personnel in person.



# More Ways to Report Bullying



- Fill out a reporting form and turn it into the main office.
- Drop a reporting form in your school's bully box.

# Report Online

- Go to [http://  
www.fullertonsd.org/apps/  
form/  
form.FULESD.qfXptEd.1Ll](http://www.fullertonsd.org/apps/form/form.FULESD.qfXptEd.1Ll)
- This link a way to report bullying

