



BULLYING

What is Bullying?

- Bullying is any action that involves a desire to hurt, a hurtful action, a power imbalance, repetition, enjoyment by the aggressor (the bully), and feelings of oppression from the victim (the bullied).
- Bullying is a form of abuse.
- Bullying can be one on one or involve more than one bully and more than one victim.



BULLYING can take many forms.



Being called names



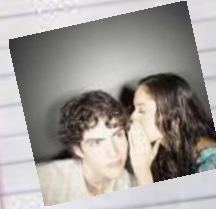
Being teased



Being hit or attacked



Having your possessions taken and thrown



Having rumors spread about you



Being ignored and left out



Racist or sexist attacks



Being pushed or pulled around

Why Does Bullying Occur?

Students bully to:

- ✓ gain power
- ✓ seek attention
- ✓ obtain material things
- ✓ act on problems at home or in their personal life
- ✓ copy another person.



Who can be the Bully or Victim?

- Anyone can be a bully or victim and most people have been one or the other at some time in their life.
- Gender, Race, Age, or appearance does not determine if someone will be a bully or a victim.
- **IT CAN HAPPEN TO ANYONE!**



Strategies for Dealing with Bullies

- Tell them to stop
- Stand up to the bully in self-defense (take a self-defense class if necessary)
- Group together
- Tell an adult
- Avoid it if possible
- Walk away

