

EFES

What Is Bullying

Video



- The word “bully” used to mean the total opposite of what it means now.
- Five hundred years ago, it meant friend, family member or sweetheart.

Did you know?

Exposing the Myths:

1. **Bullying is just teasing** T or F **FALSE**

Bullying is much more than teasing. While many bullies tease, others use violence, intimidation, and other tactics. Sometimes teasing can be fun; bullying also hurts

2. **Some people deserve to be bullied** T or F **FALSE**

No one ever deserves to be bullied. No one “asks for it.” Most bullies tease people who are different in some way. Being different is not a reason to be bullied.

3. **Only boys are bullies** T or F **FALSE**

It seems *most* bullies are boys, but girls bully too.

4. People who complain about bullies are babies T or F **FALSE**

People who complain about bullies are standing up for their right not to be bullied. They're more grown-up than the bullies are.

5. Bullying is a normal part of growing up T or F **FALSE**

Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt, and abused is *NOT* normal. Plus if you *think* it's normal, you're less likely to say or do anything about it, which gives bullies the green light to keep bullying.

6. Bullies will go away if you ignore them. T or F **TRUE and FALSE**

Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That's what they want.

7. All bullies have low self-esteem. That's why they pick on people. T or F

FALSE

Some bullies might have high self-esteem. They feel good about themselves, and picking on other people makes them feel even better. Most of the time, bullying isn't about high or low self-esteem. It's about having power over other people.

8. It's tattling to tell an adult when you're being bullied. T or F FALSE

It's smart to tell an adult who can help you do something about the bullying. It's also smart to tell an adult if you see someone else being bullied.

9. The best way to deal with a bully is by fighting or trying to get even. T or F

FALSE

If you fight with a bully, you might get hurt (or hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you're acting the same as the bully. Then the bully might come after you again to get even with you. Either way only makes things worse.



How Bullying Feels

What Can You Do

What is Bullying?

Bullying is when one person uses power in a willful manner with the aim of hurting another individual **Repeatedly**.

Not Bullying – Regular conflicts among students may include –
Sitting in another students chair, pranks, disagreements, teasing among friends.



What Is Not Bullying:

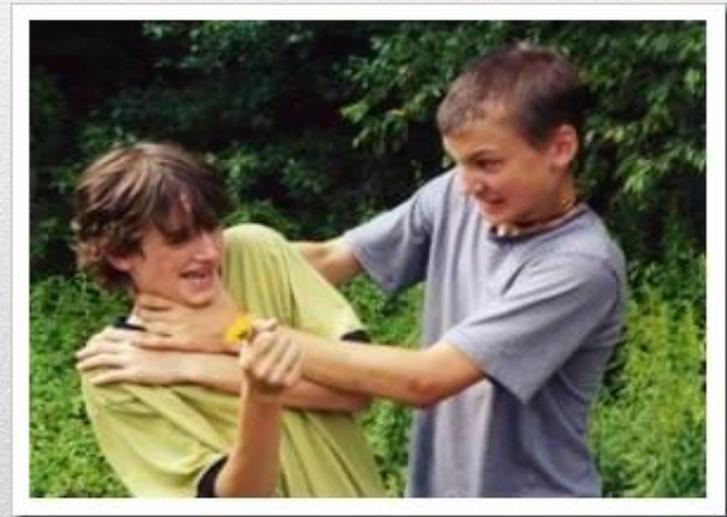
When talking about bullying, it is very important for students to understand what bullying is not. Many times, a single act or behavior is blown out of proportion, but it is not considered bullying.

Some people think that bullying is any aggressive behavior and although such behaviors are a source of concern and need attention, it is important to separate them from bullying.

Bullying is recurring and deliberate abuse of power.

Understanding Bullying:

In any communication, verbal or nonverbal, there are two sides involved. Bullying is a form of communication and depends not only on the giver but also on the receiver.



For an incident to be considered bullying, the aggressor must want to hurt someone and the victim must perceive the incident as a deliberate act of abuse.

Not bullying list:

These incidents on this list are NOT considered bullying:

- **Accidentally bumping into someone**
 - **Making other kids play things a certain way**
 - **A single act of telling a joke about someone**
 - **Arguments or disagreements**
 - **Isolated acts of harassment, aggressive behavior, intimidation or meanness**
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What Is Bullying:

- The definition of bullying states that there is repetition in the behavior.

Bullying is a *conscious, repeated, hostile, aggressive behavior of an individual or a group* abusing their position with the intention to harm others or gain real or perceived power.

Therefore, anything that happens once is NOT an act of bullying. It is important that you pay attention to what is happening and find out if things are happening more than once.

Bullying can be:

DIRECT

Face to face

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graph TD; A[Face to face] --> B[Verbal]; A --> C[Physical]; A --> D[Psychological];
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Verbal

Insults, putdowns,
teasing, harassment

Physical

Shoves, pushes, hitting,
assault

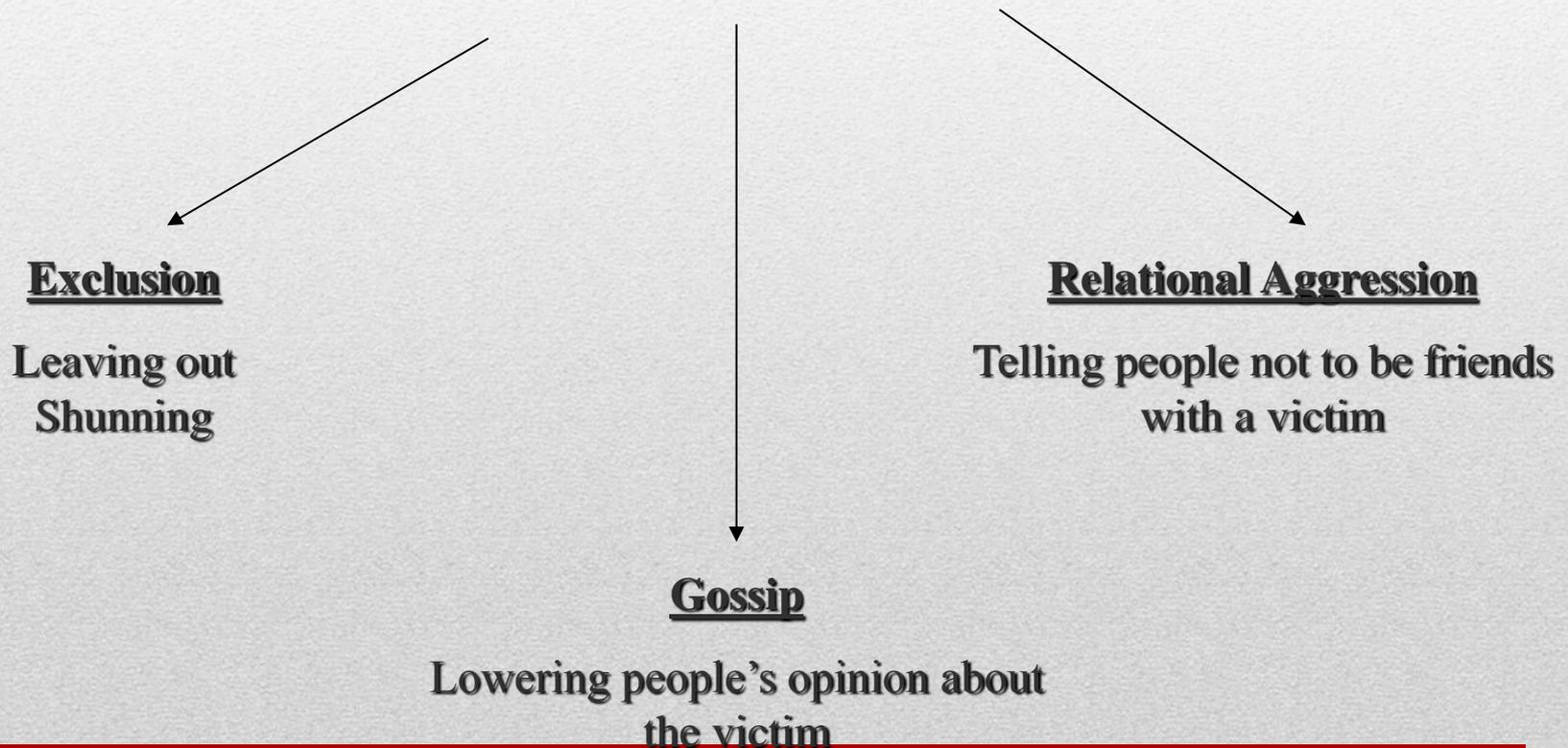
Psychological

Rolling eyes, dirty looks, uttering threats

Bullying can be:

INDIRECT

Behind someone's back



How does it make you feel?

Alone

Hurt

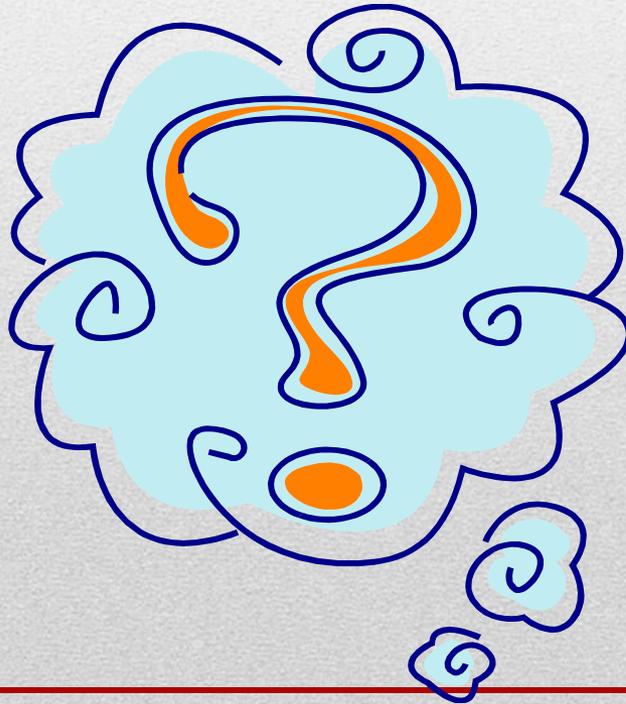
Depressed



- Each and every person has the right to feel safe in their and good about their self.

**Does it have to be a part
of growing up? No**

Questions?





Video

Kids React To Bullying
