

Bullying Awareness

What is Bullying?

A bully is someone who purposely tries to hurt you by making you uncomfortable by kicking, hitting, pushing or even tripping you. A bully might also try hurting your feelings by calling you names or spreading nasty rumors. A bully might make you feel weak or small and they might even outnumber you by ganging up with other bullies.

If you are being bullied, you might feel like there is nothing you can do, but you do not have to put up with it. You can do something about it!

Types of Bullying

❖ Verbal Bullying

- Teasing
- Name-calling
- Taunting or threatening

❖ Social Bullying

- Leaving someone out of an activity on purpose
- Telling others not to be friends with someone
- Spreading rumors
- Embarrassing someone in front of others

❖ Physical Bullying

- Hitting, kicking or pinching
- Spitting
- Tripping or pushing
- Taking things or breaking someone else's things on purpose
- Making mean or rude hand gestures

❖ Cyber Bullying

- Cyber bullying can happen anytime you are on the computer or using any kind of technology like a cell-phone or a tablet device that you might play games on.
- Bullying is mean text messages or rumors sent by email or social networking sites, or embarrassing pictures or videos.

When does bullying happen?

Bullying can happen during school or outside of school. While most bullying happens at school, you can also be bullied in places like a playground, a sporting event, riding the bus or even participating in extracurricular activities.

How to Cope

- **It's not about you! Don't blame yourself.**
- **Keep your cool!** Try responding in a cool, calm voice if you feel like you can. If you cannot do this, walk away and get help. Words said to you should have no reflection on how you feel about yourself.
- **Laugh it off!** Laughing at a bully can catch the bully off guard. Walk away immediately after.
- **Don't try to fight back!** Find a trusted adult or teacher and report it.
- **Get help!** Talk to a parent, teacher, counselor, or other trusted adult.
- **Don't keep your feelings bottled up.** Tell someone!
- **Stay away from places where bullying is likely to happen.**
- **Learn how to deal with stress.**

When you don't know what to do . . . let someone else handle it!

- **Protect yourself by walking away from the bully.**
- **Report the bullying.**

TOOLKIT - QUICK TIPS

Relieve stress and FEEL better!

Get some exercise

- Run and play
- Ride your bicycle
- Play basketball, tennis, or volley ball
- Swim
- Just a few minutes a day of activity will help you feel better!

Creative Exercises

- Meditation
- Deep breathing
- Drawing or building something
- Artwork
- Pottery/Sculpture

Be with friends

- Reach out to your friends, online or face-to-face.
- Join a group activity like the YMCA, church, boy scouts or even a swim team.
- Work a puzzle or play a game together.
- Learn a new sport, join a team, or take up a new hobby such as chess, art, or music.

Stress Management

- Always use positive words and positive self-talk.
- Don't EVER criticize yourself or put yourself down, even as a joke.
- Learn muscle relaxation – relax your body by tightening all your muscles and then releasing. You will feel the difference between being stressed and being relaxed.
- Learn some deep breathing exercises; take long, slow deep breaths!
- Use your imagination - learn Guided Imagery. Use your imagination 2 - 3 times a day and take yourself to a quiet, peaceful or fun place.
- Listen to guided imagery or meditation audios.
- TALK about your feelings with a parent, counselor, coach, religious leader, or trusted friend. Telling someone how you feel about what you're going through can make a huge difference in the way you feel, even if it doesn't change the situation.

Remember: in the end, you have the ultimate power because you can WALK AWAY.