

# No Place for Bullies



**Make Middle School Great!**

## Bully Quiz

True False

1. Bullies are almost always boys.
2. Bystanders shouldn't get involved.
3. People who get bullied usually deserve it.
4. If you are the target of a bully, you should tell someone.
5. People who are bullied always get over it after a little while.
6. If you receive a threat by text or email, you should delete it immediately.
7. Cyberbullying can be more harmful, even though no one is physically hurt.

The answers are upside down below.  
Give yourself 1 point for each right answer.

**Your Score** \_\_\_\_\_

1. False 2. False 3. False 4. True 5. False 6. False 7. True

*Principals and teachers make rules so that students will be safe, but the students are the ones who make their school a great place to be!*

*Work together with your classmates to make your school bully free.*



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## Bystanders are Key

**Bystanders are the key to preventing and stopping bullying.**

When those nearby do nothing, bullies often feel encouraged to continue, or even increase, their bullying. If you see someone being bullied, here's how you can help.

- ▶ Tell the bully to stop what he/she is doing. How this is best done depends on the situation and the people involved. It may take something as simple as, "Hey Jake, come on, leave him alone."
- ▶ Ask the person who is being bullied to walk away with you and your friends.
- ▶ If it seems dangerous to step in, or if you don't feel comfortable saying anything, talk to the student who was being bullied later. Let him/her know that you are sorry for what happened and offer your support.
- ▶ Report any bullying you witness in school to a teacher, counselor, or principal.



## No Place for Bullies

**Bullying is getting a lot of attention these days, as it should. No student should ever have to worry about dealing with a bully at school, after school, or online.**

**Bullying is aggressive behavior that is intentional, hurtful, and repeated.**

Bullying isn't just a problem for the person who's being targeted. When students are bullied at school, the entire atmosphere of the school is affected. But teachers and principals can only do so much.

*To stop bullying, teachers and principals must have help from their students.*

**Middle school students need to stand together and make bullying unacceptable at their school.**

## Types of Bullying

**Bullying can take many different forms. All of them are hurtful.**

### Physical Bullying

- ▶ pushing, shoving, hitting, kicking, elbowing
- ▶ stealing or damaging one's property

### Verbal Bullying

- ▶ making insulting or embarrassing comments
- ▶ teasing or calling people names

### Social Bullying

- ▶ spreading rumors, lies, or gossip
- ▶ making insulting or embarrassing comments
- ▶ intentionally damaging one's social status

### Cyberbullying

- ▶ using technology to deliberately hurt another (through emails, texts, social networking, etc).
- ▶ embarrassing someone with photos or video
- ▶ sending threatening or intimidating messages

*Cyberbullying is difficult to deal with because it is often done anonymously — and it can be witnessed by many people in a short amount of time.*

## Dealing with a Bully

- ▶ Avoid bullies when possible; however, don't let a bully keep you from doing the things you want or need to do, such as going to school or to a game.
- ▶ Don't show emotion. Bullies want a reaction.
- ▶ If you know that you're going to be around a bully, have a friend or two with you. Bullies are less likely to target groups.
- ▶ Show confidence. Stand tall, look the bully in the eye, and tell him/her to stop - or give a look that says "this isn't worth my time," and walk away.
- ▶ If you're the target of a cyberbully, don't respond. Print out and save copies of everything.
- ▶ If a bully is bothering you, keep a record. Include dates, times, places, and the specific things that were said, done, sent, or posted online.

If you are being bullied, tell a parent, teacher, or counselor what's happening. Also tell your friends. If they know what's going on, they can stand by you.

Bullies try to isolate those they're bullying. Do not let that happen. Tell someone!