



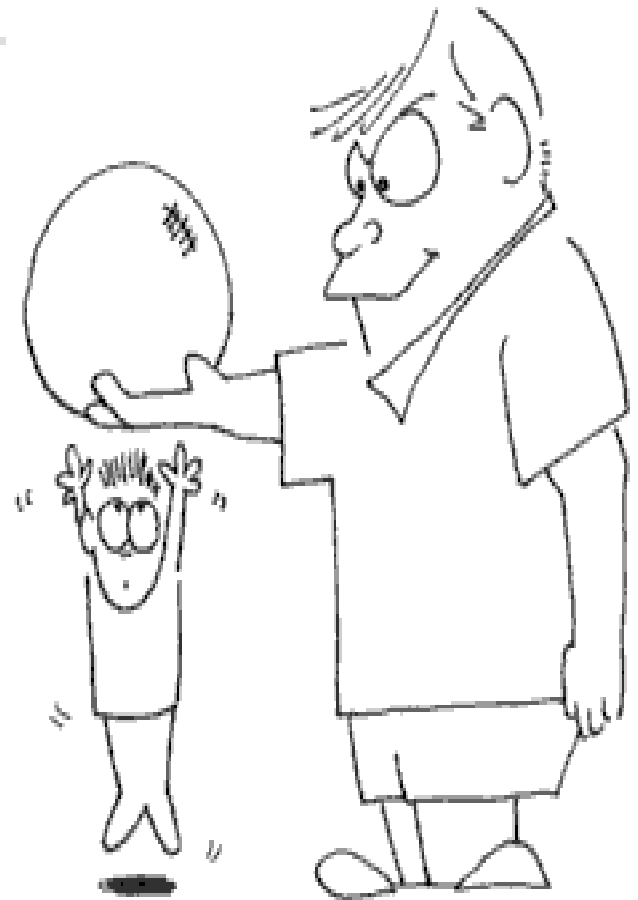
Warrior Spirit Karate



# What is Bullying?

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A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more persons.





# Bullying Happens in Four Ways

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## Verbal

- Teasing, jokes, ignoring/isolation, gossip, threats

## Physical

- Blocking someone's path, physical restraint, pushing/kicking, hazing

## Cyberbullying

- Using digital technologies, such as computers and smartphones and software such as social media, instant messaging, texts, websites and other.

## Property

- Hiding belongings, theft, arson, extortion, vandalism, destruction

# Bullying is NOT...

## Bullying is NOT...

- A normal childhood activity
- A rite of passage
- The person's fault





# Differentiating Bullying from Normal Peer Conflict/Mean Behavior

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## **Normal conflict/mean behavior**

- Equal power or are friends
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power
- Remorse-will take responsibility
- Effort to solve the problem

# Differentiating Bullying from Normal Peer Conflict/Mean Behavior

## **Bullying**

- Imbalance of power
- Repeated negative actions
- Intentional
- Physical or emotional harm
- Unequal emotional reaction
- Seeking control/material things
- No remorse-blames target
- No effort to solve the problem



# Who gets Bullied?

**You may think that you have to be different before you get bullied, be new to the school, be very tall or short, speak differently or live in a different type of house.**





# Who gets Bullied?

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**However, this need not be the case!**

**Anybody can become the victim of bullying. You may simply be in the wrong place at the wrong time.**



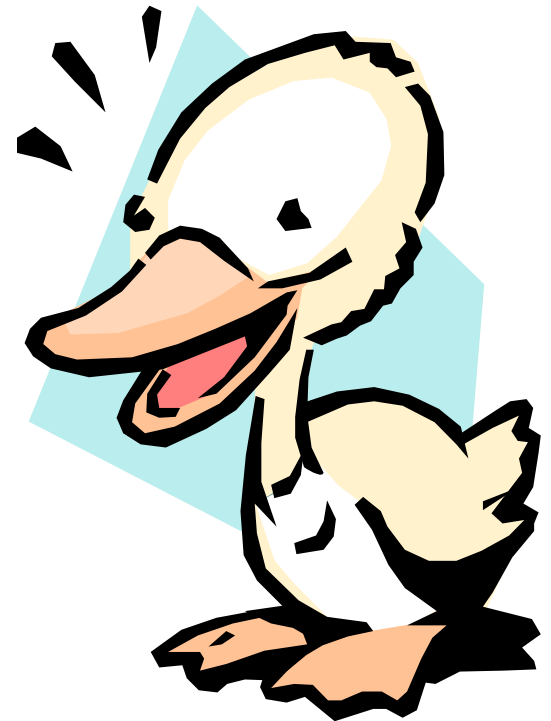


# Who gets Bullied?

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What is certain is ...

**IT'S NOT  
YOUR FAULT!**





# Who Gets Affected?

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## **Bullying Affects Everyone:**

- Those who are bullied
- Those who bully
- Bystanders



# Effects of Bullying

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## Physical Effects

- Stomach aches
- Weight loss/gain
- Headaches
- Drop in grades
- Drug or alcohol use
- Sexual activity
- Physical aggression
- Suicidal
- Homicidal



# Effects of Bullying

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## Emotional Effects

- Alienation
- Low self-esteem
- Insecurity
- FEAR
- Depression
- Withdrawn
- Aggression
- Anger
- Vengeful



## Warning Signs that your child may be the target of bullies

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- Frequently teased, taunted belittled, ridiculed, intimidated threatened, dominated or subdued
- Has a derogatory nickname
- Regularly has bruises or injuries that can't be explained
- Has belongings taken or damaged
- Few or no close friends at school



## Warning Signs that your child may be the target of bullies

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- Frequently socially isolated
- Less assertive or lacks the skills to respond to others' teasing or harassment
- Appears weak or easily dominated
- Tries to stay close to a teacher or other adult at recess or breaks



# Characteristics of a Bully:

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## **Family Factors**

- Lack of attention and warmth
- Modeling of aggressive behavior at home
- Poor supervision



# Characteristics of a Bully:

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## **Individual Factors**

- Active, impulsive personality
- Lack of empathy for others
- Craves attention and approval from others





# Characteristics of a Bully:

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## **School**

- School climate is perceived as uncaring or indifferent
- Teachers/staff unaware or unclear of bullying definitions or how to respond



# What motivates a bully?

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- Bullies prey on an imbalance of power.
- They may be seeking attention.
- They need to make themselves feel more important.
- They need a particular reaction from the other members of the group.
- Bullies believe their behavior is exciting and makes them more popular.



# What motivates a bully?

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- They may be coping with a loss.
- They may have an active and impulsive temperament.
- They may be victims of bullying/abuse.
- They may see violence modeled at home or elsewhere in their lives.
- They may have low self-esteem.

# What To Do

## if you suspect your child is being bullied

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- Start documentation immediately
- Date
- Time
- Incident Facts
- Send Certified letters not EMAILS to School, Police...etc



# What To Do if you suspect your child is being bullied

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## **Talk with your child**

- DO: Tell Them They Are Not Alone
- DON'T: Suggest They "Just Ignore It"
- DO: Make sure they know that it's okay to inform someone
- DON'T: Take matters into your own hands



# What To Do if you suspect your child is being bullied

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## **Contact the school**

- Set up a meeting with your child's teacher(s) or counselor.
- Consider including the school resource officer if applicable.

# What To Do

if you suspect your child is being bullied

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## **Contact police**

- If the actions are criminal (assault, theft, serious threats, vandalism)



# How to deal with a Bully:

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## **Act with Awareness, Calm, Respect, and Confidence**

Projecting a positive, assertive attitude means keeping one's head up, back straight, walking briskly, looking around, having a peaceful face and body, and moving away from people who might cause trouble.





# How to deal with a Bully:

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## **Leave in a Powerful, Positive Way**

The best self-defense tactic is called “target denial,” which means “don’t be there.”



# How to deal with a Bully:

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## **Set Boundaries About Disrespectful or Unsafe Behavior**

Speak up about disrespectful language by saying, “That didn’t sound kind.” Or, “That sounds prejudiced.” Or, “Please stop saying that.” Tell children that, if they don’t feel safe speaking up, their job is to get adult help.



# How to deal with a Bully:

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## **Use Your Voice**

For example, “STOP! GET OUT OF MY WAY! HELP! GET THE TEACHER!

\_\_\_\_\_ (name) IS BULLYING ME!”

Remind your child to leave and go to an adult for help as soon as possible.



# How to deal with a Bully:

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## **Protect Your Feelings From Name-Calling**

Take the power out of hurting words by saying them, catching them, and imagining throwing them away.



# How to deal with a Bully:

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## **Be Persistent in Getting Help From Busy Adults**

Remind your child that, if the adult still does not listen, it is not his or her fault, but to keep asking until someone does something to fix the problem. Tell your child to please always tell you whenever she or he has a problem with anyone anywhere anytime. Remember that it is the responsibility of adults to create safe environments for the children in their lives and to be good role-models for our children by acting as their advocates in powerful respectful ways.



# How to deal with a Bully:

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## **Use Physical Self-Defense as a Last Resort**

When you are about to be physically harmed and you cannot leave or get help.



# How can bystanders help?

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**STAND UP! SPEAK UP! BE AN UPSTANDER!**

Don't laugh

Don't encourage the bully in any way

Help the person get away

Don't become an "audience" for the bully

Reach out in friendship



# How can bystanders help?

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**STAND UP! SPEAK UP! BE AN UPSTANDER!**

If you notice someone being isolated from others, invite them to join you

Tell an adult

There is strength in numbers.





# How can bystanders help?

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**STAND UP! SPEAK UP! BE AN UPSTANDER!**

If you are NOT part of the solution,  
you ARE part of the problem!



# Useful Links

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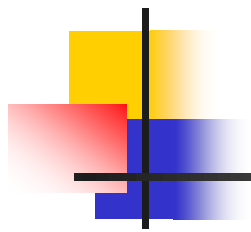
<http://www.stompoutbullying.org>

<http://www.kidpower.org/>

<http://www.stopbullying.gov>

<http://www.bullyingstatistics.org>

<http://www.pacer.org>  
template letter



**STOP BULLYING!**

You  
are  
not  
alone!