



**Session: Bullying**

**Date: 3/23/2017**

### ***Definition***

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. (StopBullying.gov)

### ***I might be being bullied***

**SPEAK UP:** If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue. Get familiar with what bullying is and what it is not. If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible. If you feel like you are at risk of harming yourself or others get help now!

### ***Someone is bullying me online or via text message***

Remember, bullying does not only happen at school. It can happen anywhere, including through texting, the internet and social media.

Don't respond to and don't forward cyberbullying messages.

Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.

Block the person who is cyberbullying.

Report Cyberbullying to Online Service Providers

Cyberbullying often violates the terms of service established by social media sites and internet service providers.



### ***I don't get bullied, but my friend does***

**Don't Give a Bully an Audience.** If someone begins to bully your friend, they should not be encouraged by giving them an audience. Instead of laughing or supporting it, you can let the bully know that such behavior isn't entertaining.

A friend can help by spending time with the person being bullied at school. Simple gestures like talking to them, sitting with them at lunch, or choosing them for team activities will help reinforce their esteem--and send a message to the bully that their behavior does not influence you.

If a student knows not to bully others, then others will follow their example. To help even more, students can actively participate in anti-bullying activities and projects.

### ***Tell a trusted adult, like a family member, teacher or coach***

An adult can help stop bullying by intervening while it's in progress, stopping it from occurring or simply giving the person being bullied a shoulder to lean on.

If bullying is occurring, bystanders can go find, or ask a friend to find, a trusted adult as soon as possible.