

0 BULLIES : 4 ME!!



Bullies, Bullying, and My Right to an Enjoyable Education

Betty J. Bennett, Ph.D.

Dear Students,

Have you ever been bullied or seen someone else being bullied? If you have, I'm sure you know that it's not a whole lot of fun. Bullies can hurt you in many ways.

Bullies can also be hard to recognize as they can look just like anyone else. Some bullies are mean and some can be very nice to you at first. Sounds kind of scary, huh? But, all you need is some important information and supportive teachers and parents, and you'll know what to do if you find yourself with a bully.

That's what this booklet is for. This is not your boring school text book. Consider this your "No Bullies For Me Owner's Manual". Within these pages are instructions to help you to put together your own ways to know who might be a bully and who might be trying to bully you in some way. You will get tips on what a bully might look like, what a bully can do, and how important it is that you stay away from bullies and, if a bully does bother you, you let someone know right away.

Anybody that has ever been bullied knows how bad it can make you feel. School should be a fun place (well, except for homework and I can't help you with that one!) and a bully has no right to keep it from being that way. So read on, be prepared, and make the score **0 BULLIES : 4 ME !!**

Best Regards,

Betty J. Bennett, Ph.D.

Recognizing Bullies

The bullies that we see on TV are usually big, tall, boys with lots of muscles who pick smaller, weigh less, and back. But, this isn't the only kind of bully. Bullies come in all shapes and sizes.



They can be male or female and

come from all cultures and ethnicities. A bully doesn't even have to be bigger than the person he



or she is bullying. They could have “power” over that person because they are more popular, they have more people with them, they have a weapon, or they know something the person they're bullying doesn't want others to know. Wait a minute; did you say that GIRLS can be bullies? That's right!

Girls are guilty, too.

So, what have we learned so far?

- ☺ Bullies come in all shapes and sizes.
- ☺ Bullies come from all cultures.
- ☺ Being bigger is not the only way to bully.
- ☺ Not helping much so far?
- ☺ Let's try looking at what bullies do.

Recognizing Bullying

What does a bully do? That's a really tough question. What some people might think is just teasing and playing, other people might think is serious and aimed at hurting one or both of the students involved. This is one thing that makes taking care of bullying difficult for principals, teachers, and parents.

Bullying behaviors can be divided into three types; physical, verbal, or psychological attacks. I will list some examples of each.

Physical Bullying Behaviors:

- ☒ Hitting
- ☒ Kicking
- ☒ Grabbing
- ☒ Holding

Verbal Bullying Behaviors:

- ☒ Cruel insults
- ☒ Teasing
- ☒ Name calling
- ☒ Threatening

Psychological Attacks:

- ☒ Spreading rumors
- ☒ Controlling social relationships
- ☒ Excluding from groups
- ☒ Taking money for keeping secrets
- ☒ Sending negative messages through websites, email and chat rooms (called "cyberbullying")
- ☒ Sending negative messages using the telephone for text messaging and prank calls

What About the Victims?

Victims of bullying suffer

Physically, Mentally, Emotionally, & Socially

fear ~ anxiety ~ anger ~
loneliness ~ helplessness ~
persecution ~ illness ~
swings ~ increased
in friends and social
of school ~ avoidance of
suspicious bruises and



frustration ~ humiliation ~
feelings of isolation and
attendance problems ~ mood
involvement in fights ~ changes
groups ~ at risk of dropping out
lunch and recess areas ~
scratches ~ argumentativeness ~

withdrawal

Are you feeling like a victim?

BULLYING IS NOT

“SOMETHING THAT HAPPENS TO EVERYONE”.

**NO ONE HAS A RIGHT TO BULLY
YOU!**

What's a Kid to Do?

When your parents drive to a restaurant to have dinner, they are not planning to have a car accident, but they do certain things like wearing seatbelts and stopping at red lights to help them get there safely. When you go to school, you are looking forward to seeing your friends and enjoying what the day may bring. Without interrupting the fun, here are a few tips to help to keep it that way.

- ☺ Watch out for those bullying behaviors.
- ☺ Watch out for those bullying behaviors when the possible “bully” has some form of “power” over you.
- ☺ If that person is making you feel like a “victim” you are being bullied.
- ☺ **NO ONE HAS THE RIGHT TO BULLY YOU!**
- ☺ If you are bullied – REPORT IT!!!
- ☺ Why Report:
 - Keep the bully from hurting you or someone else again
 - Get help for the bully so that they can find a way to stop bullying
- ☺ If you can't get away from the bully
 - Yell as loudly as you can
 - Yell words like “Fire” or “Call 911”
- ☺ If you know of someone else who is being bullied – REPORT IT!!!
- ☺ **Don't bully others.**
- ☺ If you're not sure about a bully, talk to your parents or a teacher
- ☺ If you have any questions about bullying, talk to your parents or a teacher 5

Don't Forget

Each of us is different. Life would be pretty boring if we were all the same. Unfortunately, many bullies use these differences as a way to begin the embarrassment and hurt of being bullied. Bullies look for any way to make someone feel weak and powerless. A lot of times, bullies do this because it makes them feel more important to make other people feel bad. **That's just wrong.**

No matter what anybody says, bullying is not a normal part of growing up. It should not be a part of yours. If you have been bullied or are being bullied, tell your parent, teacher or someone you trust. Remember,

**NO ONE HAS THE RIGHT TO
BULLY YOU!**

Check out These Websites

<http://www.kidscape.org.uk/childrenteens/keepsafe.shtml>

Kidscape

The focus of this site is on giving tips to kids on how to stay safe from strangers in the park to strangers on the internet

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

National Crime Prevention
Site contains all kinds of fun
and stars McGruff himself!

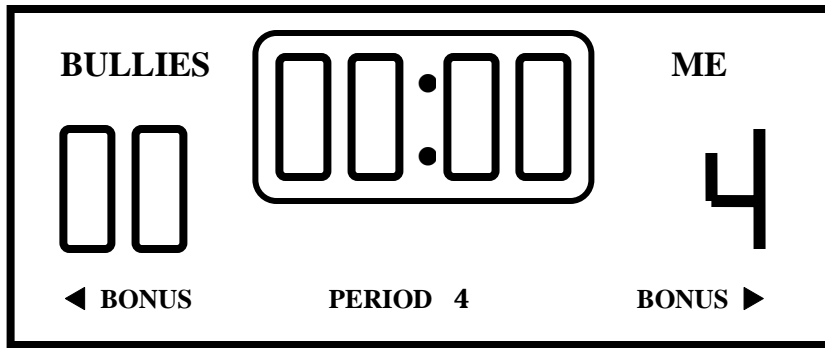


Council for Kids
stuff for kids about safety

<http://www.ncpc.org/programs/tcc/index.php>

National Crime Prevention Council

Teens, Crime, and the Community (TCC) has motivated more than one million youth to create safer schools and neighborhoods. The program helps teens understand how crime affects them and their families, friends, and communities, and it involves them in crime prevention projects to make communities safer and more vital.



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IF THIS IS YOUR GOAL, WE
ALL WIN!

About the Author

Betty J. Bennett is an Assistant Professor at the University of North Florida in Jacksonville, FL. She teaches graduate level courses in the Department of Counseling and Educational Leadership. Prior to receiving her doctorate in Educational Leadership at Florida State University, Dr. Bennett was employed at the public elementary, middle, and high school levels in the roles of teacher, administrator, and district level staff. She is also an Instructor of Tang Soo Do Karate and teaches elementary school students martial arts, self-discipline, and self-respect. Her research interests include school leadership, discipline, character/moral education, and bullying. She can be contacted at bbennett@unf.edu.

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