

# ANTI-BULLYING

Starts with You!



PROJECT BRIDGE  
Safe Schools  
Healthy Students



**nie**  
News in Education  
**SunSentinel**  
[www.SunSentinel.com/nie](http://www.SunSentinel.com/nie)

# ANTI-BULLYING Starts with You!

*"One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don't invest any energy in them, because I know who I am."*  
- Michelle Obama

## WHAT'S THE PROBLEM?

**BULLYING HURTS.** If you are bullied, you know it feels horrible. To watch someone being bullied and not help makes you feel bad about that. So, you have three people involved: the target, the bully, and the bystander. Each is a part of the bullying process.

**FACT 1: Everyone will most likely experience bullying at some time in your early life.**

**FACT 2: Anyone can identify bullying, learn about it, and find ways to stop it.**

Recent studies have shown that by taking action, bullying can and will be stopped. Of course parents, teachers, friends, and family can and often do help.

**DID YOU KNOW?** Lady Gaga, Eminem, Madonna, Michael Phelps, and Selena Gomez have all been bullied.

**Here is what may happen to a target of bullying:**

- Verbal assault: disrespecting through teasing, name-calling, put-downs, threats, intimidation, lies and gossip.
- Physical assault: attacking a person in any manner.
- Exclusion: deliberately keeping one out of a clique, group, club, team or organization.

Listen to your heart and head. If you have strange, fearful or funny feelings around certain people, your "sixth sense" is at work. Trust your instincts, tell an adult, and avoid that person until you figure out how to deal with him/her.

**Some of the reasons why a bully acts up:**

- To get attention.
- Peer pressure (i.e., everyone does it).
- Revenge, retaliation, Ignorance.
- Easy access to electronic devices.
- Boredom, drive for excitement & drama.
- Inability to control himself/herself.
- Acting out (from hurt, anger or pain in other areas of life).
- Desire for popularity, status, or power.

**Some of the reasons someone might stand by and not fight back:**

- Belief that it's not his/her problem.
- They like the bully or he/she is a friend.
- Don't know what to do or who to talk to.
- Think the bully will start to target him/her.
- Think that it's just part of growing up.
- Fear that the situation will get worse.
- Friends say not to interfere.
- Belief that nothing will help.

**FACT 3: It is possible to defeat bullying.**

A person does not have to tolerate or stand by. Bullying is NEVER acceptable. It is wrong, hurtful and often serious. You are NOT powerless!

**Credits:**

Written by: Lynn Baden  
Designed by: Debra Gahring, Sun Sentinel  
Edited and photos by:  
Debbie Rahamim, NIE Regional Manager  
Copyright, Sun Sentinel, 2013©



Throughout the school year, the Sun Sentinel NIE program provides electronic newspapers to South Florida schools at no charge. Our goal has been to help teachers help their students, promote literacy, encourage hands-on learning using the newspaper, and assist students in staying up-to-date on the world around them. Another key focus of our program is providing curriculum materials, like **Anti-Bullying Starts with You!**, to enhance lessons in the classroom across all subject areas. These complimentary booklets are aligned with the Common Core State Standards. For more information about Sun Sentinel News in Education and to download educational materials, visit: [www.SunSentinel.com/nie](http://www.SunSentinel.com/nie)

## Activity: WORD SEARCH

**CHARACTER/ACTION WORDS**  
RESPONSIBILITY  
SELF CONTROL  
COOPERATION  
CITIZENSHIP  
TOLERANCE  
KINDNESS  
HONESTY  
SUPPORT  
RESPECT  
REPORT  
TALK

Circle each character traits and action words in the word search below.



SOLUTION ON BACK COVER

## Activity: INTERVIEW

Interview an adult about a time when he or she was bullied or bullied someone else. Use the 5Ws of interviewing: Who? What? When? Where? Why? Ask how he or she dealt with the situation. Write a short article about your findings. Share with your class.

**Answers:** 1. False 2. False 3. True 4. False 5. False 6. False 7. False 8. True 9. False 10. True

## WHAT IS BULLYING?

Bullying is the *intentional, repeated, hurtful* action against someone who has *less power*.

- R** - Repeated
- I** - Imbalance of Power
- P** - Purposeful

## WHY SHOULD I CARE?

Caring will help to get rid of many of the mistaken notions about bullying.

## BREAKING THROUGH THE MYTHS

Put a T if you think the statement is True, or an F if you believe it is False.

Answers are at the bottom of the page. Give yourself one point per correct answer.

My score: \_\_\_\_\_

1. Most bullies are boys. \_\_\_\_\_
2. You cannot change a bully's behavior. \_\_\_\_\_
3. Bullies come from all backgrounds, rich or poor. \_\_\_\_\_
4. Bullies are big and aggressive. \_\_\_\_\_
5. Bullies are insecure & have a low self-image. \_\_\_\_\_
6. Bullies only target kids with physical differences (overweight, glasses, etc.) \_\_\_\_\_
7. Bullies are just looking for attention, so if you ignore them they will stop. \_\_\_\_\_
8. Most bullying occurs on school grounds. \_\_\_\_\_
9. "Sticks and stones may break your bones, but names will never hurt you." \_\_\_\_\_
10. Reporting bullying behavior most often improves the situation. \_\_\_\_\_

**Reasons to care:**

- The target is too shy, too scared, or doesn't know what to do. **You can help.**
- When you speak up, most often the bullying stops. 57% of bullies stop if someone interferes right away. **You can be that person.**
- Bullying is often hidden from adults. **You must tell them.**
- Speaking up, intervening, and telling about bullying empowers you. Studies now show that you and your peers have the most influence in changing bullying behavior. **You must take charge.**

## Activity: BOY VS. GIRL BULLYING

Research to learn the different ways that a boy versus a girl may bully someone. Share your findings with your class.

Common Core Standards. LACC.6.W.1, LACC.6.SL.1, HE.6.C.2, HE.6.B.3 LACC.7.W.1, LACC.7.SL.1, HE.7.C.2, HE.7.B.3, LACC.8.W.1, LACC.8.SL.1, HE.8.C.2, HE.8.B.3 LACC.6.W.3, LACC.6.SL.2, LACC.6.RI.1 LACC.7.W.3, LACC.7.SL.2, LACC.7.RI.1 LACC.8.W.3, LACC.8.SL.2, LACC.7.RI.1

## Activity: IS BULLYING PHYSICAL, VERBAL, OR MENTAL ABUSE?

1. These phrases fall into the three forms of bullying. Decide in which category each belongs.

- Threatening
- Spreading Rumors
- Hitting
- Teasing
- Excluding Someone
- Ignoring Someone
- Spitting
- Making Fun of Someone
- Writing Nasty Notes
- Shoving
- Cursing Someone
- Gossiping
- Name-Calling
- Stealing

2. Write a paragraph about when you were bullied, bullied someone, or watched someone get bullied. Tell how it made you feel at the time and how you feel about it now.

Most of the time people are bullied because they are seen as being "different" in some way. They are a different race, practice a different religion, have a disability or other physical problem, etc. However, pretty people, smart people, talented people, and athletic people experience bullying, too. In other words, anything that makes you unique becomes a target for bullies. How weird is that?

## Activity: WHAT IS THE DIFFERENCE?

Mutual Joking or Wanted Teasing

BULLYING  
CONFLICT

Compare and contrast the similarities and differences of the three elements shown on the arrows above. Give specific examples of each behavior.

## What has History Shown Happens When Bystanders Allow Bullying?

- Acts of Prejudice
- Discrimination
- Prejudiced Attitudes
- Violence
- Genocide

DISRESPECT  
THREATENING BEHAVIOR



**BULLYING IS ON THE VIOLENCE CONTINUUM**



# ANTI-BULLYING Starts with You!

"...If there's someone in your class that maybe doesn't have a lot of friends, be the person that sits with them in the cafeteria sometimes; be the bigger person."  
- Lady Gaga

## WHAT CAN I DO?

You really can make a huge difference in changing the atmosphere and environment at your school, on the playground, at home or anywhere that bullying is taking place.

The really good news is research and experimental programs have shown that bullying is best stopped by kids just like you. You really do have the power!

## WHERE DO I START?

Several steps I can take:

1. Hang out with my friends. Bullies love to pick on kids who are alone.
2. Be wary of empty locker rooms or restrooms. Bring a friend along.
3. Join groups and make friends with people who like what I like.
4. Make friends with others who are being bullied. Hang together.
5. Don't respond with anger. Use humor when I can.
6. Stay near a grown-up or teacher when I can.
7. On the bus, sit near the bus driver or aide.
8. Don't bring expensive things or money to school. It makes me a target.
9. Tell a trusted adult.
10. Most importantly, if I am in real physical danger, I will call for help or dial 911.

## WHAT IF YOU'RE THE BULLY?

- ✧ Have you ever harmed an animal?
- ✧ Do you regularly lie, cheat or steal from someone you think is weak or different?
- ✧ Have you ever deliberately hit, kicked, shoved, or attacked someone who is weaker or different?
- ✧ Have you ever called another person a bad name or slur?
- ✧ Have you talked about someone behind their back or when he or she can hear what you are saying?
- ✧ Have you ever deliberately destroyed someone property?
- ✧ Have you tried to keep someone from joining a group, organization or team?
- ✧ Have you ever sent nasty emails, texts, or photos?
- ✧ Have you ever been bullied yourself, then turn around and picked on someone else because you were hurt, angry, or stressed?

If you honestly answered a "yes" to any of these questions, then you have shown bullying behavior.

You may not know how to stop, or your friends are egging you on. It is important that you ask for and get help now.

**Bullying backfires.** A person might feel miserable, not respected, and the abusive behavior can get him/her into a lot of trouble.

What can you do? It's important that you remember that it is never too late to change, although it might seem difficult at first. One step you can take is to ask an adult you respect for some mentoring or coaching on how you could change.

*It's always good to ask for help.*

## ARE YOU A BULLYING BYSTANDER?

Are you one of the 80% of kids who watches but doesn't say or do anything when someone is being bullied?

If so, you are the third part of the bullying process.

**You are a bystander.**

## We Can Be Activists for Respect

1. **Speak:** kind words to others
2. **Think:** before you act & respond empathetically
3. **Applaud:** positive acts
4. **Talk:** to peers about what you learn
5. **Learn:** How to prevent bullying
6. **Act:** model kindness & respect
7. **Know:** your rights and responsibilities and that YOU have the power to change your world and the world of those around you
8. **Advocate:** for anti-bullying policies and laws in schools, community, state and federally
9. **Watch for:** offensive/hurtful behavior, isolated students

### Activity: IF WE WERE ALL ALIKE

Write a short story or poem about what it would be like if every person in your school was alike. What if they looked alike, talked alike, acted the same way?

### Activity: TAKE ACTION

Divide into groups. Brainstorm ideas for creating an atmosphere of safety, comfort, and a positive environment for everyone in your school. If there are programs in place, think about how you can make them better or expand them. Write down all your ideas on paper. Share them with your class, decide which steps you want to start with. Make a time-line to fulfill your plan. Be specific on assignments and deadlines.

Some beginning tasks might include:

- Researching the resources available about different anti-bullying programs.
- Making a list of teachers, counselors, parents, and others who you think will help and advise.
- Talking to various clubs, teams and other organizations about ways to move forward.

### Activity: ACT IT OUT

Write a play or create a video or song about bullying. Do it as a class project or at home, but share your results with your class.

## ARE YOU ONE OF THESE?

Look at the graphic on the left. These are different types of bystanders.

A bystander can say kind words to a target. "I'm sorry about what just happened to you" is one example. "I don't like what that person did to you, it was wrong" is another. Ask them how you might help. **Be a friend.**

**Other steps:**

- ✧ If you feel safe, you can speak up immediately! Be calm and state your opinion. "That isn't cool." "Sorry, but you are totally out of line." "Please stop." "Stop, you're better than this."
- ✧ You can urge the target to talk to someone about what happened. Offer to go along.
- ✧ Look for bystanders who are laughing or joining in, let them know they aren't helping.
- ✧ Tell an adult. This is important. Both the target and the bully need help. Talk to a teacher, counselor, coach, parent, older sibling, or any other adult you feel comfortable telling. If you don't want to do it alone, ask a friend to go with you.
- ✧ Start an anti-bullying club at your school.
- ✧ Start thinking about the differences in people as a good thing.

## The 4 R's Of Bystander Safety

- ✧ Recognize ✧ Refuse/Remove ✧ Respond ✧ Report

**CHOOSE PEACE STOP VIOLENCE**

## TELLING VS. TATTTLING

We keep saying how important it is to tell someone you trust if you see bullying taking place. Some of you think of this as being a tattletale. However, there are important differences between telling to help someone and being a tattletale:

### Telling

- ✧ To help someone out of trouble
  - ✧ When others are hurt, in danger or being bullied
  - ✧ Trying to work their trouble out
- Example: "Tim is hitting Adan on the playground"

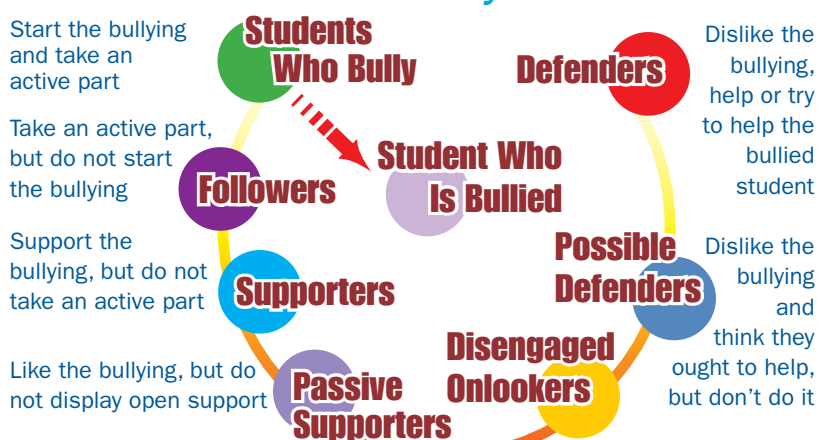
### Tattling

- ✧ To get someone in trouble
  - ✧ Complaining
- Example: "Sam took Lilly's book"

**You tattle when you want to get someone in trouble, you tell to help or protect.**

## BYSTANDERS AND THE OLWEUS CIRCLE

Where do you stand?





# LET'S TALK ABOUT CYBER-BULLYING

We saved this topic for last, because cyber-bullying has become a primary means of attack for bullies. Social media such as email, texting, instant messaging, Facebook, personal polling websites, and the easy availability of your personal information has become a particularly harmful way to bully. The goal of cyber-bullying is the same: to hurt or harm you by making you feel powerless, scared, or weak. However, this form of bullying has some additional elements to understand.

- **Cyber-bullying is cowardly. The bully doesn't have to look you in the eye. The bully knows you, but you may not know him or her.**
- **Cyber-bullies can send out harmful information to a much wider audience quickly.**
- **They cannot be identified, so cyber-bullies are not afraid of being caught or punished.**
- **Most kids fear losing their phone and internet privileges, they are reluctant to tell an adult.**
- **Cyber-bullying is usually done away from schools and clubs, etc., out of the legal hands of schools and adults.**

## SEXTING

A particularly dangerous type of cyber-bullying includes what is known as "sexting." The definition of sexting is clear:

***"The act of sending sexually explicit messages or nude/semi-nude images electronically."***

**Here are some facts:**

- 39% of teens have sent or posted sexually suggestive messages.
- 48% have received suggestive messages.
- This type of cyber-bullying is against the law.

"A minor who knowingly possesses or distributes a suggestive image of someone under age pays a price. The first offence is non-criminal. The second offence is a first-degree misdemeanor. The third offence is a third-degree felony."

**Note: If you are not guilty of sending a suggestive message or photo, soliciting one, or have tried to report it, you will not be punished – if you are a minor.**

The absolutely smart thing to do is never ask for, send, or forward suggestive e-mails or photos. Don't write them, post them, or discuss them online or by cell phone. If one comes your way, report it immediately to a trusted adult.

***It is against the law!***

## Activity:

### YOU HAVE THE POWER AT YOUR FINGERTIPS

Spend time online researching how to get away from a cyber-bully. Make your screen name as anonymous as possible. Use passwords that are hard-to-figure out.

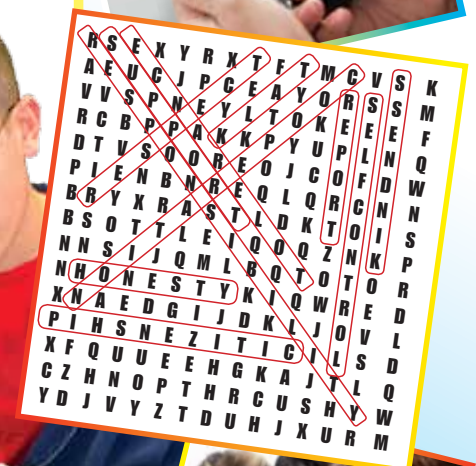
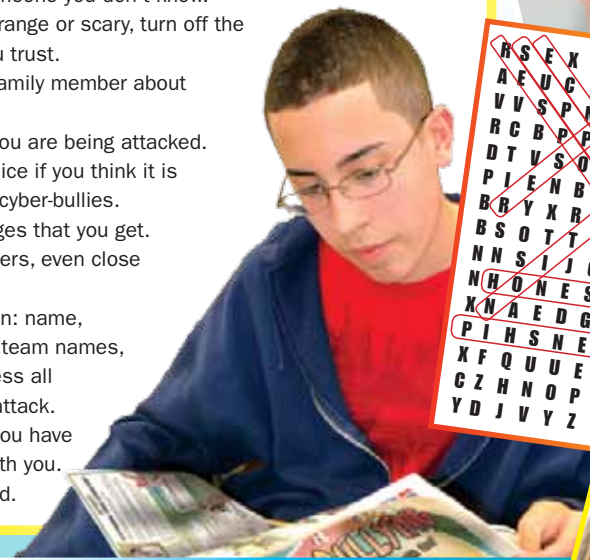
Here are a few tips:

- Do not respond, especially if you are angry. The written word is a powerful tool. It is impossible to take back harsh words and undo the damage.
- Never open a message from someone you don't know.
- Trust your instincts. If it feels strange or scary, turn off the computer and go to an adult you trust.
- Talk with your parents or other family member about cyber-bullying. Learn together.
- Inform your internet provider if you are being attacked.
- Don't be afraid to inform the police if you think it is serious. They have tools to find cyber-bullies.
- Keep hard copies of the messages that you get.
- Never give your password to others, even close friends; a trusted adult is fine.
- Protect your personal information: name, address, friends, family, school, team names, pictures of yourself, email address all make it easy for a cyber-spy to attack.
- Never agree to meet someone you have met online unless an adult is with you.
- Don't believe everything you read.

## RESOURCES TO GET YOU STARTED

[browardprevention.org/anti-bullying](http://browardprevention.org/anti-bullying)  
[iSafe.org](http://iSafe.org)  
[samhsa.gov](http://samhsa.gov)  
[bullyfreealberta.ca](http://bullyfreealberta.ca)  
[goodcharacter.com](http://goodcharacter.com)  
[us.oneworld.net](http://us.oneworld.net)  
[nonamecallingweek.org](http://nonamecallingweek.org)  
[cca-kids.ca/welcome.html](http://cca-kids.ca/welcome.html)  
[clemsun.edu/olweus](http://clemsun.edu/olweus)  
[stopbullyingma.org](http://stopbullyingma.org)  
[stopbullyingworld.org](http://stopbullyingworld.org)  
[paxis.org](http://paxis.org)

*There are also many, many books available about bullying. Go to your library or media center specialist for some titles. You can also find books online. The more you know, the more in control you are.*



## Activity: Celebrate "No Name-calling Week"

**at your school and at home: January 21-25, 2013.**

No Name-Calling Week is an annual week of educational activities aimed at ending name-calling of all kinds and providing schools with the tools and inspiration to launch an on-going dialogue about ways to eliminate bullying in their communities.

Go to [www.nonamecallingweek.com](http://www.nonamecallingweek.com) for lots of helpful information on this nation-wide effort to combat bullying.