
Bullying

Prevention

Presentation

People often use the word “bullying” or “being bullied” when describing a situation in which they feel someone has been mean to them or hurt their feelings. However, not every situation is bullying.

We are going to spend a few class periods talking about bullying.....What it is, what it isn't, and what we can do about it!

During our discussions, we must have some ground rules as this can be a sensitive subject.

1. Raise your hand when you want to say something.
 2. Everyone has the right to be heard.
 3. Let others speak without interrupting.
 4. Everyone has the right to pass if they don't want to speak during our discussion.
 5. It's ok to disagree. We will not say mean things or put people down if we disagree.
 6. When discussing bullying or problems between students, we do not mention names.
-

Definition of Bullying:

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Now let's take a closer look at this definition.

*Bullying is when someone **REPEATEDLY** and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.*

What does the word repeatedly mean?

**Give examples of actions or words that are repeated.
(remember do not mention names)**

*Bullying is when someone repeatedly and **ON** **PURPOSE** says or does mean or hurtful things to another person who has a hard time defending himself or herself.*

What do the words “on purpose” mean?

**Give examples of actions or words that are “on purpose”.
(remember do not mention names)**

*Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has **A HARD TIME** **DEFENDING** himself or herself.*

What do the words “a hard time defending” mean?

**Give examples of a person having a hard time
defending themselves.**

(remember do not mention names)

The definition for bullying may be written in different ways, but in each definition bullying always has these three parts:

1. Repeated

2. On purpose

3. An imbalance of power

Watch this Rocket Kids Video

[What is Bullying?](#)

In the video, these phrases are used:

- Bullying is a negative behavior.
- Bullies try to have power and control over someone.
- The intent of bullying is to hurt, harm or humiliate someone.
- The person being bullied is not able to make it stop.

Do these fit our definition? How?

Can you name the types of bullying mentioned in the video?

- **Physical**
- **Verbal**
- **Emotional** (sometimes called Social or Relational)
- **Cyberbullying**

Can you give an example of each one?

Physical bullying - hitting, kicking, tripping, pushing, pinching

Verbal bullying - teasing, name calling, threatening, taunting

Emotional or Social bullying - excluding someone, making up lies about someone, spreading rumors

Cyberbullying - sending mean texts or emails, sharing false or embarrassing information with others, rude comments on social media

Conflict vs. Bullying - Do you see the difference?

Conflict is a disagreement or argument where both sides see something or a solution differently and can express their views and opinions to one another in a constructive way.

Conflict is a part of everyday life. It's how we interact with one another. Minor conflicts do not make people feel unsafe or threatened.

<u>Just Playing Around</u>	<u>Fighting</u>	<u>Bullying</u>
Usually friends; often repeated with the same people	Usually not friends; typically not repeated	Typically not friends, repeated
Power is balanced	Power relatively equal	Imbalance of power
No intent to harm	Intent to harm	Intent to harm
Affect is friendly; positive, mutual	Affect is negative, aggressive, tense, hostile	Affect is negative, differs for victim and bully

Teasing vs. Bullying

Can you be teased in a way that is fun and not be bullied?

Can anyone provide an example of good-natured teasing?

Can you be teased in a way that hurts your feelings and is not fun?

Can anyone provide an example of when teasing goes too far and someone's feelings get hurt?

Scenarios: Read each scenario and discuss the type of “teasing” it describes.

Stacy has been coughing throughout class. Nate, after making comments to the people around him about Stacy’s coughing, finally yells, “What is wrong with you? You sound like a dying goose. Seriously! Get a cough drop or something. Only an idiot would keep coughing like that!”

This is an example of when teasing become hurtful.

Due to an eye injury, Phillip must wear an eye patch for a few days. On the first day, some boys in his class make pirate noises. Phillip ignores them even though he's embarrassed. The next day, the boys continue making noises and start pulling on his leg asking Phillip where his peg leg is. Phillip feels humiliated but is afraid to say anything. The teasing gets worse each day.

This is an example of when teasing turns into bullying.

Michelle just got a new dental appliance and braces. With all this new stuff in her mouth, she is finding it difficult to talk. She sounds different. Kids in her class started mocking her. She asked them to stop because she is hurt by their mimicking and laughing, but they found that funny and made even more fun of her the next day. Now, she doesn't even want to go to school anymore.

This is an example of when teasing turns into bullying.

Kevin, looking over at his friend Nick's drawing, tells him that it looks like his kid sister drew it. Nick sadly agrees with him before looking over at Kevin and telling him that his dog could draw a better picture. Kevin laughs and states that they should have paid more attention in art class.

This is an example of good-natured teasing.

Recap: Today we discussed what bullying is and what it isn't.

What are the three parts to our definition of bullying?

Is every situation bullying?
