

1. What is Bullying?

Bullying is defined as: repeated behaviors intended to hurt someone physically, emotionally, or socially. It involves an imbalance of power (physical or social) whereby a bully selects a target who is unable to stand up for his/herself. There is an element of fear and of perceived power, and intent to do harm.

2. Bullying Behaviors:

Bullying can be: **Physical**-i.e. hitting, pushing, shoving, threatening

Social/Emotional- i.e. name calling, eye-rolling, excluding, hurtful teasing, bossing, manipulation, control, spreading rumors.

3. **There is a difference between teasing and bullying.** Bullying typically involves persistent put downs which lead to fear and perceived power.
4. **Students who target others thrive on fear, attention, and power.** Take these away, the bully will not get the desired reaction and he/she will move on.
5. **What can one do when being bullied?**
 - a. **CONTROL YOUR FEAR SIGNALS AND BODY LANGUAGE:** Keep your chin up, lift your eyes higher than eye-level and focus on something in the distance (beyond the bully), try to appear bored and relaxed, loosely move your arms as you move, walk at half your normal pace and scuff your feet slightly, try to look natural.
 - b. Try to use humor. Bullies seek a fear reaction from those whom they target. A snappy comeback can help diffuse a situation. Try saying, “So” or “That’s not cool” or “Talk to the hand”. Laughter also can help show (mask) that the teasing isn’t bothering you.
 - c. You can also use a calm, confident voice and “I-messages” to express how you are feeling. Practice asserting yourself.
 - d. Rely on your belief system. Do you really believe what the bully is saying? Maintain a positive sense of self.
 - e. When you or a friend are in immediate danger, **TELL AN ADULT!**