

Bullying Prevention 101

A guide for middle and high school students



101

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Video

National Bullying Prevention Month

<https://www.pacer.org/bullying/video/player.asp?video=101>



Types of Bullying Behavior

Bullying can be:

Physical: hitting, kicking, damaging another's stuff

Verbal: teasing, name calling, gossiping, threatening, spreading rumors

Emotional: exclusion, humiliating someone publically, manipulating someone to do something

Cyber: mean comments through text, email, on social media or in games, posting embarrassing photos that are not yours to share

Section One

Definition and Roles



A guide to the basics of bullying, what it is and isn't, and the roles students have in bullying situations

What is Bullying Behavior?

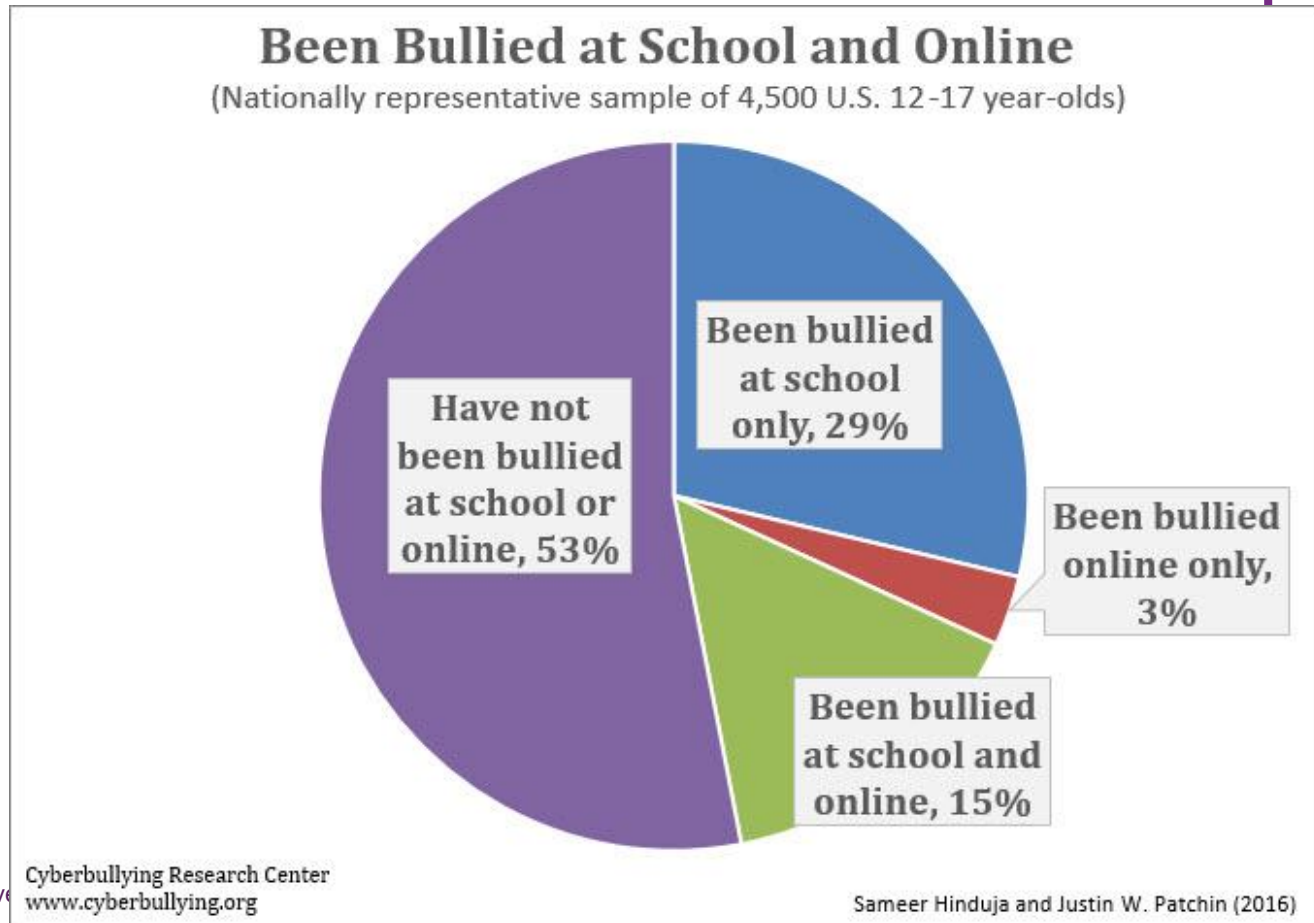
It's bullying if:

- The person is being hurt, harmed or humiliated with words or behavior.
- It's being done intentionally.
- The person being hurt has a hard time defending or stopping the behavior.
- The student(s) who are doing it have more power.
- The behavior is typically repeated.

“Did You Know?”

How many students are bullied?

- 1 in 2
- 1 in 3
- 1 in 5
- 1 in 10
- 1 in 20



VIDEO: Conflict vs. Bullying



Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

Vote with your paddle

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Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

**Disagreement or
argument in which both
sides express their views**

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Conflict vs. Bullying:

What's the difference?

Conflict

- Disagreement or argument in which both sides express their views

Bullying

Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

**Goal is to hurt, harm, or
humiliate**

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Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

- Goal is to hurt, harm, or humiliate

Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

**There is an
imbalance of power.**

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Conflict vs. Bullying:

What's the difference?

Conflict

- Disagreement or argument in which both sides express their views

Bullying

- Goal is to hurt, harm, or humiliate
- **There is an imbalance of power.**

Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

**Equal power between
those involved**

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Conflict vs. Bullying:

What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- **Equal power between those involved**

Bullying

- Goal is to hurt, harm, or humiliate
- Imbalance of power

Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

**Continue behavior
when they realize it is
hurting someone.**

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Conflict vs. Bullying:

What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power
- **Continue behavior when they realize it is hurting someone.**

Conflict vs. Bullying:

What's the difference?

Conflict

Bullying

Generally stop and change behavior when they realize it is hurting someone.

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Conflict vs. Bullying:

What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- **Generally stop and change behavior when they realize it is hurting someone.**

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power
- **Continue behavior when they realize it is hurting someone.**

How is Someone Bullied?

Select one of these words to put on your paddle

Physical:

Verbal:

Emotional:

Cyber:

**When you see it happen in the video,
raise your paddle**

How is Someone Bullied?

Bullying can be: Watch the video

Physical: hitting, kicking, damaging another's stuff

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Key Distinctions of Cyberbullying

Bullying which happens online, also called “cyberbullying,” has some key distinctions from other types of bullying:

- Indirect
- Reach
- Permanence
- Proximity
- Availability
- Accessibility
- Evidence

Opinion Poll:

Which type of bullying happens most often?

1. Physical
2. Verbal
3. Emotional
4. Cyberbullying



Who is Involved?

Everyone!

TARGET = The person targeted by the bullying behavior.

PERSON WHO BULLIES = The person(s) directing the behavior toward the target

WITNESS OR BYSTANDERS = Those witnessing the behavior

UPSTANDERS = Those who stand up for people who are being bullied.

Why do we use “target” vs. “victim” and “person who bullies” vs. “bully”

Use terms which focus on an individual’s behavior
Avoid using terms which label an individual

Use this: **HE’S A TARGET OF BULLYING.**

Not this: He’s a victim of bullying.

Use this: **SHE’S SOMEONE WHO BULLIES.**

Not this: She’s a bully.

Why Does Bullying Prevention Matter?

- Students who are bullied often don't want to go to school.
- Those who witness bullying often express that they feel less safe at school.
- Those who bully are also at risk for emotional and physical health issues.

Food for Thought

Can we bully a tree or other plant?
Does the plant have feelings? (Be prepared to defend your position)

Do we bully the 'Aina? How?