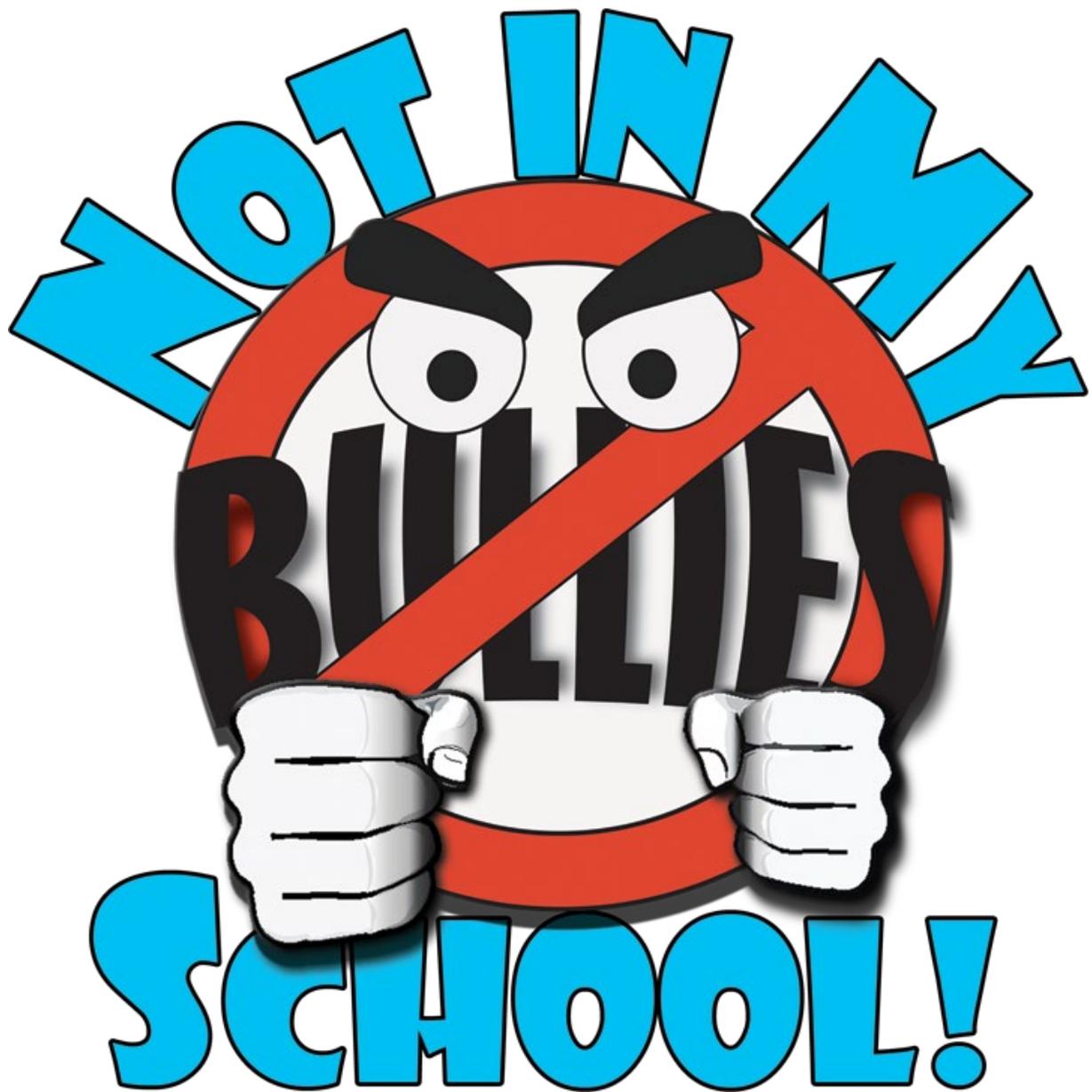


# HEY, BULLY!

**IS THAT WHO YOU REALLY WANT TO BE?**



# Are You a Bully?

Chances are that if you're being asked to complete this packet, someone at your school thinks that you might be a bully. This could be something that you already know or maybe you've never even looked at yourself that way. Our district and each of its schools has zero tolerance for bullying. You are being told to complete this package to help you recognize and change your behavior. You need to read everything carefully and do the best job you can then return this packet to the person who assigned it to you. If it is not complete or it is obvious that you have not made the effort expected, you will be required to redo it. *Please do it right the first time.*

Just in case you're still wondering if you're a bully or not, here's a quick way to tell. Look over the following statements and see how many you can honestly say yes to:

1. Do you pick on people who are smaller than you, or even on animals?
2. Do you like to tease or taunt other people?
3. If you tease people, do you like to see them get upset?
4. Do you think it's funny when other people make mistakes?
5. Do you like to take or destroy other people's belongings?
6. Do you want other students to think you're the toughest kid in school?
7. Do you get angry a lot and stay angry for a long time?
8. Do you blame other people for things that go wrong in your life?
9. Do you like to get revenge on people who hurt you?
10. When you play a sport or game, do you always have to be the winner?
11. If you lose at something, do you worry about what other people will think of you?
12. Do you get angry or jealous when someone else succeeds?

If you answered "yes" to:

**1 or 2** -- Possibly you're a bully in the making

**More than 2** – You could very well be a bully and should consider ways to change your behavior.

According to these statements, are you a bully, or not? On the space provided below, let us know whether you agree or disagree and why.

# ...So What Does it Look Like?

So what is bullying? As you might have guessed based on the previous questions, bullying is a lot more than just beating up on someone. It always involves somebody thinking they are bigger or better than someone else, which lets them believe they should be allowed to hurt others or treat them any way they'd like. Bullies generally don't care about how the person they are targeting might feel or what kind of damage they do. Sometimes students joke around with each other, call each other names, or engage in horse-play and it may just be done joking around. The difference lies in the relationship between you and your target, and in how you and the target feel. Bullying usually, although not always, happens between kids who are not friends; it can be either verbal or non-verbal and causes harm to others on a physical, social, and emotional level.

## Questions

1. Describe one incident you have been involved with at your school and tell why you think it was a bullying incident. Do not name people.
2. What is the difference between a bullying incident and some kids just joking around?
3. What kind of relationship do you have with the person you are accused of bullying? (Friend, enemy, ex-friend, someone you see occasionally)
4. How do you think the target was feeling during the incident?
5. What things could you do now to help them feel better?
6. Would you want to help them feel better?

The chart below gives some examples of bullying in each of the three mentioned areas so you'll have a better understanding of what it looks like.

L E V E L	Physical Harm (or threat of) to Another's Body or Property		Emotional Harm to Another's Self-Esteem		Social Harm to Another's Group Acceptance	
	Verbal	Non-Verbal	Verbal	Non-Verbal	Verbal	Non-Verbal
<b>1</b>	Taunting Expressing physical superiority	Making threatening gestures Defacing property Pushing/shoving Taking small items from others	Insulting remarks Calling names Teasing about possessions, clothes Saying someone has germs or is unclean	Giving dirty looks Holding nose or other insulting gestures	Gossiping Starting/spreading rumors Teasing publicly about clothes, looks, etc.	Passively not including in group
<b>2</b>	Threatening physical harm Intimidation Blaming targeted student	Damaging property Stealing Initiating fights Scratching Tripping or causing a fall Assaulting	Insulting family Harassing with phone calls Insulting intelligence, athletic ability, etc.	Defacing schoolwork Falsifying schoolwork Defacing personal property, clothing, etc.	Insulting race, gender Increasing gossip/rumors Undermining other relationships	Making someone look foolish Excluding from the group
<b>3</b>	Making repeated and/or graphic threats Practicing extortion Making threats to secure silence:	Destroying property Setting fires Making repeated, violent, or threatening gestures Assaulting with a weapon	Frightening with phone calls Challenging in public	Ostracizing Destroying personal property or clothing	Threatening total group exclusion	Arranging public humiliation Total group rejection/ostracizing

### Question

1. Which of the bullying examples above were you accused of committing?
2. Have you behaved this way in the past towards others?
3. Based on the table above, what other types of bullying have you committed?

**Read each scenario and determine whether the bullying behavior is verbal or non-verbal, then state whether it can harm the person physically, emotionally, and/ or socially. Put your answers at the end of each example.**

**Scenario 1**

A student walks up to the front of the lunch line and says “I’m getting in front of you” and cuts in front of other students who have been waiting in line.

**Answer: Verbal - Physical and probably emotional**

**Scenario 2**

A group of boys play a game at lunch. Another student wants to join in but is laughed at and denied every time he asks.

**Scenario 3**

One student writes a rude note in class about another student’s appearance. The letter is passed on to several other students who read it, laugh, and pass it on. Eventually it is handed to the person it is written about.

**Scenario 4**

A group of girls decide one day that another girl in their group will no longer be their friend. They don’t explain anything to that girl, but they make it really obvious that they don’t want her around by ignoring her, writing mean notes about her, or teasing her.

**Scenario 5**

In P.E. class, after clear instructions to throw the ball below waist level, a student throws the ball at other kids’ heads on purpose.

**Scenario 6**

A student is sent nasty e-mails and text messages each night and has a less than flattering picture of them posted on a web site by other students.

**Scenario 7**

Every day in class one student walks by the desk of another student and takes his pencil off the desk. Each time the student tells the teacher, the first student denies that he took the pencil.

**Scenario 8**

A student is called names and teased each day by the same group of kids.

**Scenario 9**

Two friends are walking in the hall together. One sees a student he picks on regularly and stops and pushes that student against the lockers and holds him there.

**Scenario 10**

Just before lunch, one student corners another and says “Give me your money. You don’t need it, you’re not hungry.” The student gives up his money. A counselor sees it and tells the students not to loan or borrow money. The student who gave up his money says “It’s okay. Everything is fine.”

# Who Does it Hurt?

Bullying has an impact on everyone. If you thought that only the person who gets picked on is hurt, you're absolutely wrong. Bullying also has a negative effect on those who see it (witnesses), and even yourself. You need to think about the people you are hurting before it's too late.

We've already shown that the victims of bullying are hurt physically, emotionally, and socially, but what exactly does that mean? Besides the obvious physical harm, kids who are picked on can develop low self-esteem (think poorly of themselves), depression, and anxiety. These are some of the major factors that lead to bad grades, skipping school, the inability to make friends and in many cases, even suicide. Some victims of bullying decide to take revenge on their tormentors which has played a part in about 2/3 of all the school shootings in America. Students who witness bullying incidents also may suffer from some of these same problems and they don't feel safe at school.

## **The Future for Bullies**

The future for people who bully others is not good. If bullies don't learn how to change their thinking patterns when they are young, they usually remain bullies; it becomes a habit. In studies conducted by experts, children in grades 6-9 were asked to identify the bullies in their class. Then, when the bullies were age 24 their criminal records were studied. 60% of them had criminal convictions. More amazingly, 40% of them had 3 or more criminal convictions. They had more alcoholism, more anti-social behaviors, and fewer friends than the children who had not been bullies.

Research has also shown that although young bullies may seem popular, as they get older they have fewer and fewer friends. In the beginning, some children may have looked up to them because they seemed powerful. As time goes by, if you continue to bully you will lose popularity. By late senior high school bullies have usually either dropped out, have joined gangs or maybe are involved in serious criminal behavior. As adults they are more likely to be in jail, unemployed or working in a job below their skill level. Remember, the effects of bullying last a lifetime or can cost a life.

## **Questions**

1. Who does bullying hurt?
2. Is this what you want to achieve?
3. What happens to most bullies when they grow up?
4. Which possible consequence of bullying bothers you the most?
5. Why?