

Anti-Bullying Assembly Information

What is Bullying?

Bullying can be lots of things. It is hitting, pushing, name-calling, teasing, threatening, sending mean e-mails, taking or ruining another person's things, leaving someone out, and lots of other nasty stuff.

How do you know it's Bullying? Remember this: It's bullying if someone is hurting another on purpose and the kid who is doing it has more power.

Who does it and why?

Kids who bully come in all shapes and sizes. They can be big or small, older or younger, rich or poor, boy or girl. They can be any color and come from any kind of family. They can live in any kind of house. They can be popular or unpopular. You just can't tell who bullies by how they look or where they live.

So how can you spot a kid who bullies? Look for these clues:

They want to have power and control over other kids. They do this by making kids feel bad in one way or another.

They might feel bad about themselves. Some kids who bully think the only way they can feel better about themselves is to make someone else feel worse than they do.

They might think highly of themselves. Some kids who bully think they are better than others and that it's okay to be mean.

Remember, bullies think they have all the power--but they don't.

Are You Being Bullied? Being bullied can feel pretty awful. But, no matter how bad it makes you feel sometimes, you should know you're not alone. Even though you may feel helpless sometimes, there are a lot of things you and others can do to help stop the bullying. Give these tips a try.

KIDS TIPS FOR BULLYING

1. **Always tell an adult.** It's hard to talk about serious things with adults sometimes, but they can help put a stop to bullying. Tell an adult that you trust and can talk to—your parents, your teacher, your school counselor, your coach, your neighbor. If you've told a grown-up before and they haven't done anything about it, tell someone else.
2. **If it feels safe, try to stand up to the person who is bullying you.** If the person who is bullying you thinks you won't do anything about it, they are more likely to keep picking on you.
3. **If you are being bullied on-line, don't reply.** This may actually make the bullying worse. Instead, be sure to tell a family member or another adult you trust. If possible, block any more communications from this person. (For example, it might be a good idea only to accept messages from people you know.) Save evidence of the bullying. If you get a nasty e-mail, print it out or save it so that you can show it to an adult.
4. **Join clubs or take part in activities** where you'll meet other kids. Sometimes, it can help to join clubs or take part in activities that interest you.

What NOT to do if you are bullied.

DON'T...

- **think it's your fault.** Nobody deserves to be bullied!
- **fight back or bully a person back.** This probably won't make things any better and it might get you into big trouble.
- **keep it to yourself and just hope the bullying will "go away."** It's normal to want to try to ignore bullying and hope that it will stop—or hope that the person will start to pick on someone else. But, often, bullying won't stop until adults and other kids get involved. So, be sure to report the bullying.

- **skip school or avoid clubs or sports because you're afraid of being bullied.** Missing out on school or activities that you enjoy isn't the answer. You have a right to be there!
- **think that you're a "tattle tale" if you tell an adult** that you've been bullied. Telling is NOT tattling! It's the right thing to do.
- **hurt yourself.** Some kids who are bullied get so sad and depressed that they may try to hurt themselves because they think there is nothing else they can do. This definitely isn't the answer. Talk with an adult immediately and tell them how you are feeling. They can help stop the bullying.

Do you Witness Bullying? Are you a Bystander?

In order to stop bullying, everyone needs to lend a hand and get involved! And even though it might be easier to stand by and watch (or try to ignore the bullying), just remember, we all need a little help from time to time! Think about how you might feel if the bullying was happening to YOU. There are all kinds of great things you can do to help. So the next time you see someone being bullied, try one (or more) of these ideas and make a real difference!

- 1. Report the bullying to an adult.** Many kids who are bullied are scared to tell an adult about it (especially a teacher or principal), because they are afraid the person bullying them will find out and the bullying will just get worse. That's where you come in. Even if it's a little scary for you to tell an adult about bullying that you see, it's the right thing to do. It's not tattling—you're helping someone out. Who should you tell? You could tell your teacher, school counselor, school nurse, parents, coach, or any adult you feel comfortable talking with. It might be a little less scary if you ask a friend to go along with you. If you told an adult and you don't think they did anything about the bullying (or if it isn't getting any better), find another adult to tell.
- 2. Support someone who is being bullied.** Sometimes the best thing you can do for a person who is being bullied is just to be there for him or her and be a friend. Whether this means agreeing to walk home with him or her after school, sitting with him or her on the bus or at lunch, trying to include him or her in your school or social activities, or just spending some time with

him or her and trying to understand what he or she is going through, it will make a huge difference!

- 3. Stand up to the person doing the bullying.** If you feel safe doing this, tell a person who is bullying that what he or she is doing is wrong and that he or she should stop. Keep it simple. You could just say, "Ben, cut it out. Nobody thinks that's funny." If you can, get some friends to join you. When kids who bully see that other kids don't think it's cool, they are more likely to stop. Just be sure you don't bully them back! It's not easy to stand up to kids who may be bigger and stronger than you or really popular, so if you're not comfortable doing this, that's OK. (But be sure to tell an adult!)