

# Warner Against Bullying

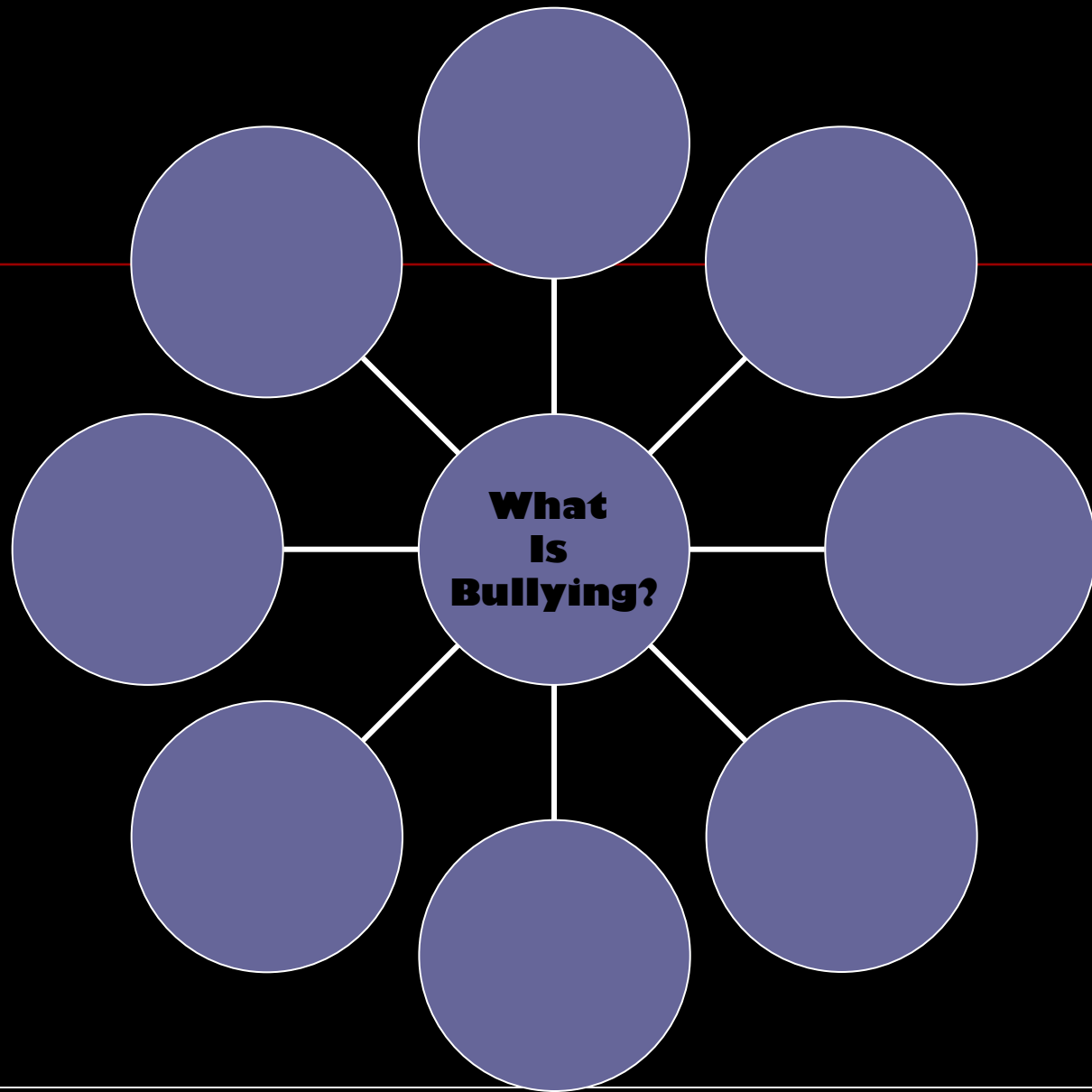


PBIS 2011-2012

# What is Bullying?

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- **TEACHERS:** Use chart paper, add text to this PPT, or ELMO to create a web.
- **STUDENTS:** Help your teacher complete this web as a class, and also be sure to copy down the web on your own sheet.



# Info to Go

## What Bullying Is

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 hurtful stuff.

How can you tell if something is bullying? Just remember this:

*It's bullying if...*

Someone is hurting another person on purpose

[Back to Smart Stuff](#)

What Bullying Is

What Bullying Isn't

Who Does It-  
and Why?

Who Is Bullied-  
and Why?

What You Can Do

Other Tips

# **Definition of Bullying**

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- **Bullying requires intent to harm.**
- **Bullying involves a pattern of behavior repeated over time.**
- **Bullying involves an imbalance of power or strength (physically OR socially).**

# Info to Go

What Bullying Is

What Bullying Isn't

Who Does It-  
and Why?

Who Is Bullied-  
and Why?

What You Can Do

Other Tips

What Bullying Isn't

Bullying ISN'T:

- okay,
- cool, or
- acceptable.

No one EVER deserves to be bullied.

Back to Smart Stuff

# **Who Does It – And Why?!**

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- Discuss this as a class!

# Who Does It – And Why?!

## Info to Go

What Bullying Is

What Bullying Isn't

Who Does It-  
and Why?

Who Is Bullied-  
and Why?

What You Can Do

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:



# Who Does It – And Why?!

## Info to Go

What Bullying Is

What Bullying Isn't

Who Does It-  
and Why?

Who Is Bullied-  
and Why?

What You Can Do

*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.

# Who Does It – And Why?!

## Info to Go

What Bullying Is

What Bullying Isn't

Who Does It-  
and Why?

Who Is Bullied-  
and Why?

What You Can Do

*They might think it will help them fit in.* Some kids just want to be accepted and they think by making fun of others or joining in with someone who is, will make them a part of the group.

*They might just think they are being funny.* Sometimes bullying isn't done on purpose. Some kids don't know that their actions are hurting someone else.

Remember, there are lots of reasons that kids might bully, but whatever the reason bullying is **NEVER** okay.

# **How Does Bullying Make You Feel?**

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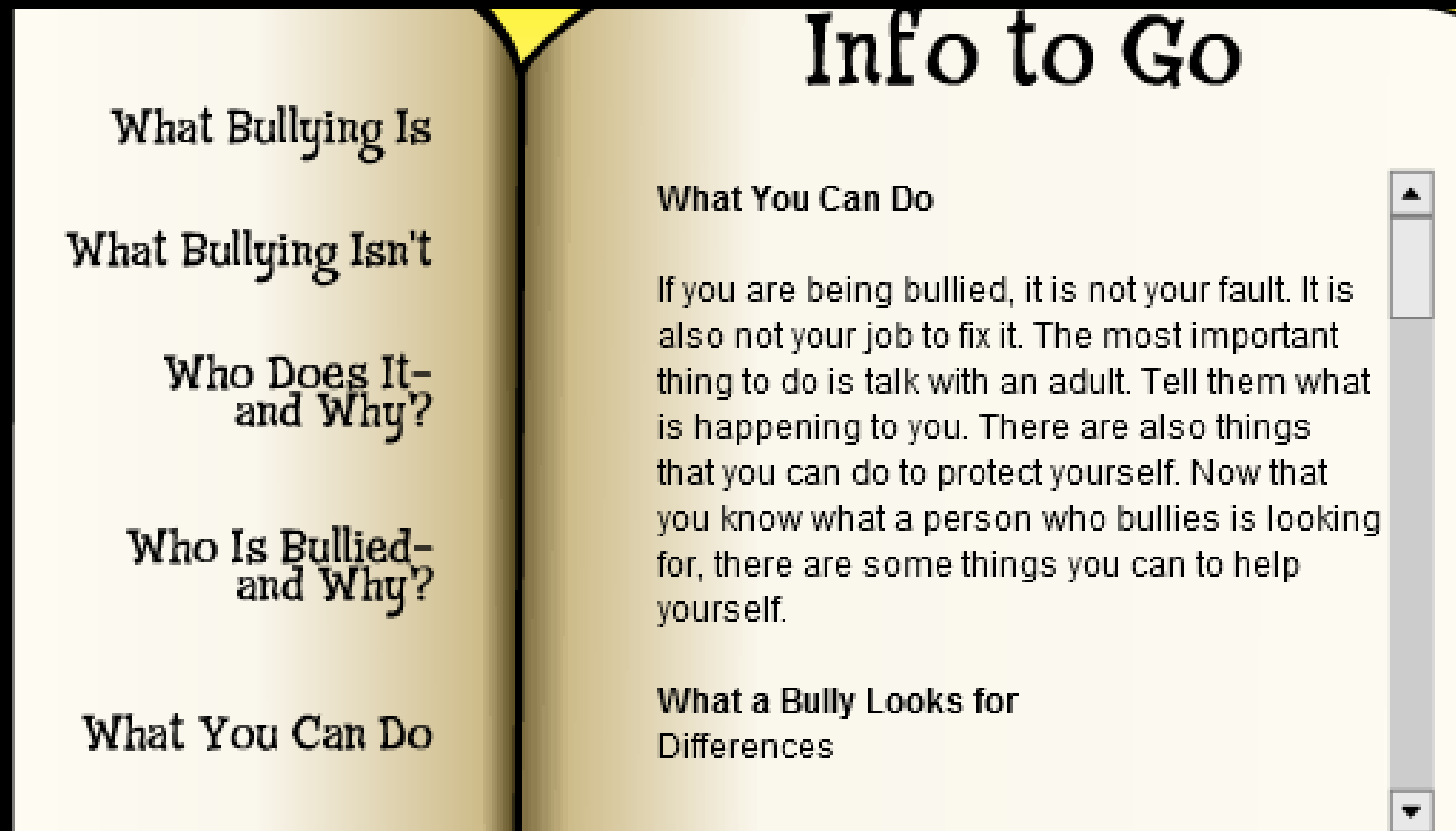
- Discuss this as a class!

# **What Can YOU Do?!**

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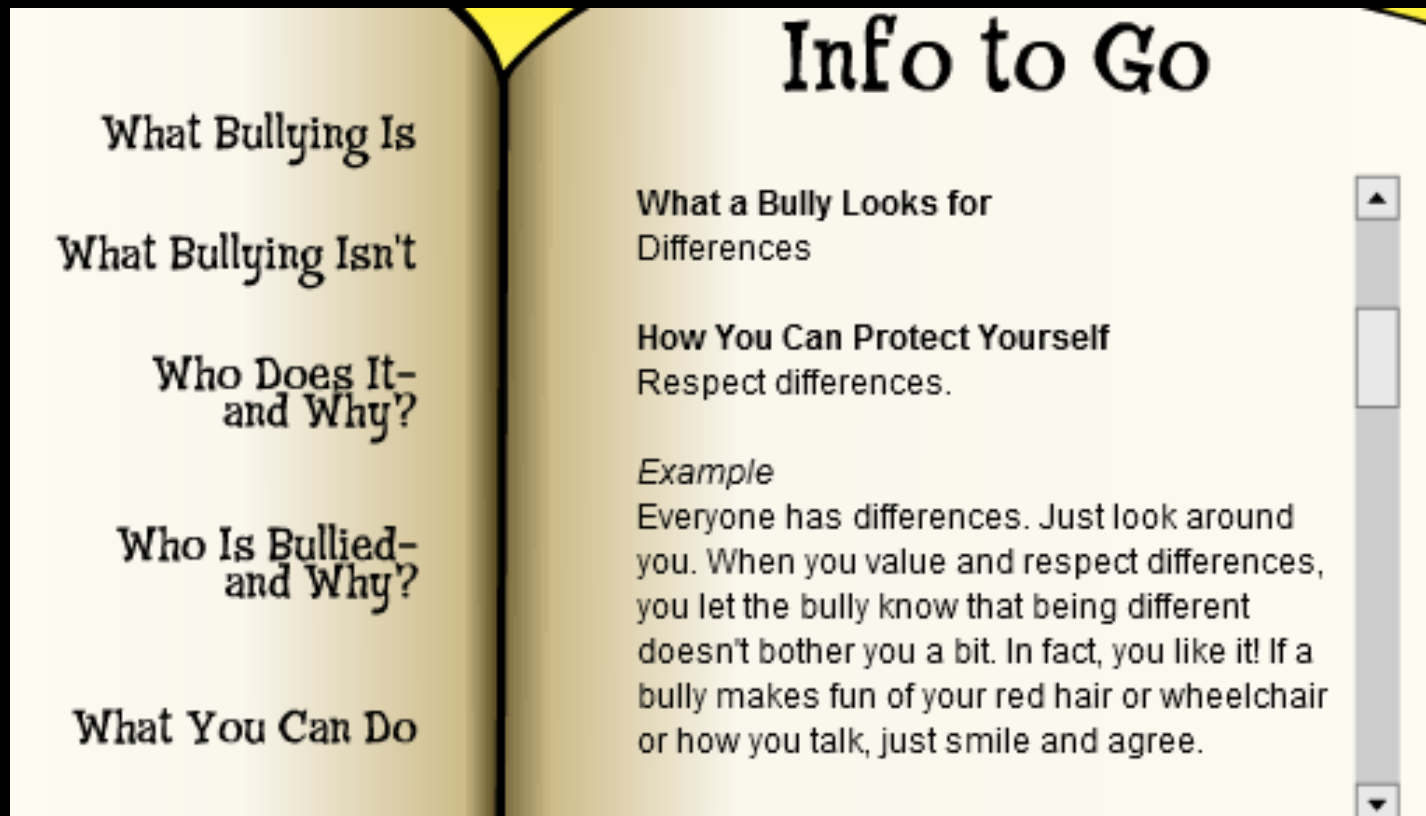
- Can you offer some tips on what to do if someone...
  - ...is being bullied?
  - ...sees someone else being bullied?
  - ...is bullying someone else?

# What Can YOU Do?!



# What Can YOU Do?!

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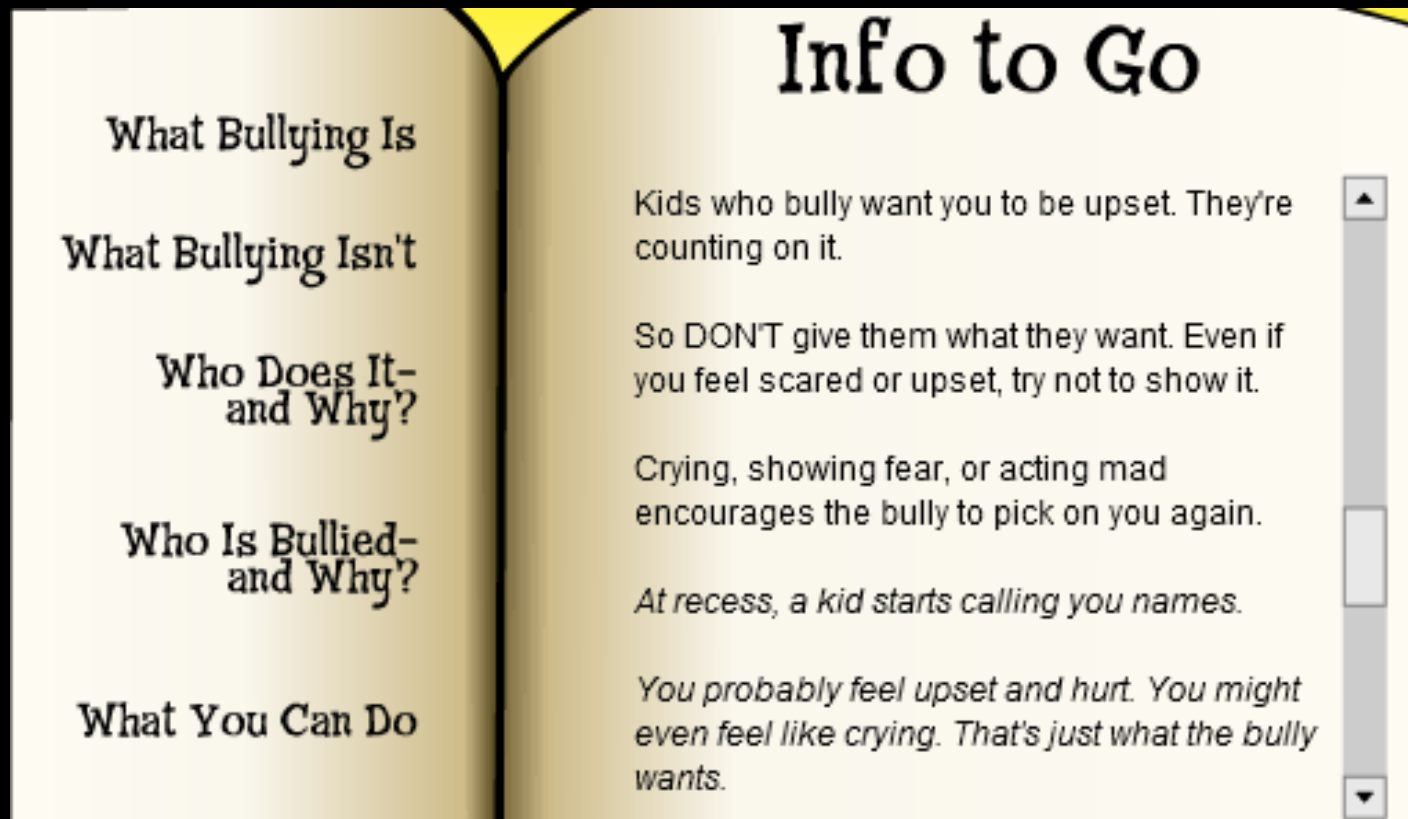
# What Can YOU Do?!

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# What Can YOU Do?!

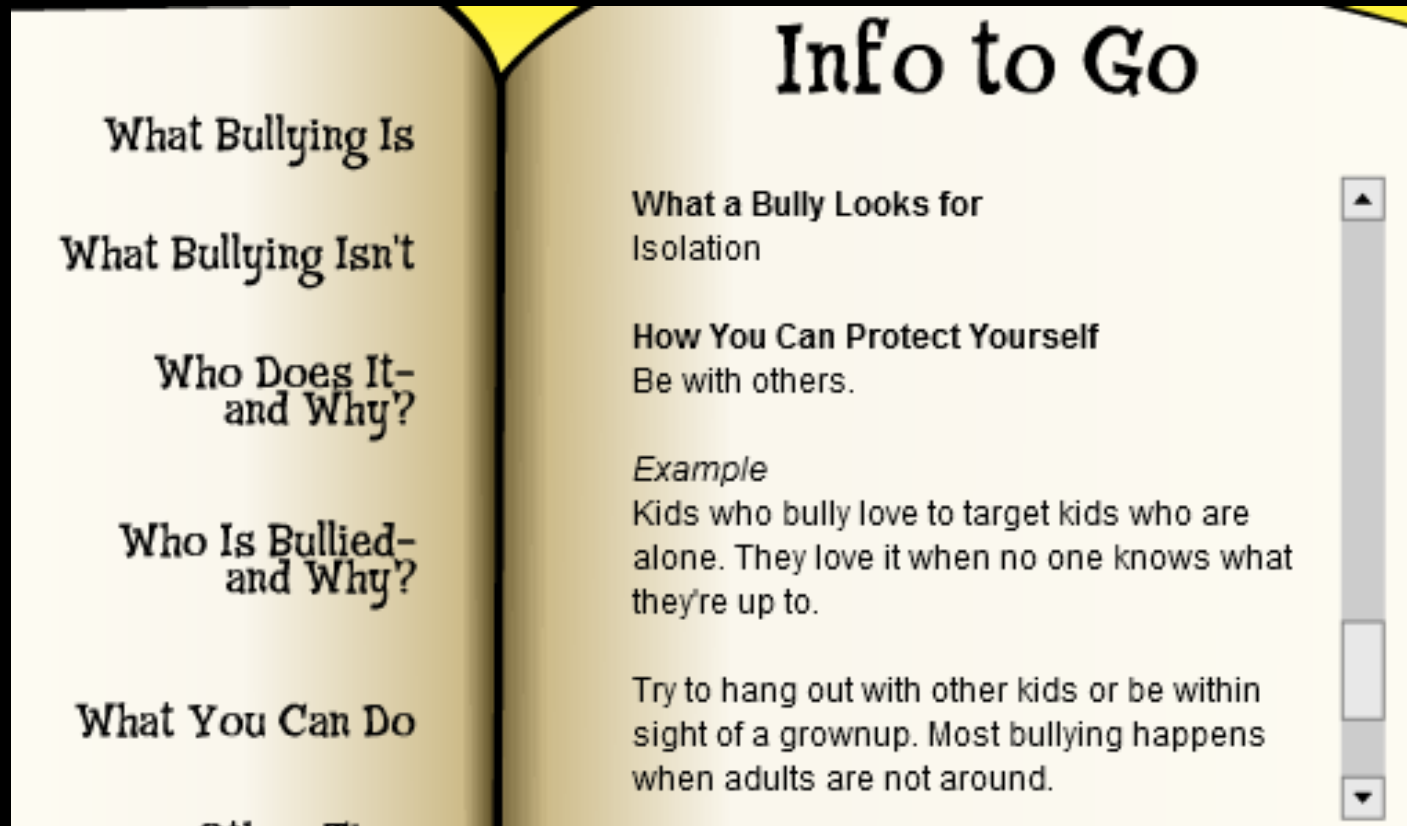
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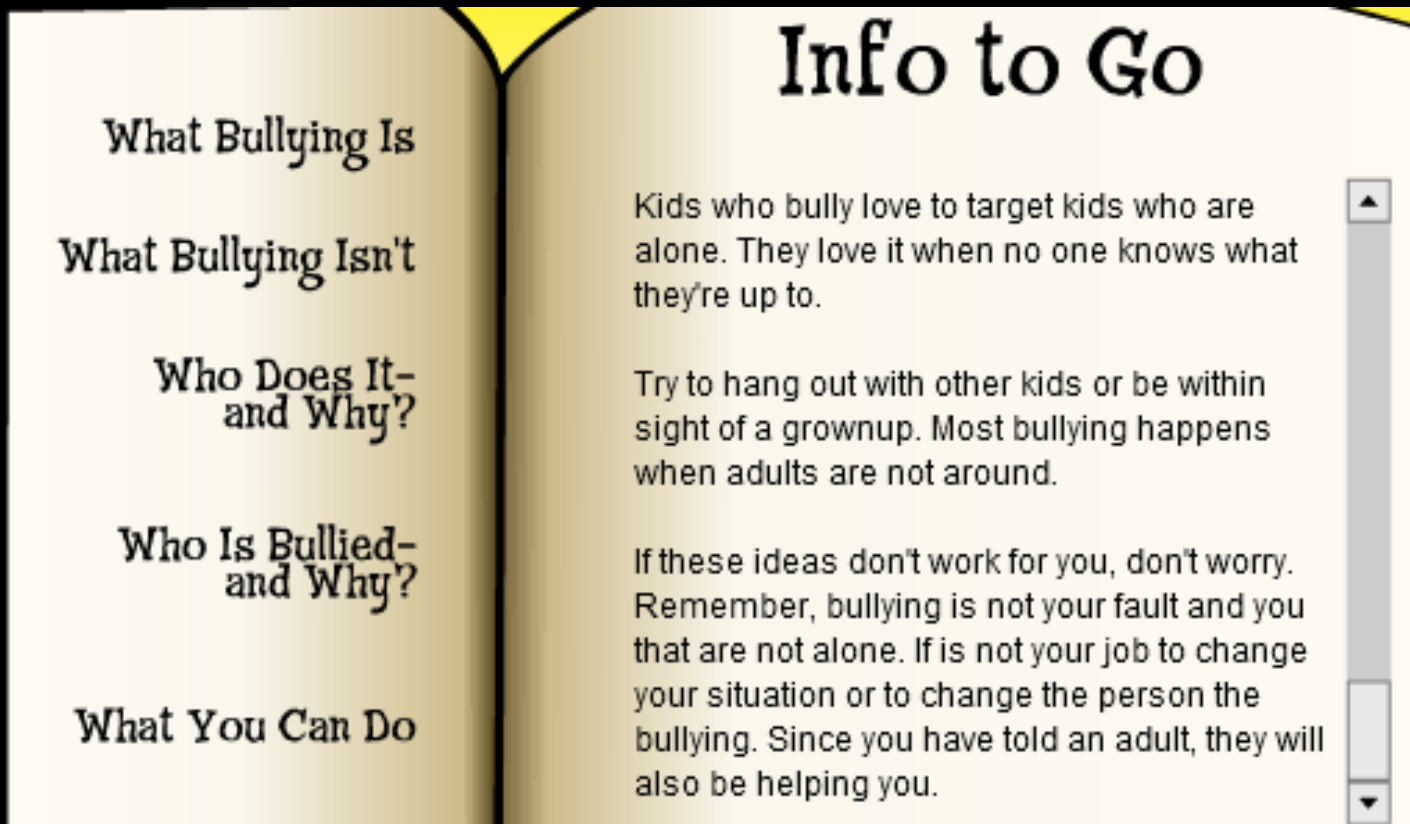
# What Can YOU Do?!

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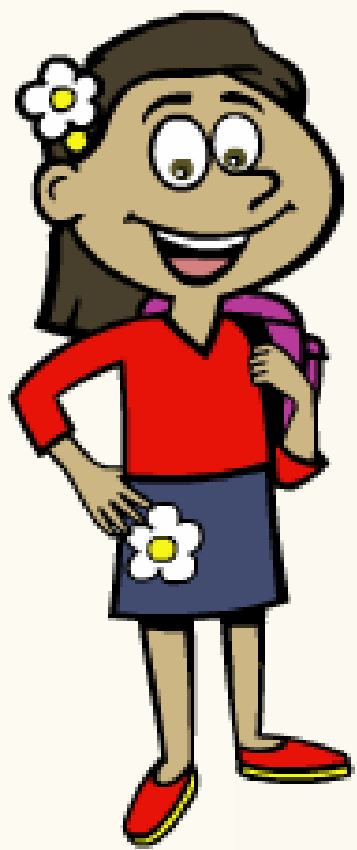


# What Can YOU Do?!

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# Stop It!



## If You are a Target

So, you are being bullied. The first thing you should know is, it's not your fault. Nope. Not one little bit. No one deserves to be bullied, never, ever, ever. No way. No how. Uh-uh. Never.

It is not your job to stop the kid who is bullying you, or to change they way they act. Leave that up to the adults.

But, there are some ways that you can protect yourself and Carmen wants to help. When someone is mean to you, you might want to try one or more of Carmen's Quick Comebacks!

[Back to Stop It](#)

# Carmen's Quick Comebacks

- 1
- 2
- 3
- 4
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- 6
- 7
- 8
- 9
- 10

"Hey! Stupid!" or other name calling.



**Quick comeback:** Look them in the eye and walk away.

**Why it works:** Bullies want to upset you. If you don't let them, they don't get what they want. And that's good for you!

Back to If You Are a Target

# Carmen's Quick Comebacks

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"I'm gonna beat you up!" or other threats.



**Quick comeback:** Yell as loud as you can.

**Why it works:** Bullies don't want others to know what they're up to. If you attract the attention of someone nearby, the bully will back off.

# Carmen's Quick Comebacks

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"Just you wait 'til I find you alone!"



**Quick comeback:** Let your parents or teacher know what was said.

**Why it works:** Telling is not tattling, telling is about protecting yourself or someone else.

Back to If You Are a Target

# Carmen's Quick Comebacks

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"Ha. Ha. What a crybaby!"



**Quick comeback:** Try not to look upset - even if you feel that way.

**Why it works:** Bullies feel powerful when they get a reaction. You might feel mad, sad, angry or scared, but try not to show it.

Back to If You Are a Target

# Carmen's Quick Comebacks

- 1
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"You'll be sorry at recess!" or at lunch,  
or on the bus...



**Quick comeback:** Stay away from where bullying happens.

**Why it works:** Bullies want to get you into unsafe areas where they can be in control.

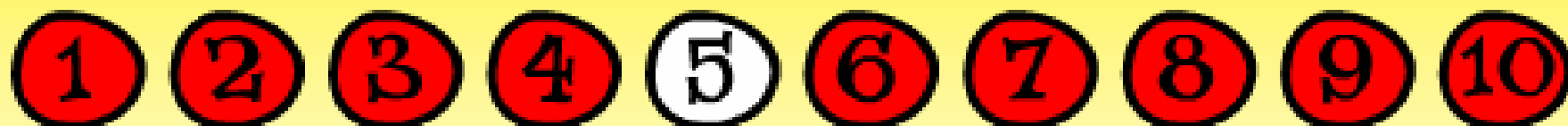
If you avoid danger spots, you be safer.

more...

Back to If You Are a Target



# Carmen's Quick Comebacks



"You'll be sorry at recess!" or at lunch,  
or on the bus...



## If bullying happens:

- by your locker, ask a teacher for one in a new location.
- on the bus, sit up front by the driver.
- in the lunch room, ask your teacher if you could change seats or sit closer to the adults.
- on the playground, stay near adults or other kids that you trust.

Back to If You Are a Target

# Carmen's Quick Comebacks

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"You're a shrimp!"



**Quick comeback:** Agree with the bully.  
"Yes, I know that many of the kids in the class are taller than me."

**Why it works:** Bullies count on you to argue with them. If you just agree, there's nothing more for the bully to say.

Back to If You Are a Target

# Carmen's Quick Comebacks

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"You're still a shrimp!"



**Quick comeback:** Practice something that you can say in advance, like "Yeah, I am short, and I am ok with who I am".

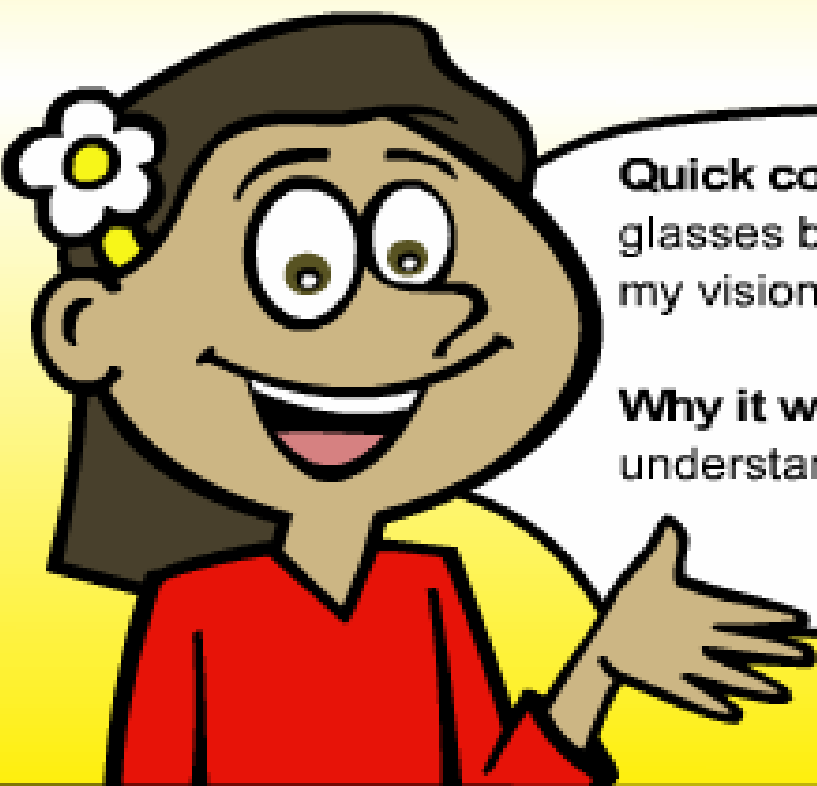
**Why it works:** This takes the power away from the person bullying and shows that you are in control.

Back to If You Are a Target

# Carmen's Quick Comebacks

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"Hey, four-eyes!" or other comments about your disability.



**Quick comeback:** Give the bully some facts. "I wear glasses because I have an eye disease that has hurt my vision. With my glasses, I can see and read better."

**Why it works:** Sometimes kids bully because they don't understand why someone is different.

more...

Back to If You Are a Target

# Carmen's Quick Comebacks



"Hey, four-eyes!" or other comments about your disability.

**Why it works:** If you give the bully some facts, you do two things:

- you show that you're not upset
- you might take away the bully's reason for picking on you.

Back to If You Are a Target

# Carmen's Quick Comebacks

- 1
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"Your shirt is ugly!" or other insult.



**Quick comeback:** Pretend the bully said something else and respond to that. For example, "Yeah, it is really nice outside, and I can't wait for recess!" And then walk away.

**Why it works:** The bully will be confused when you change the conversation and won't have time to respond by the time you leave.

Back to If You Are a Target

# Carmen's Quick Comebacks

- 1
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"We don't want you to play."



**Quick comeback:** Be direct. "I don't like being left out. I want to play."

**Why it works:** Bullies want you to just accept what they say. If you tell them directly how you feel and what you want, you let them know they aren't in charge.

[Check Out Carmen's Insider Info.](#)

Back to If You Are a Target

# **What If You See Bullying?**

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- Discuss this with your class!



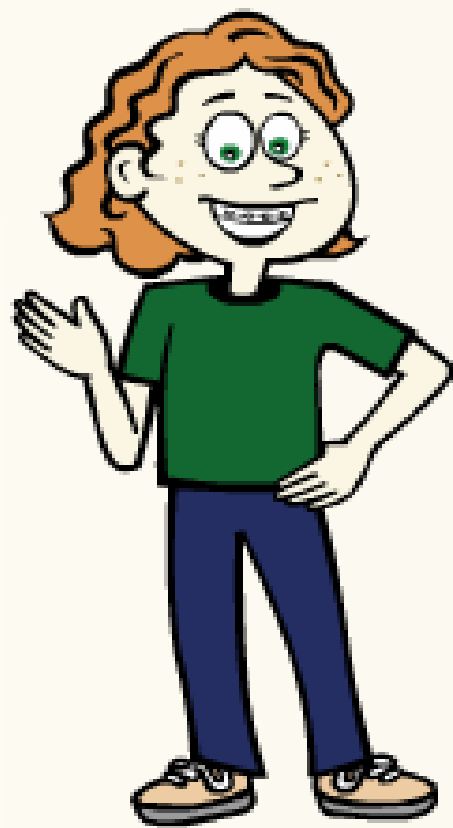
**Laugh. Tell. Walk Away.**

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# Stop It!

## **WHEN YOU SEE BULLYING...**



You know the feeling. You see someone being bullied and you feel scared. Or mad. Or sad. Or helpless. You might wonder what you can do to help. Did you know you're not alone? A lot of kids feel that way about bullying.

There are lots of things you can do to help. You could try reaching out as a friend to someone who has been bullied, or standing up for someone by defending them. There are lots of options. Do what feels safe to you. Do what feels ok to you. [Continue](#)

[Back to Stop It](#)

# Stop It!

## **WHAT CAN YOU DO?**

Not join in.



## **WHY DOES THIS HELP?**

Someone who bullies often likes an audience, it makes it more fun for them. If you ignore the bullying, it shows them it's not cool. Be a kid against bullying.

[Continue](#)

# Stop It!

## **WHAT CAN YOU DO?**

Help get them away from the situation.



## **WHY DOES THIS HELP?**

It is easy for someone to be bullied when no one sticks up for them. Be a friend. Walk with them to class, play with them on the playground, and let them know they're not alone. Continue

# Stop It!

## **WHAT CAN YOU DO?**

Tell an adult.



## **WHY DOES THIS HELP?**

Telling is NOT tattling, if it is done to help someone. If you tell an adult you are helping the person who is in trouble not trying to get the bully in trouble.

[Continue](#)

# Stop It!

## **WHAT CAN YOU DO?**

Let them know that no one deserves to be bullied.



## **WHY DOES THIS HELP?**

Kids who are bullied often feel alone, like no one cares, like it might even be their fault. Let them know that someone cares. Continue

# Stop It!

## **WHAT CAN YOU DO?**

Ask others to stand against bullying.



## **WHY DOES THIS HELP?**

When kids stick together and don't accept bullying, they can change what has happened to so many for so long. Together we can make a difference.

[Continue](#)

**GAMES  
& FUN**

**GALLERY**

**WATCH  
THIS**

**KIDS SAY**

**SMALL  
STUDENTS**

# Stop It!

## **YOU CAN CHANGE WHAT IS HAPPENING!**

Even a small act—helps make a difference. When kids stand together against bullying, they can make their classroom, their school, where they live and even the world a better place!






# **Be a Kid Against Bullying!**

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A cartoon illustration featuring two children and a cat. On the left, a boy with dark hair, wearing a green shirt with yellow stripes and purple pants, stands with his hands behind his back. Next to him is a small orange cat with a white belly. On the right, a girl with red curly hair, wearing a green shirt and blue pants, stands with one hand on her hip and the other pointing towards a large sign. The sign is white with a torn edge and contains text. The background is a simple tan wall with vertical lines.

You can be a kid  
against bullying!

Are you up to  
the challenge?

# Test Your Knowledge!

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- Who can help prevent bullying?
  - Teachers
  - Parents
  - Kids
  - All of the above

# **ALL OF THE ABOVE!**

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- **Everyone—teachers, parents, and kids have a role in preventing bullying!**

# **Why should we try to stop bullying?**

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- **Bullying hurts everyone.**
- **To make our school safer.**
- **Everyone deserves respect.**
- **All of the above.**

# **ALL OF THE ABOVE!**

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- **Everyone is affected by bullying. Stopping it will make our school safer. We all deserve respect!**

# **What can you do when you see bullying?**

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- Speak up. Reach out. Be a friend.
- Keep quiet. Ignore it. Walk away.

**Speak up. Reach out. Be a friend.**

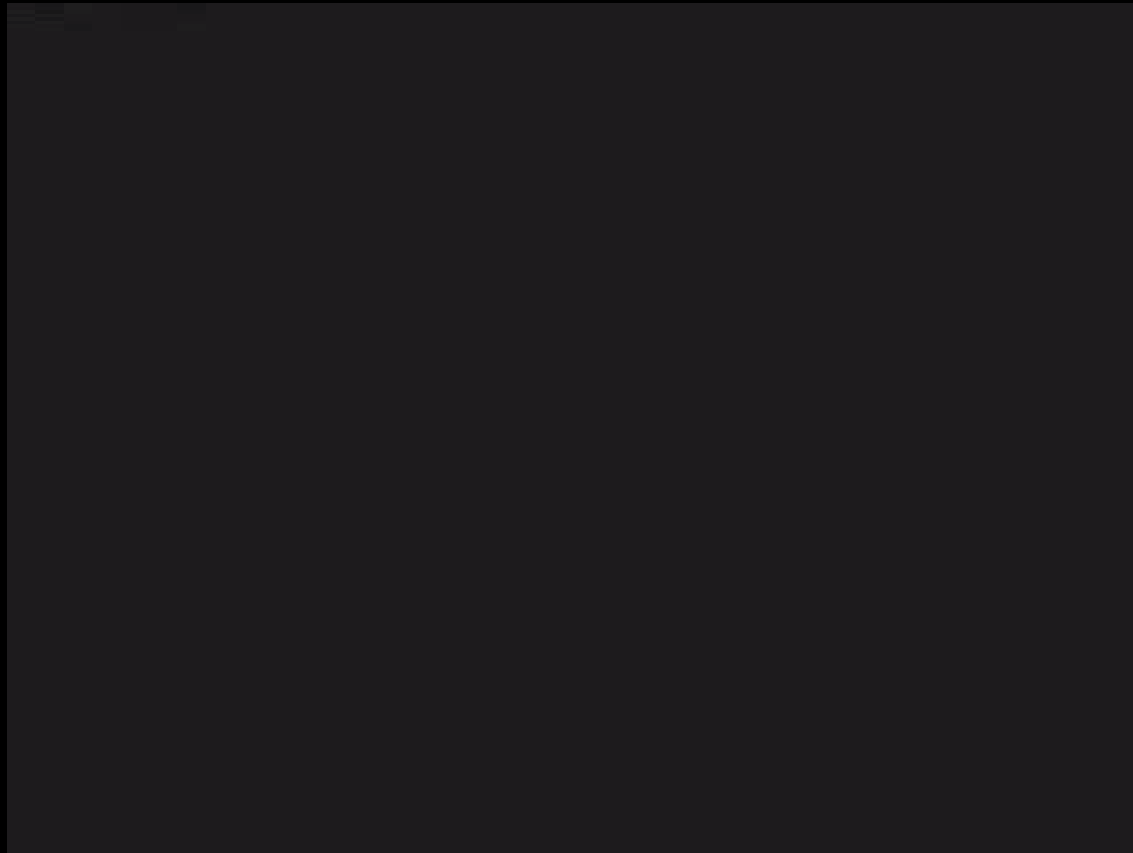
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- If you answered speak up, reach out, and be a friend—then congratulations! You have passed the first step!



# **Nobody Deserves to be Bullied!**

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## Step 2: Take the pledge

As a Kid Against Bullying, I will:

- Speak up when I see bullying
- Reach out to others who are being bullied
- And be a friend whenever I see bullying



# Congratulations...Fill out your certificate!

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I am a Kid Against Bullying! And I will:

**SPEAK UP** when I see bullying

**REACH OUT** to others who are bullied

**BE A FRIEND** whenever I see bullying



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