

Helping Others Who Are Bullied

Do you know someone who is being bullied? Maybe the person is a close friend, or maybe it is someone you barely know. Either way, you can help.

1. If you see someone being bullied, help the person get out of the situation.
2. Never laugh at a bully's jokes. It only gives the bully more power.
3. Offer to walk with the victim in places where the bully hangs out.
4. Talk with the person being bullied and offer to help.
5. Set a good example - don't bully other people.
6. Remember that no one deserves to be bullied.
7. Treat all people with respect, even bullies.
8. Never use weapons or violence to solve a problem.
9. Unless the threat of physical violence is involved, take up for the person being bullied.
10. If the threat of violence is involved, report it to an adult immediately.

Both boys and girls engage in bullying, although the interactions can be quite different:

Male Bullying

- ❖ Negative behavior labeled as "bullying."
- ❖ Often engage in direct forms of bullying.
- ❖ Frequently use visible forms of bullying: pushing, shoving, threatening, and so forth.
- ❖ Usually bully both sexes.

Female Bullying

- ❖ Bullying behavior classified as "mean."
- ❖ Often engage in indirect forms of bullying.
- ❖ Frequently use less visible forms of bullying: slander, spreading rumors, manipulating friendships, and the like.
- ❖ Usually bully other girls.



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BULLYING

Gain an increased awareness of what bullying is and how to take control of the situation.



Bullying is never okay and it is not a normal part of growing up! Being bullied is not the victim's fault. No one deserves to be mistreated!

Let's talk!



A bully is someone who hurts another person on purpose. Anyone can be a bully, including a stranger, a friend, a brother or sister, a young person or an adult. Examples of bullying are:

- ❖ Calling names.
- ❖ Teasing.
- ❖ Pushing or shoving.
- ❖ Hitting, kicking or attacking.
- ❖ Spreading rumors or gossip.
- ❖ Ignoring someone to make him or her feel left out.
- ❖ Forcing others to hand over possessions or money.
- ❖ Attacking others because of their beliefs, religion or race.

Being a victim of bullying can be terrifying. All victims need support – there are no exceptions. Giving support communicates that all people are worth attention and concern.

You are not helpless. You are not alone. Here are some ways to take control of the situation:

1. Practice possible responses to a bully.
2. Keep a diary or journal of what is happening. It will help you explain things to others.
3. Talk things over with a friend, teacher, parent or someone you trust.
4. Remember that teachers have the responsibility to listen and to be fair. If a teacher does not meet these responsibilities, move on to someone else.
5. Avoid places where the bully hangs out. If you can, walk with a friend.
6. Try to meet new people. Having friends around is a great way to discourage bullies.
7. Never use violence to deal with a bully. It could lead to suspension, injuries, jail time or even death.

Here are some ways to deal with a bully, head-on:

1. Laugh, shake your head and walk away.
2. Ignore the bully completely.
3. Stand up for yourself and tell the bully how you feel.
4. Throw the bully off by changing the subject.
5. Repeat what the bully says. This helps the bully hear his own words. An example might be, “I don’t enjoy being called a spineless loser.”
6. Ask the bully a question, such as, “Why do you always insult me?” This puts you in control of the conversation.
7. If nothing else works, get help from a friend or an adult you trust.

“A person is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more persons.

(Olweus, 1991, p. 4.3)