

THE POWER TRIP: Bullying In School

THE POWER TRIP: BULLYING IN SCHOOL

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TEACHER'S RESOURCE BOOK

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THE POWER TRIP: BULLYING IN SCHOOL

TABLE OF CONTENTS

Introduction	1
Learning Objectives	2
Program Summary	3
Student Activities	
1. Pre/Post Test	7
2. Discussion Questions	9
3. Fill in the Blanks	10
4. Bullying and Me	12
5. Bullies, Male and Female	13
6. Am I a Bully?	14
7. How You Say It	16
8. What's the Difference?	18
9. Class Debate	20
10. What Would You Do?	21
11. Get Over It	23
12. Who Can You Talk To?	24
13. Bullying Awareness Day	25
14. Who Is in Trouble?	26
Fact Sheets	
1. What Is Bullying?	27
2. How Does Bullying Hurt?	28
3. Relational Aggression: Key Points	29
4. Who Is a Target?	30
5. Bullying Dos and Don'ts	31
6. Don't Just Stand There—Do Something!	32
7. Characteristics of a Bully	33
8. Bibliography	34
Other Programs from Human Relations Media	35

Bullying in school has been commonplace for generations. But the attitude that dealing with bullies is an obligatory part of growing up has become less acceptable as more information arises about the lasting harm that bullies can inflict upon their victims. Alarming statistics show that bullying can cause victims to suffer from a loss of self-esteem, failure in school, depression and even suicide.

When we think of bullies, we may have a preconceived notion of who a bully is, or what a bully does. In reality, boys and girls can both be bullies. They tend to bully in different ways. Boys are more likely to punch, kick and shove other boys—especially those who are not part of their immediate group of friends. Girls, on the other hand, are more likely to resort to gossip, rumors, exclusion and innuendo to bully other girls—including their own circle of friends! This type of bullying is called *relational aggression*.

In addition to physical, verbal and relational bullying, these days there is an increasing threat in the form of *cyber-bullying*. In cyber-bullying, kids can use modern technology like computers, PDAs and cell phones as tools to torment other kids, making them into objects of ridicule and anonymously ruining their reputations. The detached quality of the Internet and the lack of witnesses make cyber-bullying especially insidious.

Victims of bullies will often skip classes to avoid being tormented. They invent reasons to stay out of school altogether. They have trouble focusing on their schoolwork, are too upset to study for tests and sometimes wind up failing a course or some critical exam like the SATs because some bully would not stop picking on them.

A positive and safe learning environment is essential if students are to succeed in their studies. No student should have to feel threatened by going to school. It is essential for today's students, parents, educators and school administrators to create bully-free schools where kids can enjoy their teen years, acquire new skills and knowledge, and transition into well-adjusted adults.

The Power Trip: Bullying in School was created to help young people understand that bullying can be harmful and should not be tolerated, either by the victim or the bystanders. The video and the activities in this Teacher's Resource Book will help students to understand different types of bullying and learn ways to successfully deal with many sorts of bullies. The program encourages young people to take a good look at their interactions with their peers and to do everything in their power to stop others from bullying—and to avoid becoming bullies themselves.

LEARNING OBJECTIVES

After watching the program *The Power Trip: Bullying in School* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- identify the different types of bullying
- understand the characteristics of bullying behavior
- demonstrate that they know when to involve an adult in a bullying situation
- recognize that boys and girls tend to bully in different ways
- understand the responsibilities of bystanders
- recognize that a bully is capable of changing his or her behavior.
- understand the meaning of "relationship bullying"
- learn positive ways to deal with bullies
- recognize the negative effect that bullying can have on someone's performance in school
- understand that bullying can cause serious and lasting harm
- examine their own actions to determine whether they are behaving like bullies

The program opens with contemporary teens talking about their own experiences with bullies. They speak directly to viewers. In the opening sequence, teens offer these comments:

“They would say I was weird because I was hanging out with people outside our clique.”

“I can’t forgive him for what he did to me throughout this year.”

“It feels lonely.”

“It makes me feel ashamed.”

“When they call me names, I feel less of myself.”

“Bullies usually make fun of the way you look.”

“It definitely interfered with my school work.”

“I can’t say I’m proud of what I did, because I did a bad thing. But I can say I’m glad I stopped.”

These statements are followed by the title sequence: *The Power Trip: Bullying in School*.

What is Bullying?

This segment introduces Michael Carpenter and his discussion group. The teens are asked to offer their own definitions of bullying, along with some examples. They cite name-calling, picking on someone, making fun of someone’s appearance. Nathaniel Gadsen, Ph.D. states, “Bullying is one person picking on another, or taking advantage of them either verbally or physically, in order to hurt them.” Cheryl Dellasega, a national expert on relational aggression, offers her own definition: “A bully is basically someone who hurts, takes advantage of, or inflicts harm on someone else.”

Characteristics of Bullying

Mr. Carpenter and his teen group discuss the three characteristics of bullying, which are listed on-screen as “RIP” behaviors. He explains that bullying is comprised of:

Repeated behavior—the same tormenting takes place over and over

Intentional behavior—the bully is deliberately trying to hurt someone

Power-driven behavior—the bully flaunts the fact that he/she is more powerful

Mr. Carpenter demonstrates the “power” point by having a very tall boy stand next to a short, slight girl. The boy obviously has power over the girl because there is no way she can challenge him physically.

Next we hear again from Dr. Gadsen: “Bullying is one person showing power over another person. As young men, we are conditioned to be tough and we think we have to show that toughness to everyone else.”

Differences Between Boys and Girls

Next, the program examines the difference in how boys and girls tend to bully. The teens give their opinions. They agree that boys are usually more sports-oriented and tend to get into physical fights, whereas bullying is often a more emotional thing with girls. Girls talk about one another, spread rumors or exclude others from their cliques. One boy voices the opinion that there are more girl bullies than boys these days.

Cheryl Dellasega states that there are two differences in the way girls and boys bully: First, boys are more physical than girls and more impulsive—they strike out physically, but they tend to get over it faster. Second, boys don’t usually behave aggressively against their own friendship circle, whereas girls will resort to hostile behavior even with their own friends. This relational aggression can go on for years. A series of examples are given by teen speakers. Then the scene switches to Mr. Carpenter’s group as they role play several examples of relational aggression.

Kinds of Bullying

Mr. Carpenter explains that name-calling is the most common type of bullying. A teenage boy recalls how he used to be the target of a bully because he took dance lessons. The bully called him names like “fag” and “fairy,” physically threatened him and even blocked the doorway so he couldn’t get into his classroom. The depth of the boy’s hurt is evident as he tells how he began to cut classes and wound up failing the course as a result of the harassment.

Ms. Dellasega reiterates that bullying definitely affects a student’s school performance. “If kids are always worried about being picked on or teased, their grades suffer from it,” she says.

Target and Victim

Mr. Carpenter and his group discuss the difference between a target and a victim. All kinds of people might become the targets of bullies—some can ignore the bullying and shake it off, while others cannot. A victim is someone who actually has been picked on. “If you don’t care, you won’t become a victim,” says Carpenter, and adds that a “passive victim” is someone who doesn’t do anything or tell anyone about the bullying.

Who Can You Tell?

Ms. Dellasega explains that it takes a lot of courage to try to talk to one's tormentor. Not everyone is brave enough to do this. A victim should think about his choices: He can try to talk to the bully, or he can tell a teacher or another adult about the incident. A boy who was once a bully admits that he used to think it was fun to call another boy "stupid" all the time. One day he got a phone call from the boy, who simply told him, "I want you to stop calling me 'stupid.' I don't like it." That phone call changed everything. "I didn't want to be called a bully," said the first boy. "I didn't know I was hurting his feelings like that and I stopped. Now he's one of my best friends." The other kids agree that it takes courage to talk to a bully, and if that's not possible, the victim should talk to a teacher or other adult.

Tattling Versus Telling

Mr. Carpenter asks the group if they know the difference between tattling and telling. He explains that "tattling" is done mainly to get someone in trouble, while "telling" is done solely to make the bully stop and keep people safe.

Bystanders

The teen speakers relate some of their experiences with people who watched bullying incidents and did nothing about it. Then Mr. Carpenter tells his group that "people who are bystanders can be a part of this." He asks them to role play a situation in which one girl tells another not to sit in a particular chair because she wants her friend to sit there. By their responses, the other kids show what bystanders can do and say to prevent someone from being treated so unfairly.

Ms. Dellasega explains that when boys bully one another, there are usually witnesses who are either egging the bully on, or frozen in fear and afraid to interfere. "These bystanders really have a lot of power," she says. "If they all tell the bully to stop, there is little else he can do. It changes things completely."

Cyber-Bullying

Mr. Carpenter explains to his group that "cyber-bullying" means using computer technology to bully someone. He asks them if they can think of any examples of this. The teens suggest such things as instant messaging, e-mailing and blogging. Carpenter adds that cell phones and text messaging can also be used in a mean, harmful way.

Ms. Dellasega tells viewers, "If you're being bullied on the internet, it's more secret, anonymous, shameful. You know that anyone in the world can read it, and that makes it all the more extreme." Since the cyber-bully has no witnesses, she adds, "It's easier to be mean and hurtful."

At this point in the program, Mr. Carpenter asks his group to summarize the “RIP” definition of bullying that was offered at the beginning of the program: Bullying is **R**epeated (happens again and again), it’s **I**ntentional (intended to cause someone stress and fear) and it’s **P**ower-related (the bully picks on someone who is weaker or smaller and can’t defend himself). Carpenter says, “We have to try to change the power difference in schools to stop bullying.”

Ms. Dellasega comments, “If you’re a bully and you don’t like yourself, you can change.” Dr. Gadsen agrees, cautioning viewers to “stop and think about what you’re doing.” The teens offer some thoughts about this. The former bully notes, “You never know what you’re doing” to hurt someone.

Ms. Dellasega sums up the steps for handling a bully with the words WALK, TALK, TELL. “If you’re being bullied,” she says, “or if you’re seeing someone being bullied, **walk** away; **talk** to someone; **tell** an adult.”

The video ends with Dr. Gadsen declaring, “No student should have to feel threatened by going to school. Every student should have the right to go to a safe, clean environment to be taught.”

STUDENT ACTIVITIES

Name: _____

Pre/Post Test

Decide whether the following statements are true or false.

1. TRUE or FALSE: Bullying makes kids feel good about themselves. _____
2. TRUE or FALSE: Bullying is a way of showing you have power over someone else. _____
3. TRUE or FALSE: A bullying incident often happens once and is never repeated. _____
4. TRUE or FALSE: Girls are just as physical as boys when it comes to bullying. _____
5. TRUE or FALSE: Name-calling is a form of bullying. _____
6. TRUE or FALSE: Girls are more likely to bully their own friends. _____
7. TRUE or FALSE: Kids who are bullied usually do better in school. _____
8. TRUE or FALSE: A passive victim is one who fights back. _____
9. TRUE or FALSE: The anonymous quality of the Internet makes it a convenient place to bully someone. _____
10. TRUE or FALSE: Witnesses to a bullying incident can often get the bully to stop. _____
11. TRUE or FALSE: Bullying creates an unsafe environment in our schools. _____
12. TRUE or FALSE: Telling an adult is a cowardly way to deal with bullying. _____

Answers to this test appear on the next page.

Name: _____

Answer Key

- | | |
|---|-------|
| 1. TRUE or FALSE: Bullying makes kids feel good about themselves. | FALSE |
| 2. TRUE or FALSE: Bullying is a way of showing you have power over someone else. | TRUE |
| 3. TRUE or FALSE: A bullying incident often happens once and is never repeated. | FALSE |
| 4. TRUE or FALSE: Girls are just as physical as boys when it comes to bullying. | FALSE |
| 5. TRUE or FALSE: Name-calling is a form of bullying. | TRUE |
| 6. TRUE or FALSE: Girls are more likely to bully their own friends. | TRUE |
| 7. TRUE or FALSE: Kids who are bullied usually do better in school. | FALSE |
| 8. TRUE or FALSE: A passive victim is one who fights back. | FALSE |
| 9. TRUE or FALSE: The anonymous quality of the Internet makes it a convenient place to bully someone. | TRUE |
| 10. TRUE or FALSE: Witnesses to a bullying incident can often get the bully to stop. | TRUE |
| 11. TRUE or FALSE: Bullying creates an unsafe environment in our schools. | TRUE |
| 12. TRUE or FALSE: Telling an adult is a cowardly way to deal with bullying. | FALSE |

Name: _____

1. What is your definition of bullying?
2. Why is bullying called “a power trip?” What do most bullies have in common?
3. What is *relational aggression*? How is it different from other types of bullying? How is it the same?
4. Why do you suppose that relational aggression is more common among girls than boys?
5. Who do you think is more dangerous—a male bully or a female bully? Why?
6. What are some types of behavior that make it possible for people to bully others without even realizing it?
7. Which do you think would hurt you more: having your lunch taken from you by an older boy or having a lie spread all over your school about you? Why?
8. How does being bullied make a person feel?
9. Why do you think one person would want to bully another? What’s in it for the bully?
10. Some experts think that problems such as eating disorders, depression, teen pregnancy and even suicide can be traced back to childhood bullying. Why do you think this is so?

Name: _____

Fill in the missing word in each sentence with one of the words from the box.

<i>adult</i>	<i>harmful</i>	<i>power</i>	<i>respect</i>
<i>confidence</i>	<i>minority</i>	<i>pressure</i>	<i>rumor</i>
<i>coward</i>	<i>physical</i>	<i>realize</i>	<i>verbal</i>
<i>damage</i>	<i>popular</i>	<i>relationship</i>	<i>victim</i>

1. Very often, the worst bully in school is really a _____.
2. Making someone feel left out is a kind of _____ bullying.
3. Spreading a false _____ about someone can hurt a person's feelings and damage his or her reputation.
4. The _____ of a bully is often depressed and frightened.
5. Deliberately tearing someone's shirt is a kind of _____ bullying.
6. Bullying is _____ because it can make young people feel lonely, unsafe, unhappy or frightened.
7. The victim of a bully often loses self-_____.
8. Bullying shows a lack of _____ for the value of all persons.
9. Sometimes a bully does not _____ that his or her actions are wrong.
10. If you know someone who is being bullied, you should always tell an _____.
11. Some kids become bullies because they want to be _____.
12. Most bullies do not realize how much _____ they are doing to others.
13. Members of _____ groups are often targets of bullies.
14. A bully enjoys having _____ over someone else.
15. Name-calling is an example of _____ bullying.
16. Some kids go along with bullying because of peer _____.

Answers appear on the next page.

Name: _____

Answer Key

1. Very often, the worst bully in school is really a coward.
2. Making someone feel left out is a kind of relationship bullying.
3. Spreading a false rumor about someone can hurt the person's feelings and damage his or her reputation.
4. The victim of a bully is often depressed and frightened.
5. Deliberately tearing someone's shirt is a kind of physical bullying.
6. Bullying is harmful because it can make young people feel lonely, unsafe, unhappy or frightened.
7. The victim of a bully often loses self-confidence.
8. Bullying shows a lack of respect for the value of all persons.
9. Sometimes a bully does not realize that his or her actions are wrong.
10. If you know someone who is being bullied, you should always tell an adult.
11. Some kids become bullies because they want to be popular.
12. Most bullies do not realize how much damage they are doing to others.
13. Members of minority groups are often targets of bullies.
14. A bully enjoys having power over someone else.
15. Name-calling is an example of verbal bullying.
16. Some kids go along with bullying because of peer pressure.

Name: _____

Part One

Think about an incident in your life in which you were bullied by someone or you were a bully yourself. For this activity, you will have a chance to tell your story in one of the following ways:

- Write a first person essay about what happened.
- Write about the incident in the third person, as though it were fiction. Change all the names of the characters, including yourself.
- Write a play in which you are the main character. Write lines and stage directions for yourself and for all the people who influenced your actions.
- Draw a cartoon strip illustrating what happened.
- Write a poem that describes the event.

Make sure that your project gives answers to the following questions:

- Were you the bully or the victim?
- How did the incident start?
- How did it make you feel?
- How did you handle it?
- Looking back, do you think you handled it well, or do you wish you had done something differently?
- What was the outcome?
- What did you learn from this incident?

Part Two

Make a class book containing all the stories, poems, plays and drawings done by the members of the class. Have classmates collaborate on a title and design a front cover for the book.

Name: _____

Read each description below, and decide if a male or female is more likely to engage in that type of bullying. There are no right or wrong answers. When you have finished, compare your answers with your classmates to see what others think.

		MALE	FEMALE
1.	Threatening to beat someone up if he/she doesn't do what you say.		
2.	Making obscene or threatening phone calls to a classmate.		
3.	Gossiping about someone you don't even know.		
4.	Spreading a rumor that a girl in your class is pregnant.		
5.	Taking someone's lunch just for laughs.		
6.	Tripping a younger kid every time he/she passes your seat on the school bus.		
7.	Text messaging all your friends to discuss the shabby clothes someone is wearing.		
8.	Inviting everyone you know to a party and deliberately excluding one person.		
9.	Shoving or kicking someone who is much smaller than you.		
10.	Calling someone a "loser" because he/she didn't make the soccer team.		

Name: _____

Part One

Sometimes you can be a bully without even realizing it. Look back at your relationships with others over the past few weeks, and answer the following questions. Explain each “yes” answer in detail.

1. Did I make someone feel left out or rejected?

2. Did I gossip or spread lies or rumors about someone?

3. Did I make fun of someone’s clothes, hair style or anything else about their appearance?

4. Did I threaten anyone for any reason?

5. Was I deliberately nasty to someone for no reason?

6. Did I tease anyone or call anyone unflattering names?

This activity is continued on the next page.

Name: _____

7. Did I call attention to someone's physical defect?

8. Did I hit, kick or push anyone?

9. Did I deliberately hurt anyone's feelings?

10. Did I steal, hide or ruin something that belonged to someone else?

11. Did I write something mean about someone for kicks on a desk, table, locker, wall or other public place?

12. Did I get a kick out of the fact that someone else's feelings were hurt?

Part Two

If you answered "yes" to more than three of the questions above, you may be at risk for becoming a bully. For each "yes" answer, ask yourself WHY you behaved as you did. Was it some sort of a power trip for you? Did you apologize to the person you hurt? If your answers indicate that you may have a bullying problem, talk to a parent, teacher or counselor before it gets worse.

Name: _____

Each of the following statements is an example of relationship bullying. Rewrite each one so that it would not be hurtful or insulting to someone.

1. What did you do to your hair? That color is awful!

2. Too bad you weren't invited to Jake's party. It was fantastic.

3. You must have grabbed that T-shirt out of somebody's garbage.

4. So what if you didn't pass the test? Nobody expects YOU to be brilliant.

5. That outfit makes you look even fatter than usual.

6. Do you have any idea how goofy you look with those braces on your teeth?

This activity is continued on the next page.

Name: _____

7. I wouldn't eat those onion rings if I were you—your breath already smells bad enough.

8. Do you think you're too good to go on dates? Or is it just that no one ever asks you out?

9. What's the deal with your skin? It's all splotchy and gross.

10. It's not that much fun hanging out with someone who never wants to do anything but play video games.

Name: _____

WHAT'S THE DIFFERENCE?

Below are some examples of the three different types of bullying: **Physical, Verbal** and **Relational**. For each situation, write **P, V** or **R** to tell what kind of bullying is being described.

1.	Sarah was looking forward to going to junior high school with her best friend, Pat. On the first day of school, Sarah saw Pat talking to some girls in the hall and ran toward them. Pat and the girls pretended that they didn't see Sarah coming. They turned and walked away from her with their arms around each other. Sarah just stood there, amazed and hurt.
2.	Phil's brother Al noticed that Phil never seemed to have any money, even though he got an allowance each week. Finally Al asked him what he was buying with his money. At first Phil didn't want to talk about it, but he finally told Al that one of the boys at school threatened to give him a bloody nose if he didn't buy him and his friends a soda every day. Phil asked Al not to say anything because he didn't want to make things worse.
3.	Jenna was overweight and very self-conscious about it. Lately she had the feeling that kids at school were laughing at her behind her back. Whenever she passed a group in the hallway they seemed to stop talking abruptly. Then as she walked away, she could hear them giggling. She finally found out what they were laughing at when a classmate forwarded her an email that was being circulated all over school. It was a photo of Jenna changing her clothes in the locker room. It seems that one of the girls in her gym class had taken the picture with her cell phone.
4.	Whenever Al got nervous, he began to stutter. This embarrassed him. Two of the guys in his class began to chant "stut-stut-stut-stut-stut" over and over every time they saw Al. They would follow Al, repeating the words over and over, until Al began to cry. Then the boys laughed uproariously and walked away.
5.	Vito was nearly deaf in his left ear and wore a hearing aid to school. That didn't keep him from being the best math student in the class. Sean thought Vito was showing off by getting such high marks. He decided to teach Vito a lesson. He walked up to Vito one day and shouted into his hearing aid, making a noise that sounded like an explosion. Vito yelled in pain, and Sean laughed with delight.

Answers appear on the next page.

Answer Key

1.	R	Sarah was looking forward to going to junior high school with her best friend, Pat. On the first day of school, Sarah saw Pat talking to some girls in the hall and ran toward them. Pat and the girls pretended that they didn't see Sarah coming. They turned and walked away from her with their arms around each other. Sarah just stood there, amazed and hurt.
2.	P	Phil's brother Al noticed that Phil never seemed to have any money, even though he got an allowance each week. Finally Al asked him what he was buying with his money. At first Phil didn't want to talk about it, but he finally told Al that one of the boys at school threatened to give him a bloody nose if he didn't buy him and his friends a soda every day. Phil asked Al not to say anything because he didn't want to make things worse.
3.	R	Jenna was overweight and very self-conscious about it. Lately she had the feeling that kids at school were laughing at her behind her back. Whenever she passed a group in the hallway they seemed to stop talking abruptly. Then as she walked away, she could hear them giggling. She finally found out what they were laughing at when a classmate forwarded her an email that was being circulated all over school. It was a photo of Jenna changing her clothes in the locker room. It seems that one of the girls in her gym class had taken the picture with her cell phone.
4.	V	Whenever Al got nervous, he began to stutter. This embarrassed him. Two of the guys in his class began to chant "stut-stut-stut-stut-stut" over and over every time they saw Al. They would follow Al, repeating the words over and over, until Al began to cry. Then the boys laughed uproariously and walked away.
5.	P	Vito was nearly deaf in his left ear and wore a hearing aid to school. That didn't keep him from being the best math student in the class. Sean thought Vito was showing off by getting such high marks. He decided to teach Vito a lesson. He walked up to Vito one day and shouted into his hearing aid, making a noise that sounded like an explosion. Vito yelled in pain, and Sean laughed with delight.

Name: _____

Choose one of the following debate statements. Write a paper arguing for or against your chosen statement. Then debate the topic with other classmates. If possible, use newspaper, magazine and Internet articles to back up your opinions.

Boys and girls bully in different ways.

OR

Bullies are all the same, whether they are boys or girls.

Bullying is not always bad. If you “bully” someone to make that person behave in a more positive way, you are doing a good thing.

OR

There is no such thing as good bullying. Trying to make people change their ways by bullying them is always wrong.

Being bullied is just part of growing up. It doesn't matter in the end.

OR

Being bullied as a child can have damaging long-term effects on a person's life.

Name: _____

WHAT WOULD YOU DO?

For each of the following bullying situations, write what you would do if you were the victim.

1. You are Latino. One of your classmates is always making sarcastic remarks about your “suntan,” like telling you to stay out of the sun before you get any darker. His friends think he is really funny, but his remarks make you feel terrible. What would you do?

2. You have just moved to this neighborhood. You joined the school soccer team to make some new friends. But no one on the team will talk to you. They all seem to like each other and have a lot of fun together, but they always exclude you. What would you do?

3. You are a very quiet kid who doesn’t seem to fit in with the rest of the class. You want to make friends, but you’re not outgoing or funny and you can’t get up the courage to join in when the other kids are laughing and having fun. One day you are walking past a group and hear one kid whisper, “There goes Miss Personality.” Everyone laughs and you feel like someone stabbed you. The next day you go to gym and find that someone has scribbled “Miss Personality” on your locker. What would you do?

This activity is continued on the next page.

Name: _____

WHAT WOULD YOU DO?

4. There's a kid in school who has always liked to pick on you because you are very short for your age. Lately he is getting worse, and he recently told you that his name is "King Max" and that you had to bow every time you saw him or you'd be sorry. You thought he was kidding, but the first time you walked past him without bowing, he kicked you really hard. The second time, he shoved you up against the wall and broke your glasses. Now you're scared and you go out of your way to avoid him. Today Max came to school with a black eye and you hear him telling someone that his dad got drunk again and beat him up. What would you do?

5. Karen lives in the same building as you, and the two of you have been friends for most of your lives. But lately you've noticed that Karen has begun to act differently toward you in school. She hangs out with some girls from another neighborhood and acts as though she hardly knows you. One day, one of the girls asked you if you were dressed for a costume party and when the others laughed, Karen laughed with them. That evening you call Karen and ask her if she wants to go to the movies, but she tells you she is going out with her friends. You are hurt and confused. What would you do?

Name: _____

WHO CAN YOU TALK TO?

If you find yourself being bullied and don't know how to deal with it, one of the best things you can do is talk to someone about the situation. Some examples of people you might talk to are:

parent

school counselor

brother/sister

friend

trusted adult

school principal

teacher

religious leader

sports coach

Think of at least four people you could confide in. Write their names and contact information (phone numbers, email addresses, etc.) below. Then cut out the four sections and keep them in your wallet, backpack or some other safe place where you can find them if you need to talk to someone about a problem.

Name: _____

Address: _____

Telephone: _____

Cell Phone: _____

E-mail: _____

Name: _____

Address: _____

Telephone: _____

Cell Phone: _____

E-mail: _____

Name: _____

Address: _____

Telephone: _____

Cell Phone: _____

E-mail: _____

Name: _____

Address: _____

Telephone: _____

Cell Phone: _____

E-mail: _____

Name: _____

WHO IS IN TROUBLE?

1. Do you know of anyone in your school or neighborhood who is being victimized by a bully on a regular basis? Without identifying the person by name, write a brief description of the situation.

2. Why do you think the bully is picking on this person?

3. How do you think this bullying is harmful to the victim?

4. Write a plan for what you and your friends might do to help the victim. Describe your plan in steps.

STEP 1:	<hr/> <hr/> <hr/>
STEP 2:	<hr/> <hr/> <hr/>
STEP 3:	<hr/> <hr/> <hr/>

5. Tell why you think it's important that you and your friends try to stop this bullying.

FACT SHEETS

Name: _____

Bullying is making someone feel uncomfortable, frightened or threatened in order to have power over that person. There are three basic types of bullying.

Physical Bullying includes:

- hitting, shoving or kicking someone (or threatening to do it)
- damaging, hiding or stealing something that belongs to another
- forcing someone to do things that he or she doesn't want to do

Verbal Bullying includes:

- teasing
- insulting
- name-calling

Relational Bullying includes:

- spreading lies or rumors about someone
- refusing to talk to someone
- making someone feel rejected, left out or "different"

Name: _____

HOW DOES BULLYING HURT?

1. Bullying can lead students to feel tense, anxious and afraid.
2. It can affect their concentration in school and can lead them to cut classes or stay out of school whenever possible.
3. It can affect teens' self-esteem and feelings of self worth.
4. It can cause teens to become withdrawn, depressed and socially isolated.
5. Bullies can make kids think that they deserve to be treated badly.
6. In extreme cases, victims may take drastic measures to protect themselves or to seek violent revenge.

SOME FACTS ABOUT BULLYING

- One out of every four kids admits to having been bullied by someone. (www.pbskids.org)
- One out of every five kids admits to bullying another person. (www.safeyouth.org)
- 43 percent of kids are afraid of being harassed in a school bathroom. (www.pbskids.org)
- 80 percent of the time, an argument with a bully results in a physical fight. (www.pbskids.org)
- In the U.S., an estimated 1.6 million students in grades 6-10 are bullied at least once a week. (www.guidanceassociates.com/bullies)
- One study of junior high and high school students found that over 88 percent had witnessed bullying in their schools. (www.safeyouth.org)
- Some 150,000 students cut classes each day just to avoid being bullied.
- Adults who were bullied as teens have lower self-esteem and higher levels of depression than other adults. (www.pbskids.org)
- Teens (especially boys) who bully are four times more likely than non-bullies to be convicted of a crime by the age of 24. (www.safeyouth.org)

Name: _____

**RELATIONAL AGGRESSION:
KEY POINTS**

Relational aggression is also known as relationship bullying. It is also sometimes called “female bullying” because it is practiced mostly by girls.

- It is a psychological and emotional, rather than physical, form of abuse.
- It uses relationships to inflict injury upon another.
- It is characterized by gossip, teasing, slander and exclusion.
- It is every bit as painful as physical bullying.
- It can have a profound negative impact on the lives of females who are bullied—as well as those who do the bullying.
- Studies are finding links between relational bullying and eating disorders, depression, teen pregnancy and even suicide.

Name: _____

Roughly one out of every four kids is the target of a bully at one time or another. Bullies tend to pick on a kid who...

- gets upset very easily
- is shy and doesn't seem to have a lot of confidence or assertiveness
- is a different size—taller or shorter—than most of the kids in their class
- belongs to some sort of minority group: An African-American kid at a mostly white school, a white kid at a mostly Hispanic school, etc.
- doesn't have many friends and is usually alone
- has some type of physical disability, from walking with a limp to stuttering
- was born in another country and speaks with an accent, or perhaps has a name that is difficult to pronounce
- has an obvious weight problem
- was the subject of an embarrassing incident that took place in front of other kids

OR

- just happens to be in the wrong place at the wrong time when the bully is in a bad mood!

Name: _____

If someone is bullying you, here are some ways to handle it:

- Stay away from situations where bullying can happen. Spend time with other people, and try to avoid being alone with a bully. Sit near the school bus driver. Walk next to a teacher when changing classes.
- Ignore the bully.
If the bully doesn't get a reaction from you, it's no fun!
- Act confident.
Keep your head up and respond to the bully in a calm, firm voice.
- Try talking to the bully.
Ask the bully why he/she is bothering you. Tell the bully how you feel; ask him/her to stop.
- Walk away.
Just leaving the situation will end the bullying incident.
- Talk to an adult.
This is a must! Telling a parent, teacher, counselor or other adult does not make you a tattletale or a sissy.

Here are some things you should *not* do:

- Don't cry, get angry or show that you're upset.
- Don't try to fight a bully who threatens you with physical harm.
- Don't give in to the bully's demands by doing something you don't want to do.
- Don't bring money or expensive things to school.
- Don't plan revenge against the bully or try to take matters into your own hands.
- Don't feel as though you deserve to be bullied. The bully is the one with the problem, not you.

Name: _____

**DON'T JUST STAND THERE—
DO SOMETHING!**

Standing up for a victim of bullying should be a way of life, not an option. If you just stand by and watch someone being bullied, you are saying that bullying is okay with you. And that makes you no better than the bully.

If you know someone who is being bullied, there are some things you can—and should—do to help:

Talk to yourself.

If you see someone being bullied at school, think about how you might feel if it were happening to you.

Talk to the bully.

Speak up. Tell the person to stop the bullying behavior. Say that you don't like it and you don't think it is funny.

Talk to the victim.

Tell the person you're sorry about what happened and you don't like it at all. Help the person understand that it is not his or her fault. Encourage the victim to talk to someone about what happened; offer to help by going along.

Talk to the bystanders.

If you see other students laughing at the bullying, or even joining in, let them know that they are part of the problem. Tell them that you think they are just as bad as the person doing the bullying.

Talk to an adult.

Very often bullying does not get reported, and the problem remains unsolved. You can help by reporting the incident to a teacher, counselor, principal, teacher's aide, bus driver or the school nurse. If you are hesitant about "snitching," take a friend along with you. Just be sure that an adult at the school is aware of what's going on.

Name: _____

**CHARACTERISTICS
OF A BULLY**

Below are some generalizations about male and female bullying tendencies—they are not meant to be a “rulebook” for what bullies do. Keep in mind that bullies come in all shapes, sizes and forms!

Common Characteristics of a Boy Bully:

- Likes to intimidate others with his physical size and strength
- Threatens others with physical harm if they don't do what he tells them
- Hits, kicks or in some way injures someone else
- Takes someone else's possessions
- Often gets into trouble in school

Common Characteristics of a Girl Bully:

- Likes to gossip and spread rumors about other kids
- Frequently tells stories about someone that are not true
- Acts as though it is a privilege to be her friend
- Tries to influence the way others think about someone
- Constantly puts other people down
- Will go to any lengths to get something she wants, regardless of who gets hurt

Both Boy and Girl Bullies:

- Often boast about their accomplishments, talents, looks, relationships with the opposite sex, etc.
- Enjoy giving orders and being surrounded by admirers
- Make fun of someone or call names for belonging to a minority group, looking “different,” being especially shy, being exceptionally smart, etc.
- Like to frighten or intimidate someone else
- Like to call attention to the shortcomings of others
- Deliberately hurt someone's feelings
- Force someone to do something he/she does not want to do
- Are impulsive and quick to anger and cannot tolerate frustration

Name: _____

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www.pta.org/bullying

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www.nobully.org.nz

www.safeyouth.org

Name: _____

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<i>Walk This Way: Exploring Tolerance, Diversity and Difference</i>	video/print or DVD/print

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