

## Why Do Bullies Bully?

- ◆ To feel powerful
- ◆ To impress others or gain popularity
- ◆ Because "other people did it to me"
- ◆ To keep from becoming the victim of a bully

NO MORE BULLIES, NO MORE VICTIMS

## Are You a Victim?

- ◆ Act confidently, not aggressively
- ◆ Use humor to defuse tense situations
- ◆ Use your friends as a support system
- ◆ Tell an adult

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## Are You a Bystander?

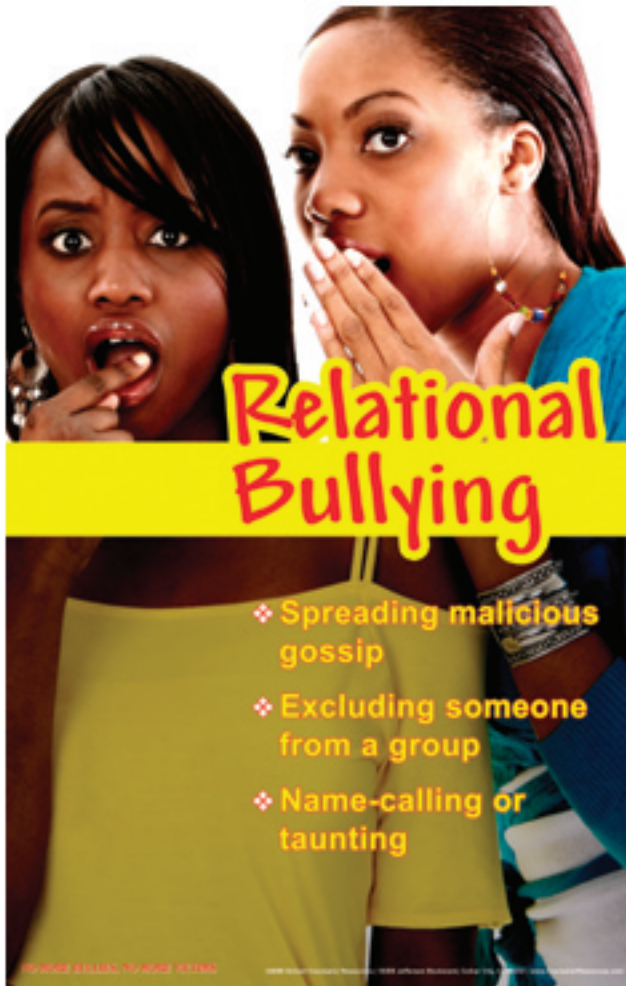
- ◆ Watching bullying occur is silent acceptance of the behavior
- ◆ Stand up to the bully or walk away and tell an adult

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## Are You a Bully?

- ◆ Are you bullying because someone bullies you?
- ◆ Is there a line between teasing and bullying?
- ◆ Do your friends encourage bullying?
- ◆ Today is your chance to start over!

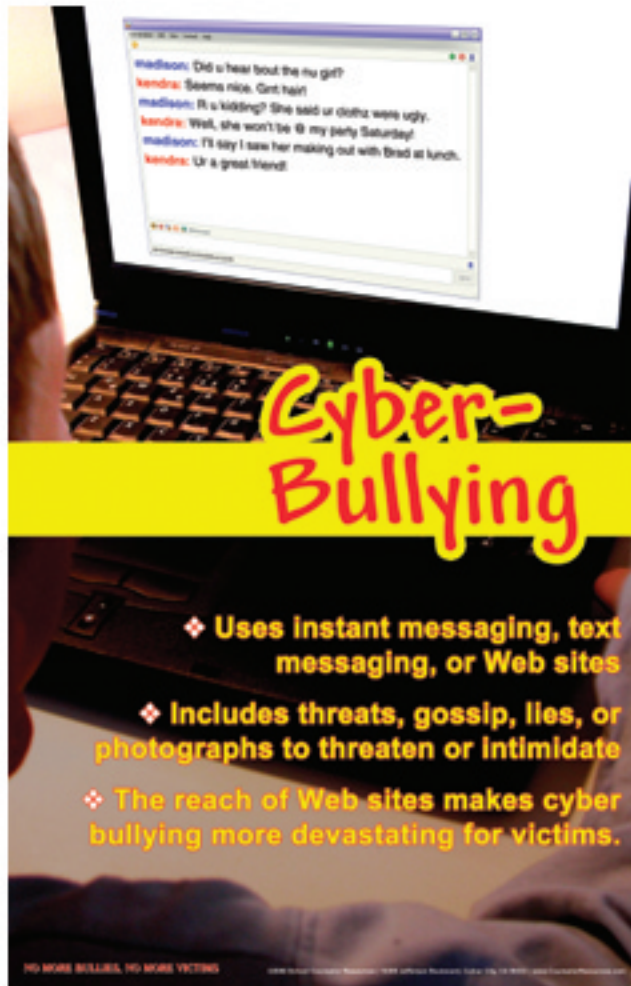
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## Relational Bullying

- ❖ Spreading malicious gossip
- ❖ Excluding someone from a group
- ❖ Name-calling or taunting

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## Cyber-Bullying

- ❖ Uses instant messaging, text messaging, or Web sites
- ❖ Includes threats, gossip, lies, or photographs to threaten or intimidate
- ❖ The reach of Web sites makes cyber bullying more devastating for victims.

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## What Is Bullying?

- ❖ Physical violence
- ❖ Threats of violence
- ❖ Name-calling
- ❖ Taunting
- ❖ Hurtful speech
- ❖ Spreading rumors
- ❖ Exclusion
- ❖ Intimidation

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