



RESOURCES

National Youth Violence Prevention Resource Center
www.safeyouth.org/scripts/topics/bullying.asp

Bully Stoppers
www.bullystoppers.com

Stop Bullying Now
www.stopbullyingnow.hrsa.gov/index.asp

Bully Online
www.bullyonline.org/schoolbully/index.htm



What You Can Do



Always tell an adult. Tell an adult that you trust and can talk to - your parents, your teacher, your school counselor, your coach, your neighbor.

Stay in a group / make new friends with other students. Kids who bully like to pick on kids who are by themselves a lot- it's easier and they're more likely to get away with their bad behavior.

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. This doesn't mean you should fight back or bully them back. Instead, tell the person bullying you that you don't like it and that they should stop! Keep it simple.

If you are being bullied online, 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 additional 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.

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. Think about joining a sports team, taking an art class, or joining a scouting group, for example. You can meet other kids who share your interests and you might make some good friends!

and it might get you into big trouble. Besides, you should try to act better than the person who bullies you.



- 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.

If you need immediate help, call 911.

Anyone with information on the identity of those responsible is asked to call, email or text your anonymous tip to:

Crimestoppers

1-888-CRIME-SC www.midlandcrimestoppers.com

Text: TIPSC & your message to CRIMES (274637)

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



Bullying Hurts Everyone



Education comes before success in the dictionary...this is the same for life!

Nothing should get in the way of your education and success.

Bullying is not acceptable and can be a crime.

Report anyone who bullies or harasses you or your friends to your School Resource Officer. We will help you!

Bullying Statistics

- Bullying and harassment have been linked to 75% of school shootings.
- Six out of ten teens witness bullying at least once a day.
- Thirty percent of teens are bullies, the target of a bully, or both.
- Twenty-eight percent of Gay, Lesbian, Bi-sexual, and Transgender (GLBT) youth dropped out of school due to harassment.
- South Carolina ranks number 10 in voluntary reported bullying incidents.

What is Bullying?

Bullying is what happens when someone hurts, threatens, humiliates, or scares another person. The person being bullied usually has a hard time defending him/herself, so the bullying continues and/or gets worse. Punching, shoving, spreading rumors, exclusion, and teasing are all bullying techniques. Girls and boys can both be bullies, and their victims can be girls or boys, too.



Bullying can also happen online, or electronically. Cyber bullying uses the internet, phones, or computers. Examples of cyber bullying may include:

- sending mean emails, text, or instant

messages,

- posting mean pictures or messages on someone's blog, and
- even using someone else's username to spread rumors or lies.

Whether you are being bullied, you have seen kids being bullied, or have bullied others, there are plenty of good things you can do so that it doesn't happen again.

Types of Bullying

There are three major types of bullying. Each one can have long lasting effects on the kids who are forced to endure them.

1. Physical bullying usually includes pushing, shoving, hitting or kicking the victim or abusing personal property. Statistics show that bullies who resort to these types of practices usually continue with similar behavior as adults.
2. Verbal Bullying includes name calling and attacks with words to hurt or humiliate the victim. Quick and easy to inflict, it can leave invisible scars that may never heal.
3. Emotional Bullying excludes the victim from social or group settings. More common among girls than boys, it uses nasty rumors and unkind stories to discriminate and isolate at a time when kids need their social connections the most.
4. Cyber bullying is when someone uses an email, instant message, blog,

website, or other electronic tool to threaten, humiliate, or scare someone else. This also includes using someone else's username to spread rumors.

Why Do People Bully?

- They have been mistreated themselves.
- They have a strong need to control.

Effects of Bullying

- Bullying can cause a person to feel anxious and afraid and can affect his/her concentration, self-esteem, and self worth.
- Bullying can increase social isolation, leading the person to become withdrawn and depressed.
- In extreme cases, bullying can lead to drastic measures, such as carrying a weapon, seeking violent revenge, or even attempting suicide.
- Bystanders can feel guilty or helpless watching bullying occur. They may also feel pressure to join in.

