



[www.kysafeschools.org](http://www.kysafeschools.org)

**Suggestions for Students**

# Students: What is bullying?

▶ Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.

▶ Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

▶ Bullying is the persistent abuse of someone who is weaker. The student who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying.

## Are you bullying others?

Have you been guilty of bullying someone else? Place a check in the box next to the bullying action you have participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid's property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, you might be bullying others. If so, you should go talk to your teacher, or school counselor and work a plan.

## Students: What's with those who bully?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some who bully do it to get attention or things, or to make other people afraid of them.

- ▶ Those who bully might be jealous of the person they are bullying.
- ▶ They may be being bullied themselves.
- ▶ Some who bully may not even understand how wrong their behavior is and how it makes the person being bullied feel.

## For More Information

Kentucky Center for School Safety



-  /kcssnews
-  /kyschoolsafety
-  (877) 805-4277
-  ask@kycss.org



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# Students: What you can do

## Tell it or Spell it

- ▶ Talk to your parents or school counselor
- ▶ Help others who are being bullied
- ▶ Write a letter to your parents or school counselor
- ▶ Ask parents if you can look up "Bullying" on the internet
- ▶ Talk to your relatives or a trusted adult
- ▶ Ask an older brother or sister for advice
- ▶ Draw a picture of someone being bullied
- ▶ Write a poem or song about how you feel
- ▶ Talk to your friends and come up with a plan that involves all of you to stop bullying at your school or in your neighborhood.



## Watch OUT Online!

In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren't. If one of your online "friends" wants to meet face-to-face, ask your parents first. If you receive unwanted and nasty emails, texts, IMS or have something posted on a website that makes fun of you, tell a trusted adult immediately...and keep telling until someone listens.

**You never should give out any identifying information; like the places you frequent or school's name or mascot, because people can use personal information to contact you or hurt you.**

## Students: What you can do

- ▶ Treat Everyone with Respect. Nobody should be mean to others.
- ▶ Stop and think before you say or do something that could hurt someone.
- ▶ If you feel like being mean to someone, find something else to do.
- ▶ Talk to an adult you trust. They can help you find ways to be nicer to others.
- ▶ Keep in mind that everyone is different. Not better or worse. Just different.
- ▶ If you think you have bullied someone in the past, apologize.

**For more information:**  
[www.stopbullying.gov](http://www.stopbullying.gov)

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