BULLYING: Be Part of the Cure

Kentucky Center for School Safety - www.kysafeschools.org
(To the Tune of YMCA)
Bullying: Let's be Part of the Cure
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You can learn
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Bullying is not!

Bullying is not!
– okay,
– fair,
– kind,
– or acceptable.

No one deserves to be bullied.
What is Bullying

• Bullying can be lots of things. It is hitting, pushing, name calling, teasing, threatening, sending mean e-mails, taking or ruining another person's things, leaving someone out--and lots of other nasty stuff.

• How can you tell if something is bullying? Just remember this:

   It's bullying if...
   Someone is hurting another person on purpose
   and
   The kid who is doing it has more power.
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Take the Online Pledge:

- **C**ARING MORE; Considering others’ feelings
- **U**NDERSTANDING ALL; Appreciating each others’ differences
- **R**ESPETING MYSELF; Learning to respect myself and others
- **E**DUCATING OTHERS; Sharing that I will not bully or allow it

[www.kycss.org/bullycure/index.php]
Who Does It?

• Kids who bully come in all shapes and sizes.
  – Big or small,
  – Older or younger,
  – Rich or poor,
  – Boy or girl.
  – All colors and cultures
  – Any kind of family or house
  – They can live in any kind of house.
  – Popular or unpopular...

You just can't tell who bullies by how they look or where they live.
Look for these clues
When spotting a bully:

• **They want to have power and control** over other kids. They do this by making kids feel bad in one way or another.

• **They might feel bad about themselves.** Some kids who bully think the only way they can feel better about themselves is to make someone else feel worse than they do.

• **They might think highly of themselves.** Some kids who bully think they are better than others and that it's okay to be mean.

• Remember, bullies think they have all the power--but they don't.
Who Is Bullied and Why?

• Lots of kids are bullied--and NONE of them deserves it. Why does it happen to some kids and not others? Let's peek inside a bully's head and find out!

• Kids who bully want to feel powerful and in control, right? So what do you think would make them feel that way? Let's take a look:
What a Bully Looks for

• **Differences**
  • Why? Kids who bully need something to pick on, so they start by looking for someone who is different in some way. Maybe it's a kid's hair color, or disability, or accent, or clothes, or--anything!

• **Helplessness**
  • Why? Kids who bully need more than a difference to pick on. They also need a target who will feel scared or upset, maybe even cry. They love it when you feel helpless. It makes them feel powerful and in control. Bullies feel good when you feel bad.
Isolation

• Why? Kids who bully love it when their target is alone. All the easier to bully! And all the more likely that no one will know. Bullies love secrecy.

• In short, kids who bully want someone who is different, will become upset, and is alone. So that's what's going on in a bully's head!
What a Bully Looks for Differences

• How You Can Protect Yourself
• Respect differences.

Example
Everyone has differences. Just look around you. When you value and respect differences, you let the bully know that being different doesn't bother you a bit. In fact, you like it! If a bully makes fun of your red hair or wheelchair or how you talk, just smile and agree.

• "Yes, I do have red hair."
  "Yes, I do use a wheelchair."
  "Yes, I do stutter."
Then walk away!
What a Bully Looks for
Helplessness

How You Can Protect Yourself

Don't react.

Example
Kids who bully want you to be upset. They're counting on it.

So DON'T give them what they want. Even if you feel scared or upset, try not to show it.

Crying, showing fear, or acting mad encourages the bully to pick on you again.

At recess, a kid starts calling you names.

You probably feel upset and hurt. You might even feel like crying. That's just what the bully wants.

Instead of acting as upset as you feel, do something unexpected. Laugh. Walk away.
What a Bully Looks for...Isolation

• How You Can Protect Yourself
• Be with others.

*Example*
Kids who bully love to target kids who are alone. They love it when no one knows what they're up to.

• You can do two things to change the situation.
• First, try to hang out with other kids or be within sight of a grownup. Most bullying happens when adults are not around.

• Second, tell your mom, dad, teacher, or other grownup you trust. Adults can help you stop the bullying.

• *A kid waits until you're alone in the hall, then shoves you against a locker and threatens to beat you up after school.*
What can you do? Plenty.

• First, remember that bullies want you to feel scared and to cry. Instead of acting as upset as you feel, keep your voice calm and steady. Hold your head high. Look the bully straight in the eye, and say, "No! Leave me alone."

• Second, bullies want you to be alone so make sure other people are around. When you say "No! Leave me alone," say it strong and say it as loud as you can, over and over to attract attention.

• Third, tell a grownup that you are being bullied and ask for help.
Other Tips

• Trying to get even with someone who bullies is never a good idea. When you fight back, there is a good chance that the bullying will continue and even become worse. Also, the adults at school may see you as a part of the problem.

• If you see bullying happen, you can help stop it. How? Speak up! When someone is willing to speak up about what they think is wrong, they can make a difference. If you tell other kids that bullying is not cool, they will be more willing to speak up, too.
Telling vs. Tattling

There is a difference telling and tattling.

- **Telling** is done to protect yourself or another student from harm.
- **Tattling** is done to get the person in trouble.

Understand that it's okay to tell an adult when you see bullying happen.
**Conflict vs. Bullying**

- Equal power-friends
  - Happens occasionally
  - Accidental
  - Equal emotional reaction
  - Not seeking power or attention
  - Remorse
  - Effort to solve problem

- Imbalance of power – not friends
  - Happens repeatedly
  - Purposeful
  - Strong emotional reaction on part of the victim
  - Seeking power, control
  - No remorse – blames victim
  - No effort to solve problem
Resources

- National Bullying Prevention Center Elementary
- Kentucky Center for School Safety - Safe Schools Week
- Kentucky Center for School Safety - Bullying: Be Part of the Cure Online Pledge