



TRUE OR FALSE?

1. Bullying is just teasing. T F

2. Some people deserve to be bullied. T F

3. Only boys are bullies. T F

4. People who complain about bullies are babies. T F

5. Bullying is a normal part of growing up. T F

6. Bullies will go away if you ignore them. T F

7. All bullies have low self-esteem.
That's why they pick on other people. T F

8. It's tattling to tell an adult when you're being bullied. T F

9. The best way to deal with a bully
is by fighting or trying to get even. T F

10. People who are bullied might hurt for a while,
but they'll get over it. T F



Answers to TRUE OR FALSE?

- 1. Bullying is just teasing. FALSE**
Bullying is much more than teasing. While many bullies tease, others use violence, intimidation, and other tactics. Sometimes teasing can be fun; bullying *always* hurts.
- 2. Some people deserve to be bullied. FALSE**
No one ever deserves to be bullied. No one "asks for it." Most bullies tease people who are "different" in some way. Being different is not a reason to be bullied.
- 3. Only boys are bullies. FALSE**
It seems that *most* bullies are boys, but girls can be bullies, too.
- 4. People who complain about bullies are babies. FALSE**
People who complain about bullies are standing up for their right not to be bullied. They're more grown-up than the bullies are.
- 5. Bullying is a normal part of growing up. FALSE**
Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt, and abused is *not* normal. Plus if you *think* it's normal, you're less likely to say or do anything about it, which gives bullies the green light to keep bullying.
- 6. Bullies will go away if you ignore them. TRUE and FALSE**
Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That's what they want.
- 7. All bullies have low self-esteem. That's why they pick on other people. FALSE**
Some bullies have *high* self-esteem. They feel good about themselves, and picking on other people makes them feel even better. Most of the time, bullying isn't about high or low self-esteem. It's about having power over other people.
- 8. It's tattling to tell an adult when you're being bullied. FALSE**
It's smart to tell an adult who can help you do something about the bullying. It's also smart to tell an adult if you see someone else being bullied.
- 9. The best way to deal with a bully is by fighting or trying to get even. FALSE**
If you fight with a bully, you might get hurt (and hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you're acting the same as the bully. And the bully might come after you again to get even with *you*. Either way only makes things worse.
- 10. People who are bullied might hurt for a while, but they'll get over it. FALSE**
Bullying hurts for a long time. Some kids have dropped out of school because of bullying. Some became so sad, desperate, afraid, and hopeless that they committed suicide. Many adults can remember times when they were bullied as children. People don't "get over" being bullied.



OUR CLASSROOM IS A PLACE WHERE . .

We don't all have to be the same.

We don't all have to think the same.

We don't all have to act the same.

WE DON'T ALL HAVE TO TALK THE SAME.

We don't all have to dress the same.

We don't all have to believe the same things.

We have the right to be ourselves.

WE LIKE IT THAT PEOPLE ARE DIFFERENT.

We know that our differences
make us interesting and **UNIQUE.**

*We honor different ways of being, acting, and
believing—even when we don't agree with them.*

We do our best to solve problems peacefully.

We speak up if we see others being treated unfairly.

We treat each other the way we'd like to be treated.

WE TREAT EACH OTHER WITH RESPECT.



BRINGING OUT THE BEST IN KIDS

Tips for Parents

1. Have regular home meetings with your child. Show interest in what he or she is doing. Ask questions and be a good listener. Who are your child's friends? What are your child's likes and dislikes? How does your child spend his or her time at school, and away from school when he or she isn't with the family? *Tip:* Some of the best family discussions happen around the dinner table.
2. Make a real effort to spend more positive time with your child than you already do. Try to do things together that your child enjoys. Encourage your child to talk about his or her feelings. Ask how the day went. Praise your child as often as possible. Give your child opportunities to do well—by helping you with a chore, taking on new responsibilities, or showing off a talent or skill.
3. Monitor the television shows your child watches, and reduce the amount of TV violence he or she is exposed to. Experts have found that TV violence has a negative effect on children. Also limit the amount of violence your child encounters in video and computer games.
4. Supervise your child's whereabouts and activities even more closely than you already do. Set reasonable rules and limits for activities and curfews. Make it a point to always know where your child is and who he or she is with.
5. Consider enrolling your child in a class on conflict resolution, stress management, anger management, friendship skills, or self-defense. Check with your child's teacher or community resources—your local public library, YMCA or YWCA, community education, etc.

IMPORTANT: Self-defense classes aren't about being aggressive. They're about avoiding conflict through self-discipline, self-control, and improved self-confidence. Most martial arts teach that the first line of defense is nonviolence.
6. If your child's teacher has told you that your child is bullying others, take it seriously. Kids who bully often have serious problems later in life.
 - Talk with your child. Be aware that your child might deny or minimize his or her behavior; this is normal. Don't blame; don't ask "why" something happened or "why" your child acted in a certain way, because this may lead to lies and excuses. Stay calm and make it clear that bullying is NOT okay with you.
 - Reassure your child that you still love him or her. It's the bullying *behavior* you don't like. Tell your child that you'll work together to help change the behavior—and you won't give up on him or her.



KEEPING KIDS BULLY FREE

Tips for Parents (continued)

- Talk with your child's teacher(s) and other adults at the school—in private, when no other students are around. Get the facts on your child's behavior. Ask them to keep you informed.
- Work with the school to modify your child's behavior. Stay in touch with teachers, administrators, and playground supervisors so you know how your child is progressing. Let them know about your efforts at home.
- Apply reasonable, age appropriate, developmentally appropriate consequences (withdrawing privileges, giving time-outs, assigning extra chores around the house) for bullying behavior. Avoid corporal punishment, which sends your child the message that "might is right."
- Talk with your child about how bullying affects the victim. If you remember times from your own childhood when you were bullied, you know how much it hurts.
- Help your child learn and practice positive ways to handle anger, frustration, and disappointment. (How do you handle those feelings at home? Remember: you're an important role model for your child.) Try role-playing new behaviors with your child.
- Praise your child's efforts to change. Praise your child for following home and school rules. The more positives you can give your child, the better. *Tip:* Try giving your child five positive comments for every negative comment.

7. If you think you might need a refresher course on parenting skills, you're not alone. Many parents today seek advice and insights from other parents and trained professionals. Check your local bookstore or library for parenting books. See if your child's school sponsors parenting discussions, programs, or workshops; find out what's available in your community. The more you learn, the more you know!

8. If you think you might need more help than you can get from a book, program, or workshop on parenting, and especially if you feel that your child is developing problem behaviors, get professional help. Ask the school counselor, psychologist, or social worker for recommendations. Check with the children's mental health center in your community. There's no shame in this; it takes wisdom and courage to acknowledge that you can't do it all.



20 THINGS TO DO INSTEAD OF HURTING SOMEONE BACK

When someone hurts you, it's normal to feel angry. You might even want to get back at the person by hurting him or her. But you can choose not to do that. You can do one (or more) of these things instead.

- 1.** STOP and THINK. Don't do anything right away. Consider your options. Think about what might happen if you try to hurt the other person.
- 2.** Know that what you do is up to you. You can decide. You are in charge of your actions.
- 3.** Tell yourself, "It's okay to feel angry. It's not okay to hurt someone else. Even if that person hurt me first."
- 4.** Tell the person, "Stop that! I don't like that!"
- 5.** Keep your hands to yourself. Make fists and put them in your pockets.
- 6.** Keep your feet to yourself. Jump or dance or stomp.
- 7.** Walk away or run away.
- 8.** Tell the person how you feel. Use an "I message." *Example:* "I feel angry when you hit me because it hurts. I want you to stop hitting me."
- 9.** Take a deep breath, then blow it out. Blow your angry feelings out of your body.
- 10.** Find an adult. Tell the adult what happened and how you feel.
- 11.** Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.
- 12.** Think cool thoughts. Imagine that you're sitting on an iceberg. Cool down your hot, angry feelings.
- 13.** Think happy thoughts. Think of something you like to do. Imagine yourself doing it.
- 14.** Treat the other person with kindness and respect. It won't be easy, but give it a try. This will totally surprise the other person, and it might end the conflict between you.
- 15.** Draw an angry picture.
- 16.** Sing an angry song. Or sing any song extra loud.
- 17.** Remember that getting back at someone never makes conflict better. It only makes it worse.
- 18.** Take a time-out. Go somewhere until you feel better.
- 19.** Find another person to be with.
- 20.** Know that you can do it. You can choose not to hurt someone else. It's up to you.