

## Are You A Bully?

Have they 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 a bully. If so, you should go talk to your teacher, or school counselor and work a plan.



## Bullying Websites for You!

For more information about bullies and their victims, check out the following websites. These websites offer valuable information that can be useful for parents, children, educators or any community member, including statistics, how to deal with bullying, how to recognize bullying behavior, etc...

### The Kentucky Center for School Safety

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

### Bully B'ware Take Action

[www.bullybeware.com](http://www.bullybeware.com)

### The Stop Bullying Now Project

[www.stopbullyingnow.com](http://www.stopbullyingnow.com)

### Bullying.org Where you are not alone

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

### Back Off Bully

[www.backoffbully.com](http://www.backoffbully.com)

### Anti-Bullying Network

[www.antibullying.net](http://www.antibullying.net)

### Bullying Online

[www.Bullying.co.uk](http://www.Bullying.co.uk)

### Bullystoppers.com

[www.bullystoppers.com](http://www.bullystoppers.com)

### Peaceworks

[www.stopbullyingnow.net](http://www.stopbullyingnow.net)

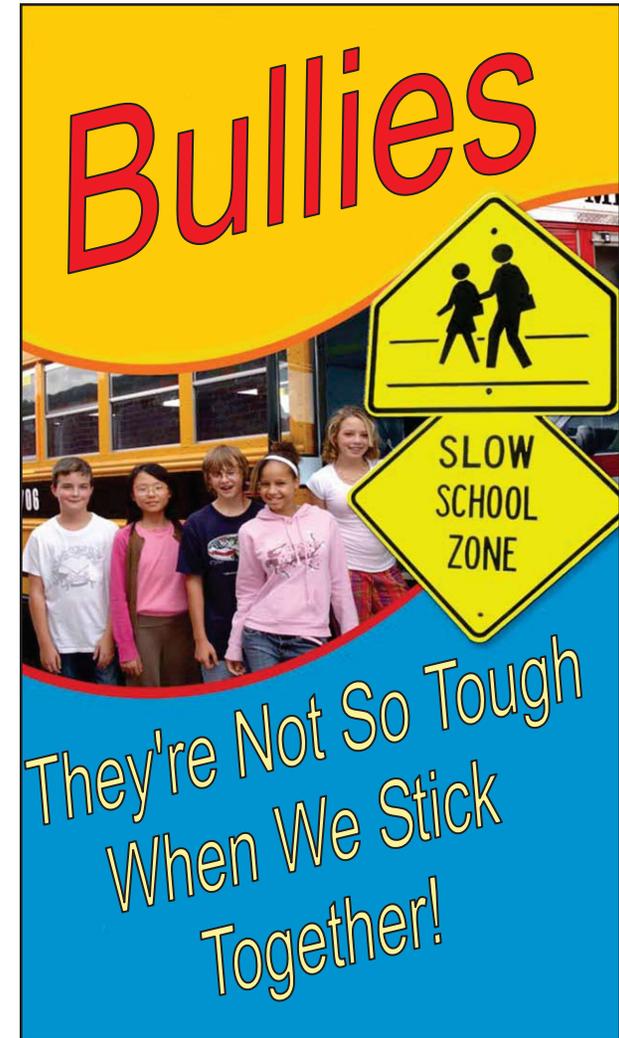
Kentucky Center for School Safety

Eastern Kentucky University

105 Stratton Building

Richmond, KY 40475

Phone: 1-877-805-4277



KENTUCKY CENTER FOR SCHOOL SAFETY



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

# You Can Do Something About Bullies!!!!

## 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 bully 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.

## 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 about the bully 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 and ask your child to meet them. They should tell you immediately if one of your online "friends" wants to meet them face-to-face. If they receive unwanted and nasty emails, texts, IMS or have something posted on a website about you that makes fun of them. They should tell a trusted adult immediately...and keep telling until someone listens.
- ▶ Explain they never should give out any identifying information; like they you frequent or school's name or mascot, because people can use personal information to contact your child or hurt them.

## What's with those Bullies?

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 bullies do it to get attention or things, or to make other people afraid of them.

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

