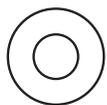


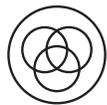
Everyone wants to feel good about themselves. Bullying (whether you are the one who does the bullying, or the one who is being bullied) makes everyone involved feel bad. Being able to cope better with bullying will make you feel better about yourself, safer in your relationships with others, and happier about the world in which you live.

Self • Relationships • World

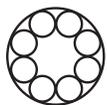
We are each like a drop of water splashing into a pond. Our actions cause concentric ripples of actions. A helping hand or a smile from one person can ripple through their relationships to the relationships of others, and so on; until the world has changed. The actions of the individual may seem insignificant, but can alter the world.



Self: Every positive action begins with Self, when we discover our ability to effect change and take the initiative to act.



Relationships: Our impact grows through our Relationships, where we find encouragement as well as challenges.



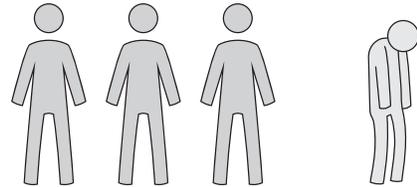
World: The actions we take ultimately affect the World around us, where we realize our greatest power and make a lasting difference.

Look for the Self, Relationships, and World symbols in your planner and supplements. They mark sections and ideas to help make positive ripples in your Self, Relationships, and World.

no bull Bullying is Wrong!

Learn more and take a stand against it.

Bullying is all too easy to spot. You may have watched a bully hurt or scare someone. Studies reported by the U.S. Health Resources and Services Administration say between 15 and 25 percent of young people have been victims of bullying.



It's NOT just harmless teasing.

A Bully Might



Punch, shove, or do something else that hurts a person physically.

Spread bad rumors about people to hurt their feelings or damage their reputations.



Tease people in a mean way.

Keep certain people out of a group.



Bullies Intimidate

VERBALLY
by teasing,
name-calling or
rumor spreading

EMOTIONALLY
by keeping out others
from groups, or using
threatening gestures

IN CYBERSPACE
by sending messages
in text or e-mail

PHYSICALLY
by hitting
or punching

Why would you BULLY Someone?

Because you see others doing it.

Because bullying makes you feel stronger, smarter, or better than the person you're bullying.

Because you want to hang out with an "in" crowd.

Because you're trying to keep others from bullying you.



Unfortunately, not everyone takes bullying seriously, including some adults. Bullying is not harmless fun, just "kids being kids," or simply a part of growing up. Bullying is hurtful to everyone involved from the bully to the victim, and even those witnessing the bullying. However, by learning more about bullying, you can learn to stop and prevent it from happening.

What's the Harm?

MORE THAN YOU THINK

Bullying is not just a fact of life or "no big deal." It should be taken seriously. Here are some sad and scary statistics compiled by researchers and reported by the U.S. Health Resources and Services Administration



15-25%
WERE BULLIED

BULLYING HAPPENS A LOT

Studies show that between 15-25% of U.S. students are bullied with some frequency, while 15-20% report they bully others with some frequency.

(Melton et al, 1988; Nansel et al, 2001)

15-20%
BULLIED

 = 10,000 students



IT SCARES SOME KIDS SO MUCH THAT THEY SKIP SCHOOL

As many as 160,000 students may stay home on any given day because they're afraid of being bullied.

(Pollack, 1998)

IT CAN MESS UP A KID'S FUTURE

Young people who bully are more likely than those who don't bully to skip school and drop out of school. They are also more likely to smoke, drink alcohol and get into fights.

(Nansel et al, 2003; Olweus, 1993)



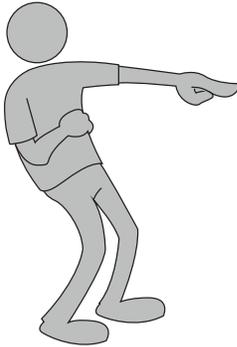
BULLYING CAN LEAD TO HUGE PROBLEMS LATER IN LIFE

60%

Children who bully are more likely to get into fights, vandalize property, and drop out of school. And 60% of boys who were bullies in middle school had at least one criminal conviction by the age of 24.

(Olweus, 1993)

I'm being BULLIED.



What can I do?

Being bullied can feel pretty awful. But, no matter how bad it makes you feel, you should know you're not alone. There are plenty of kids all over the world who go through the same things you do every day. And, even though you may feel helpless sometimes, there are a lot of things you can do to help yourself out.



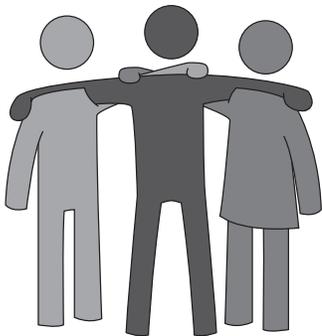
Always tell an adult

They can help put a stop to bullying. Tell any adult you feel you can talk to. Try a teacher or school official who may have noticed the bullying. If you're afraid to tell an adult that you have been bullied, get someone else to go with you.



Try to stand up to the bully

If bullies think you won't do anything, they are more likely to keep picking on you. This doesn't mean you should fight back. Instead tell the bullies that you don't like their actions and they should stop. The person bullying you should know that what they are doing is wrong. If you're afraid to talk to the person or persons who are bullying you by yourself, then try getting someone else to go with you. Kids who bully are more likely to listen, and less likely to bully you, when you're not alone. If you're not comfortable doing this, that's okay. But be sure to tell an adult.



Stay in a group

Kids who bully like to pick on kids who are by themselves a lot. Spend more time with other kids. You won't be an easy "target" and you'll have others around to help you if you get in a bad situation.



I don't bully others, but I've SEEN IT HAPPEN.

What can I do?

Be a friend

Sometimes the best thing you can do for a person is to just be a friend. That may mean including him in your social or school activities or just spending some time with her. It will make a huge difference! Show a person who is being bullied that you care about him. That can be a BIG help!

Stand up to the bullying

Say it's wrong. Tell the bully to stop. If you can, get some friends to join you. It's not easy to stand up to kids who may be bigger and stronger than you or really popular, but it works! Be sure you don't bully them back. If you don't feel safe telling someone to stop bullying, that's OK. As you can see here, there are other things you can do.

I realize that I've BULLIED OTHERS.

What can I do?

Let's face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. But that's not enough. Trying to change the way you're acting is the next step.

Check out these tips.

They will help you start treating others with the respect they deserve.

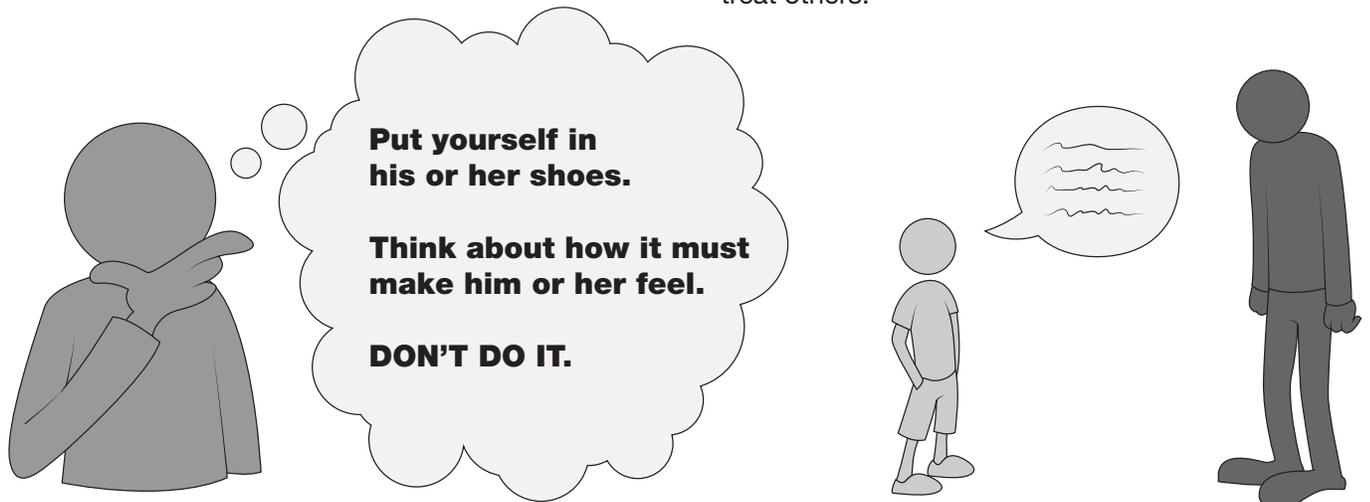
Think about what you're doing and how it affects others.

If you think calling others names is really harmless, or if you think pushing, hitting, or stealing from other kids is funny, you've forgotten what it feels like to be hurt yourself! Teasing, hitting, excluding others – all are harmful.

Next time you are about to bully, **DO THIS**

Talk to an adult.

Making other people feel badly should not make you feel good. If it does, or if you're not really sure why you bully other kids, you need to talk to an adult about it. Even though you might think an adult won't understand, or that you'll get yourself into trouble, they can help! Whether it is your parent, a teacher or another trusted grown-up, you should tell an adult how you've been acting so that they help you deal with it. School counselors are also great people to talk to about how you feel and how to change the way you treat others.



For more information

Check out the Take a Stand. Lend a Hand. Stop Bullying Now! campaign at www.stopbullyingnow.hrsa.gov

The project and the source of this material were provided by the U.S. Department of Health and Human Services, the Health Resources and Services Administration, and the Maternal and Child Health Bureau.

What is CYBERBULLYING? And how do I prevent it?



Why do people cyberbully?

- Don't think it's a big deal
- Don't think about the consequences
- Are encouraged by friends
- Think everybody cyberbullies
- Think they won't get caught

Common negative reactions to cyberbullying

- Seeking revenge on the bully
- Avoiding friends and activities
- Cyberbullying back





Cyberbully prevention

Don't be a cyberbully yourself

Educate yourself about cyberbullying

Do not post anything that may compromise your reputation

Delete unidentified or unsolicited messages without reading them

Speak with friends, other students, teachers and school administrators, to develop rules against cyberbullying

Search yourself online to make sure that no personal information is available

Protect your passwords and personal info

Always log out of all online accounts

Whom to forward harassing e-mails

In general, Internet Service Providers have a mailbox set up to receive e-mails that need to be investigated. Forward your e-mail to the following addresses to ensure that a human being will inquire into the situation:

abuse@ispname.com
postmaster@ispname.com
root@ispname.com
admin@ispname.com

Be sure to replace "ispname.com" with the actual name of the Internet Service Provider.

Be sure to archive the harassing e-mails for your own records, including full header information. You may either save the e-mail, or print it out and file it away.

You can also take screen shots of harassing messages, images, and behavior with a couple of easy key strokes on most popular operating systems. Make sure the content is clearly displayed on your screen.



Mac



Take a screenshot by pressing 'Command' + 'Shift' + '3'

Subject: **What are full e-mail headers and how can I view them?**

HEADER

From: The Bully <bully@cyberbullying.com>
Subject: Re: What are full e-mail headers and how can I view them?
Date: December 12, 2012 2:12:31 PM
To: The Victim <you@cyberbullied.com>

BODY

E-mail messages have two parts: The body, and the header.
There are also invisible portions of the header that contain things like formatting and routing information.

For more in depth information on how to see invisible parts of e-mails, visit the website below and download the PDF "Viewing Cyberbullying E-mail Headers in Various E-mail Programs."



PC/Windows

Take a screenshot with the 'Print Screen' key, then paste the screenshot into a new Word document, either by right-click your mouse and selecting 'Paste' from the menu, or by pressing 'Control' + 'v'

Visit <http://www.cyberbullying.us> for more information on cyberbullying and ways to prevent it.