

About Bullying

- Name-calling, harassing, excluding, spreading rumors, threats, intimidation, violence ... these are all forms of bullying.
- In bullying, there is unequal power. Those who bully have greater power, read_?__ perceived, and those who are bullied often feel overwhelmed and helpless.
- Bullying behavior tends to be repetitive and to escalate over time.
- Most bullying is intentional. Someone consciously tries to make someone else feel intimidated, humiliated, or “less than.”

Sticks and Stones

Not all bullying is physical. Often, bullying is “relational,” or social. Girls tend to use relational bullying such as exclusion and spreading rumors, more than physical bullying. Though it doesn’t leave a mark, relational bullying can be extremely hurtful.

You’ve Got Mail!

Bullying by e-mail is on the rise. To avoid the e-bullying scene:

- Be cautious about what you say in e-mail and who you send it to. Anything you send can be forwarded, or even altered to make it appear that you wrote something you didn’t. Compose your e-mails offline. Look them over carefully, then log on and click “send”.
- Don’t assume that your IMs are being seen by only one person. Sometimes groups will get together to IM someone and see what they can get him or her to say or admit.

If Someone Bullies You

Here are some things you can try:

- Ignore it. Show that you are not affected by it. Try not to react. Walk away if you can.
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- Speak up for yourself. Say that you want the bullying behavior to stop.
- Laugh it off. Make a joke and act as if it’s not really important.
- Get help. Talk to a trusted adult. Some situations are too dangerous or too difficult to handle on your own.