

## Bullying Definition

- (1) the behavior is **intentional**, aggressive, and negative;
- (2) the behavior is carried out **repeatedly** against one or more targets; and
- (3) the behavior occurs in a relationship where there is an **imbalance of power** between the parties involved.

When one or more of these elements are missing, it is generally teasing or a relationship issue. Both situations should be addressed to create a safe environment for everyone. *(Adapted from [www.wikipedia.org](http://www.wikipedia.org))*

## Roles

**Target:** The person or people the bully focuses their attention on.

**Bystander:** A person or people who know about the bullying and either actively or passively encourage the behavior. They may ignore the behavior, be unsure of what to do, or be afraid to get involved. Some may actually encourage the behavior verbally or by giving the bully an audience.

**Ally or Upstander:** A person or people who stand up for the person targeted by the bully. They may befriend the target, tell an authority or convince the bully that their behavior will not be tolerated.

## Be Part of the Solution!

- Talk to the target and lead them away from the bully.
- Tell an adult you can trust and keep telling until they act.
- Find others to join you as an ally to disempower the bully. (Strength in numbers.)
- Include people who are alone.
- Learn and teach about each other's similarities and differences.
- Be patient with other student's quirks.
- Make sure your school has a strong anti-bullying program.
- Practice "Random Acts of Kindness", especially toward people who are targeted.

