

## What Can Be Said If Bullied?

 Sometimes saying something back can stop the bullying.

Using a comeback statement can help to equal the power. (But only if you are in a large space and you feel comfortable saying it.) You might find it helpful to role-play beforehand.

- You need to chill
- Clever
- Fine... whatever
- Yeah right
- Thanks
- Boring
- That's getting old
- Just stop it
- That would be a "NO"
- YOU said that to me? I would never stay THAT to anyone.
- Not quite
- Ooo harsh
- I don't think so
- No way
- Sorry you feel that way
- Nice, but I don't think so
- Your point is???
- Thanks for sharing
- Weak... give it up
- Should I cry now...
- Nice try
- If a friend... I would never say anything like that about you, why would you about me?
- Get a life
- Brainstorm... write others below:

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## What Can Witnesses Do?

 Sometimes witnesses can help to stop bullying.

### Shutdown Statements & Giving Support

1. During an attack, bystanders can help change the power by saying a shutdown statement to the bully. Doing nothing shows acceptance to the situation. Laughing or smiling makes the bully more powerful.

Sample shutdowns are:

- That's just not cool
- Stop acting like a bully
- Annoying
- That's weak
- Enough
- Lame
- You need to chill
- That makes you look bad
- That's just wrong
- Knock it off
- Just quit it
- Relax
- Cut it out
- That's mean
- Back off
- Out of line
- Harsh

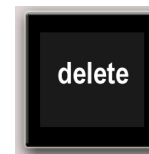
2. Support the victim! Record the 5 "W's" and report the bullying to an adult. Comfort the victim... "Are you alright? I can't believe he/she was such a bully."

### Parent Tips\*

- Listen carefully to your child and don't minimize the pain.
- Reinforce your love and discuss the lack of respect bullies have for others.
- Think of some quick, humorous responses your child could use and help him/her to role-play (practice) responses.
- Step in and talk to school authorities.

\*Tips summarized from the State of Michigan website: [www.michigan.gov](http://www.michigan.gov) (Article: Being Teased)

# It's time to



# Bullying!

## Bullying Prevention Guide

- **What is bullying**
- **How to stop it**
- **When to report it**

You are welcome to visit our website and download this FREE bullying prevention brochure... print and distribute as needed to help others "delete" bullying.

**WWW.PATHWAY-PALS.COM**

Pathway Pals Educational Resources  
1385 S. Park Rd.  
Benton Harbor, MI 49022

## Is It Bullying?

There are many forms of bullying. Some are illegal and punishable by law.

1. Bullying is an act of aggression in the form of:

- Physical Violence
- Looks
- Gestures
- Actions
- Threats
- (IM) Messages
- Remarks
- Rumors
- Sexual Harassment
- Racial Harassment
- Sexual Orientation Harassment
- Social Exclusion
- Intimidating others to do something that is wrong or dangerous
- Pressuring someone to take drugs
- Intimidating someone to hurt themselves or someone else
- Sending/posting mean or degrading notes, messages or pictures on "Facebook" or other social media sites

2. Bullying is behavior that:

- Is Repeated
- Is Intentional
- Has an Imbalance of Power

## What To Do If Bullied?

 Sometimes how you react can stop the bullying.

Remember...


1. Stay calm, don't become a "MESS."
  - Mad
  - Embarrassed
  - Sad
  - Scared
2. A survivor DIALS up courage.
  - Distracts by changing the subject
  - Ignores the bully's remarks
  - Agrees with the bully... with a "so what" attitude
  - Laughs with the bully and then walks away
  - Stays away from the bully

Note: Sometimes it is helpful to use a comeback statement... but only if you are in a large space and feel ok about it. See the **What Can Be Said If Bullied** section.

3. Record what happened by writing down the 5 "W's" immediately.
  - 1st : Who did the bullying?
  - 2nd: What happened?
  - 3rd: When (time) and how did it start... how long has it been happening?
  - 4th: Where did it take place?
  - 5th: Were there any witnesses?

Note: If the bullying was sent in an E-Mail, an IM or posted on a social media website, print it and do not erase the message from your computer or phone... this is evidence!

## Should It Be Reported?

 Reporting it may help to stop the bullying from happening again.

Report it **immediately** if...

- You were physically hurt, or
- The verbal or electronic attack has happened before.

If this is the first time you should record the 5 "W's" and be sure to report it if happens again.

**Report bullying to someone you trust.**

Each school can be different, however most suggest students to report bullying to the...

- Guidance Counselor or Social Worker
- Teacher
- Parent
- On-Line School Website (if available)
- Police Officer
- School Administrator
- Social Network Provider

**Not sure? Consider...**

Are you "reporting" and "ratting" on someone?

**Reporting:** Reporting is when someone is trying to stop or prevent:

- Someone (or self) from getting hurt
- A crime that is or will be committed

**Ratting:** Ratting is when someone is not being physically or emotionally hurt. Instead, someone is trying to:

- Get someone else in trouble.
- Have someone else solve a problem that they could solve.
- Get your own way in a situation.