

A. Is It Bullying?

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

- **Physical Violence**
- **Looks**
- **Gestures**
- **Actions**
- **Threats**
- **(IM) Messages**
- **Remarks**
- **Rumors**
- **Drugs**
- **Harassment**
- **Social Exclusion**

2. Bullying is behavior that is:

- **Repeated**
- **Intentional**
- **Has an in-balance of power**

Parent Tips*

- Don't minimize the pain
- Listen carefully to your child
- Reinforce your love for your child
- Discuss the lack of respect bullies have for others
- Think of some quick, humorous responses your child could use
- Do some role-playing to practice responses
- Step in and talk to school authorities

*Tips summarized from the State of Michigan website: www.michigan.gov (Article: Being Teased)

C. Should I Report It?

The difference between “reporting” and “ratting.”

Reporting: You are trying to stop or prevent:

- Yourself or someone else from getting hurt.
- A crime that is or will be committed

Ratting: Someone is not getting physically or emotionally hurt. You are trying to:

- Get someone else in trouble
- Have someone else solve a problem you could solve yourself
- Get your own way



The 5 Ws

RECORD AND REPORT
THESE 5 FACTS!

Administrators will ask you to “give em five.”
You will need to report the following:

1. Who did the bullying?
2. What happened?
3. When did it start ... how long has this been happening?
4. Where did it take place at?
5. Were there any witnesses?

D. Report Bullying To:

Bully Survival Guide

Take A Stand!



Bully Survival Guide

Learn:

- A. Is it bullying?
- B. What can I do when bullied?
- C. Should I report being bullied?
- D. Who do I report it to?

Plus...

Victim Comebacks

Witness Shutdowns

Anti-bullying posters, career programs and more at:

WWW.PATHWAY-PALS.COM

B. What Can I Do When Bullied?

When you are bullied:

Remember to:

1. Stay calm, don't become a "MESS."
 - Mad
 - Embarrassed
 - Sad
 - Scared
2. DIAL up Courage
 - Distract by changing the subject.
 - Ignore the bully's remarks.
 - Agree with the bully... a "so what" attitude.
 - Laugh with the bully then walk away.
 - Stay away from the bully
 - Use a Comeback if not in a small space (It can help equal the power).
3. Write down the 5 W's (see back)
4. Report it:
 - Immediately... If you were physically hurt.
 - Immediately... If the verbal attack has happened before.
 - If this is the first time report it if happens again (remember to record the 5 Ws).

Victim Comebacks... What you can say if you are teased or bullied (It's helpful to role-play beforehand).

- That's bad
- You need to chill
- Clever
- Fine... what ever
- Yeah right
- Thanks
- Boring
- That's getting old
- Delete
- 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:

Witness Shutdown... What to say to defuse the situation.

1. During the attack, bystanders can help change the power by saying a shutdown to the bully. Doing nothing gives acceptance to the situation. Laughing, smiling makes the bully more powerful.
Sample shutdowns are:
 - That's getting old
 - Annoying
 - That's weak
 - Enough
 - Lame
 - You need to chill
 - That makes you looks bad
 - That's just wrong
 - Knock it off
 - Quit it
 - Relax
 - Cut it out
 - That's mean
 - Back off
 - Boring
 - Out of line
 - Harsh
 - That's not cool
2. After the attack:
 - Record the 5 W's and report to an adult
 - Comfort the victim... "Are you alright? I can't believe he/she said that to you! That's terrible."