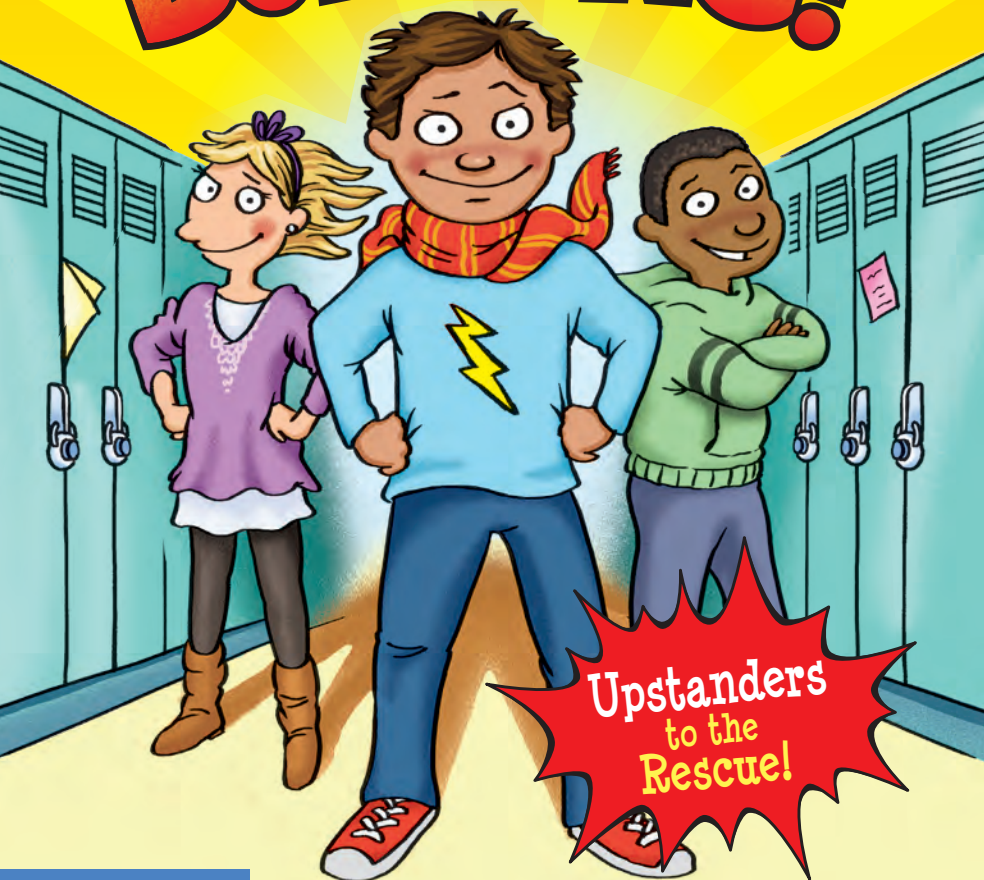


Laugh & Learn®

STAND UP TO BULLYING!



free spirit
PUBLISHING®

Phyllis Kaufman Goodstein • Elizabeth Verdick

Contents

Bullying Is Such Bull-oney	1
1. Have You Heard the (Bad) News?	5
<i>What Is Bullying?</i>	6
<i>The Many Faces of Bullying</i>	7
<i>Bullying Isn't</i>	11
2. Bullying Is No Game	15
<i>"Eye Spy" Bullying</i>	16
<i>Tic Tac Toe</i>	18
<i>Don't Let Bullying Put You in Jeopardy</i>	25
3. The "Roles" in Bullying	31
<i>"Another Bad Day" (A Very Short Play)</i>	32
<i>Who Plays What?</i>	35
<i>A Tell-the-Truth Quiz</i>	38
<i>A Personal Question</i>	40
<i>A Happy Ending?</i>	42
4. Upstanders, Unite!	51
<i>Bullying Makes School Harder</i>	54
<i>The Respect Connection</i>	56
<i>How to Be an Upstander</i>	58
<i>Y U Need 2 Unite</i>	60
<i>Helping Grownups Stand Up</i>	65

5. Upstanders Have POWER	69
Play with and Include Everyone	74
Object to Bullying	76
Walk Away Bravely	82
Escape (Have a Plan)	84
Request Help	88
6. Ten Super Ways to Stand Up to Bullying	93
1. Follow the Golden Rule	94
2. Spread the Message	95
3. Wipe the Slate Clean	98
4. Tell It Like It Is	100
5. Don't Let Adults Allow Bullying	102
6. Buddy Up	104
7. Get Involved	106
8. Say "No Way"	108
9. Don't Pass the Trash	110
10. Take Away Power from People Who Bully	112
References	116
Index	118
About the Authors and Illustrator	121

Bullying Is Such Bull-oney

For the past 30 years, experts have done surveys with kids of all ages to get the scoop on bullying. The results show that bullying is a big, big, big problem in schools, neighborhoods, and communities. This is a problem not only in North America but in countries all over the world.

SURVEY SAYS

1 in 3 students are bullied during the school year

1 in 3 students bully someone

Nearly 9 out of 10 students have been “bystanders”



What is a *bystander*? Any person who sees bullying or knows about it. The person might stand by and allow bullying to continue. Or he or she might help one of the people involved—the person bullying or the person being bullied.

Maybe you watched someone being bullied and you wanted to help but didn't know how. Maybe you were scared you'd become a target, too. Perhaps the bullying and your own behavior bothered you later on, and you felt sad, angry, guilty, or confused.

Experts now know:

Bystanders are hurt just as much by bullying as the people who are bullied. In fact, everyone involved in bullying is hurt by it, even the people who do the bullying. If you watch bullying but don't help, you're more likely to have stress, worry, and anger. Studies have shown that students who see and hear "violent interactions" (like bullying) are more likely to dislike school or even avoid it.

Some kids feel as if they have no power. But guess what? You *do* have power. You aren't helpless, but you need to know *how* to help. This book shows you how to stop bullying in a safe, confident way.

- If you've been a bystander, you'll learn to take a stand and lend a hand.
- If you've been bullied, you'll learn that kids care and can help.
- If you've bullied others, you'll see that you're not a bad person. You have done mean things—but you can change.

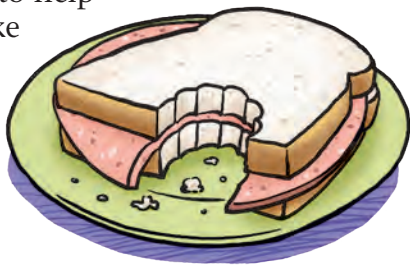
While everyone can be hurt by bullying, **bystanders have more power to stop bullying than anyone else.** More power than teachers. More power than parents. More power than the Principal of the Universe, whoever that is.



You know that awful feeling you get when someone is being bullied? That twisting in your stomach? You get that feeling because you know bullying is wrong. But when you use your power to help stop bullying, that feeling changes. It becomes a *good* feeling. In fact, it feels GREAT.

What does *power* mean? It doesn't mean big muscles or loud race cars. It means the ability to change things—and you have it, whether you realize it or not.

The goal of this book is to help you use your power to take a bite out of the bullying bull-oney.



Experts say bullying occurs twice per hour in classrooms.



Have You Heard the (Bad) News?

A lot of people are talking about bullying: teachers, principals, parents, counselors, reporters—even celebrities. They're speaking out about how bullying happens on school playgrounds and in classrooms, cafeterias, hallways, and bathrooms. They're saying the bullying has to stop.

You know who's not talking
so much about bullying?

Kids.

The kids who get bullied are
often afraid to speak up.

The kids who do the bullying sure don't
want to admit it—at least not to adults.

And the kids who see the bullying?
Most of them aren't talking either.



But with your help, this
can change! First, you have
to know what bullying is.

What Is Bullying?

Bullying – Bullying occurs when someone *repeatedly* and *purposely* hurts or scares another person.



The person doing the bullying has some type of *advantage* over the target (such as size or popularity).

Bull's•eye

Bull•terrier

Bullying

Bum

Bumblebee

The Many Faces of Bullying

Physical bullying means someone uses his or her body to hurt, scare, or get control over another person. Examples: *hitting, kicking, tripping, pushing and pulling, holding someone down, grabbing, spitting, poking, blocking paths, giving "wedgies," putting someone's head in a toilet, throwing things, pulling hair, biting, scratching*

Experts now know that boys physically bully more than girls do.

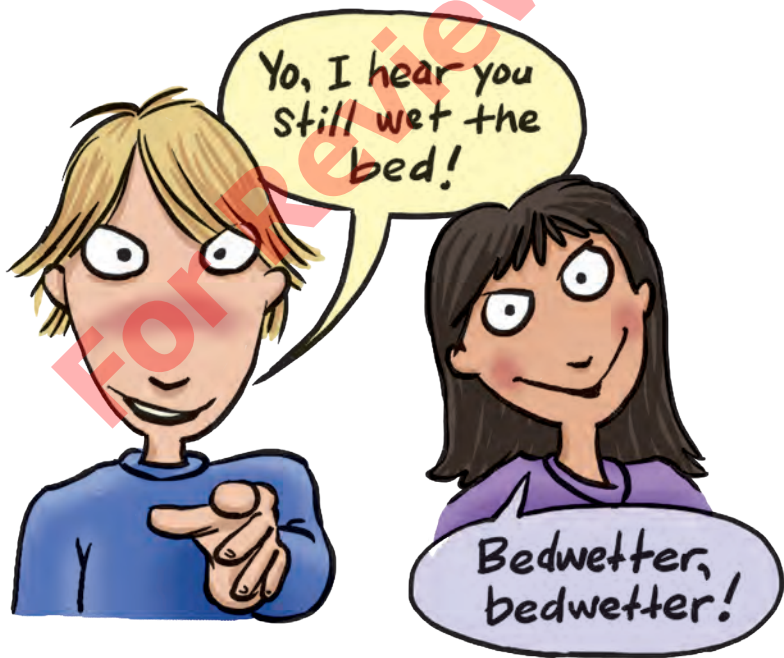
As you probably know, a hurt body leads to hurt feelings inside.



Verbal bullying is when someone uses words to hurt others. Mean comments are made about someone's looks, clothes, behavior, interests, family, ethnic background, religion, or disability. Verbal bullying includes: *yelling, saying or whispering cruel words, swearing, laughing at someone, making mean phone calls*

Boys and girls do verbal bullying equally.

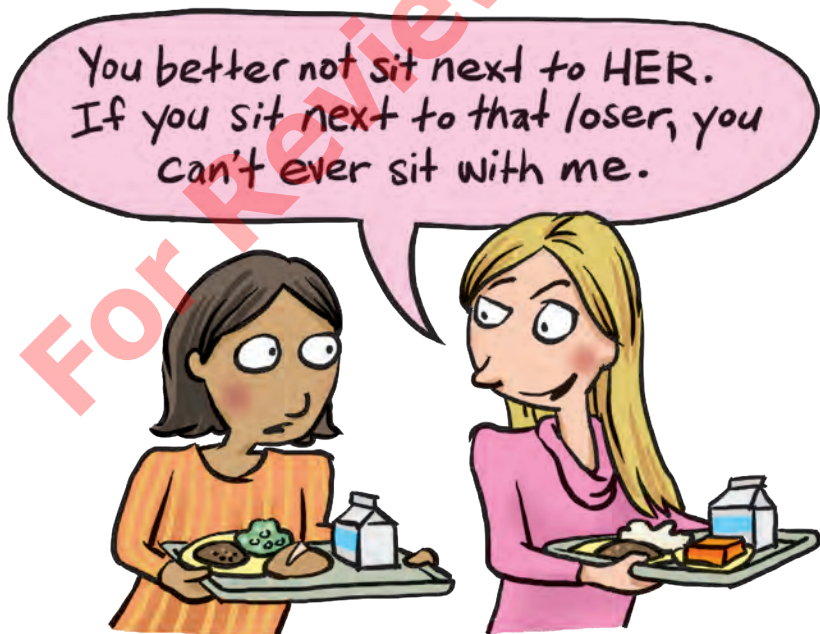
You know the old saying, "Sticks and stones may break my bones but names will never hurt me"? Bullied kids know that it's just plain wrong. Verbal bullying may not hurt the body—but it sure hurts feelings.



Relational bullying happens when someone tries to damage a person's relationship with friends and peers. Examples: *spreading lies, gossip, and rumors; ignoring someone; ganging up; not letting someone join in; telling the person's secrets; telling others not to hang out with him or her*

Both boys and girls do relational bullying, but girls do it more often.

This type of bullying is especially hurtful, because it can prevent someone from having friends and can make them feel embarrassed, excluded, and depressed.





Cyberbullying is when people use computers and cell phones to harass others. They may type nasty messages or send embarrassing pictures through cell phones or in emails, websites, chat rooms, blogs, message boards, online polling sites, and instant messages. They might pretend they're someone else online, share private information without permission, and trick people into telling their passwords. They might also leave certain people out by ignoring them in chats or making sure no one responds to their messages on message boards.

Both girls and boys cyberbully.

1 in 5 students are cyberbullied. 1 in 5 students cyberbully.

Kids who are cyberbullied say it's just as painful as face-to-face bullying (if not more so).

Bullying Isn't . . .

. . . the same as a little teasing or kidding around. Someone might say:

Hey, bro,
I was only
playing with
you!

or

Can't you take
a joke?

People think saying stuff like that gives them a “free pass” to bully. It doesn’t!

Remember, bullying is when someone *repeatedly* does something *on purpose* to hurt or bother someone else. The person doing it has an advantage over the person he or she targets and uses that advantage to cause harm.

Teasing crosses over the line into bullying when the target gets hurt and wants the words or actions to stop—but they keep on coming. The teasing continues, even if the target is crying or saying, “Stop!”

This is VERY DIFFERENT from playful teasing between friends. If a friend says, “You’re such a klutz” when you fall down—but is smiling and helping you up—the words are meant to poke a little fun at you. Your friend cares about you and is simply kidding around.