



# Bullying 101

## The Club Crew's Guide to Bullying Prevention



**The Club Crew wants you to know about bullying. That's why they've put together this guide to what bullying is and isn't, the roles of students, and tips on what you can do.**



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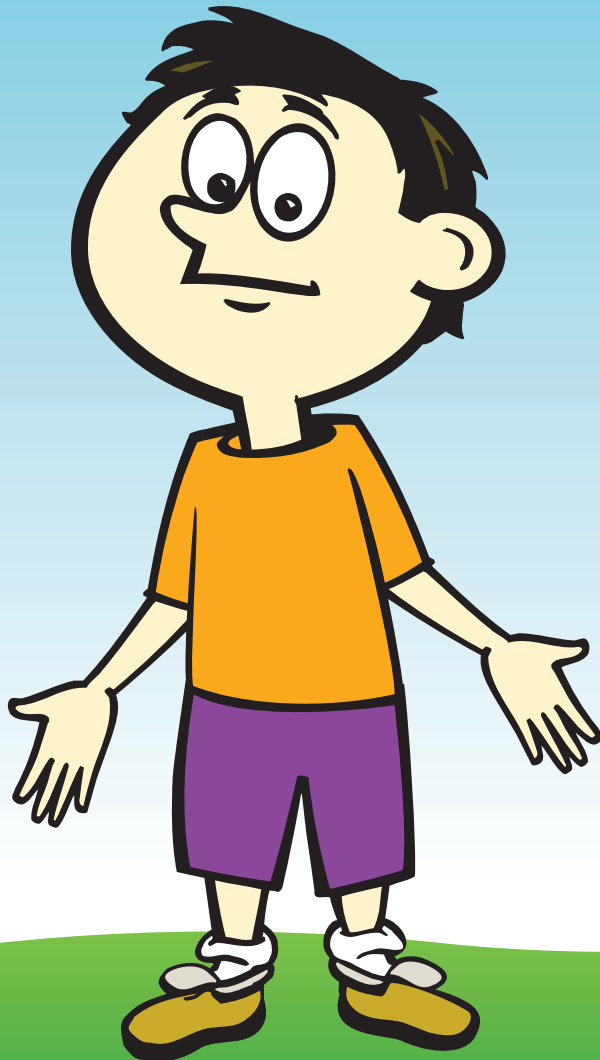
### What Is Bullying?

It's bullying if:

- One person is hurting another with unwanted words or behavior, and
- the person being hurt has a hard time making it stop.
- The behavior is repeated or has the potential to be repeated.
- The kids who are doing it have more power.\*

\*"Power" can mean the person bullying is older, bigger or stronger, more popular, or there's a group of kids who "gang up" on someone.

**Note: Definitions vary greatly. This not a legal definitions. Find your state's law and definition at [StopBullying.gov](http://StopBullying.gov)**



**A lot of kids describe bullying as, "When someone tries to make you feel bad about yourself."**



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## The Club Crew's Guide to Bullying Prevention



### Bullying can be:

**Physical:** This one's easy to recognize. This is when someone pushes, shoves, hits, kicks, bites, or otherwise hurts another kid's body. It can also include taking or damaging someone else's things.

**Verbal:** It's really common because it is quick, direct, and easy to do. Examples include teasing, name calling, threats, mean jokes, rumors, gossip, and saying things about someone that aren't true.

**Emotional:** This type of bullying isn't always obvious, but it can hurt a lot. It hurts people on the inside and makes them feel bad about themselves. Examples include leaving someone out on purpose, telling lies about someone, and embarrassing somebody publicly.

**Cyberbullying:** Using technology is the newest way to bully. Examples include sending mean text messages, posting videos, stories, or photos that make fun of someone, and spreading rumors online.



# Bullying 101

## The Club Crew's Guide to Bullying Prevention



### Why Does Bullying Prevention Matter?

**More than one of every five students reports being bullied. They are scared to go to school. That means those students lose the opportunity to learn. It is every student's right to be safe in school.**

**Students who are bullied may also have lower self-esteem and less self-confidence. They might also struggle to concentrate in school because they're afraid of being bullied.**

**It's not just the targets of bullying who are hurt by it. Students who bully sometimes have problems with the law when they're older. Students who see bullying happen often feel afraid or angry and even though they want to help, they don't know how.**

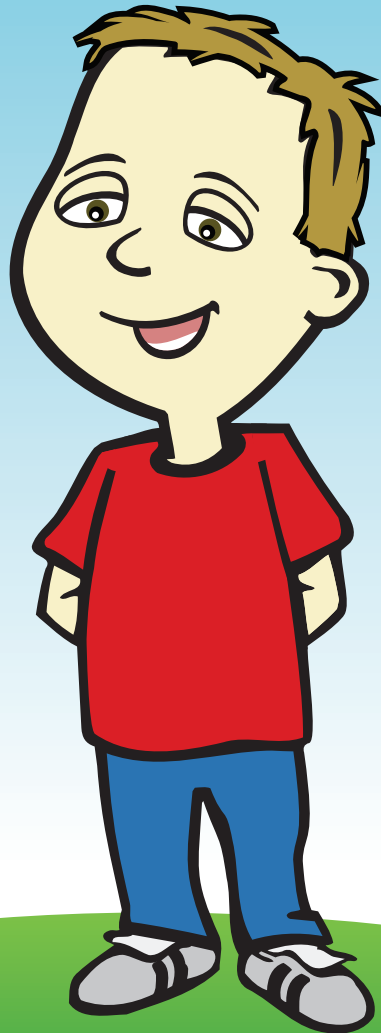


# Bullying 101

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### Who Gets Bullied?

- Bullying can happen to **ANYONE**.
- Bullying is about someone's behavior toward another person
- That behavior could be directed at the shy, quiet student, or the class tough guy.
- Girls bully, boys bully, preschool kids bully, and high school kids bully – there is no one kind of person that bullies.
- The one sure thing is that no one **EVER** deserves to be bullied.



**Remember:  
Everyone has a  
RIGHT to be safe!**



# Bullying 101

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### Who Does the Bullying?



- Think the person bullying is the big, tough kid on the playground who pushes everyone around? Could be, but it can also be the cheerleader or the quiet kid.
- It's not appearance that defines someone who bullies; it is their behavior.
- Students who bully can be any size, age, grade, or gender.



# Bullying 101

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### Who Else is Involved?

- Then there is the group who sees the bullying.
- This group is really important.
- They may not be getting bullied, they may not be bullying, but their reaction can make a big difference.
- Think about it: Have you ever seen a group watching a fight? There are some who look, then walk away; there are others who watch and say nothing; and then there are those who cheer it on.
- How they respond can really change the situation.



# Bullying 101

## The Club Crew's Guide to Bullying Prevention



### There's More

And to add to it all, the role that any student plays in a bullying situation can change. Somebody who was bullied one day might make fun of a younger kid the next day. The kid who laughed with other kids at a fight yesterday might ask the new kid with no friends to sit with him at lunch today.

That's why it's important to not label another kids as a "bully". When someone is labeled with a name, everyone starts to think of them in that way.

**Bullying is about  
behavior, and  
behavior can change.**





# Bullying 101

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### Telling vs. Tattling

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. But there's a big difference between "telling" and "tattling."



#### Telling

done to protect yourself  
or another student from  
getting hurt.

#### Tattling

done to get someone  
in trouble.

**It's okay to tell an adult when you see bullying.  
In fact, it's a really smart thing to do!**



# Bullying 101

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### Targets of Bullying – What Can They Do?

If you're being bullied, there's a lot you can do:

- **Know that you do not deserve what is happening**
- **Tell someone: your parents, a teacher or trusted adult.**
- **With that adult, develop a plan about how you can respond to the situation.**
- **With the help of an adult, decide how other students might help.**
- **Know your rights: most states have laws against bullying.**





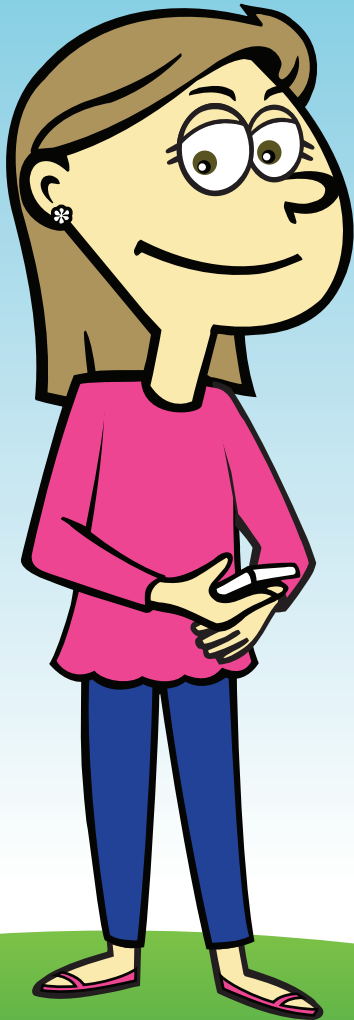
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### Students Who Bully – What Can They Do?

If you sometimes bully others, here are some things you can do:

- Understand that your actions are hurting someone.
- Know that it is never okay to hurt someone else.
- Realize that everyone deserves respect, that differences are a part of our world.
- Talk with someone: your parents, a teacher or trusted adult, and ask for help.





# Bullying 101

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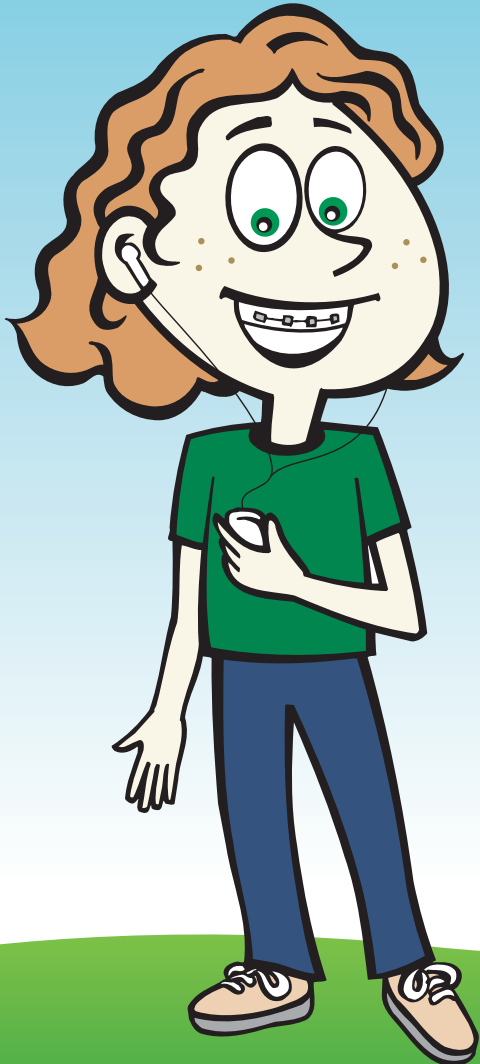
### Witnesses – What Can They Do?

**If you see someone being bullied, speak up!**

- **When students are willing to say they think something is wrong, they can make a difference.**
- **Let others know that you don't accept bullying at your school, and others will be more willing to speak up, too.**
- **If you see bullying, you can tell a grown-up. Telling is not tattling. It's okay to tell.**

**Reach out!**

- **Tell the kid who is being bullied that he or she doesn't deserve to be treated that way. Nobody does.**
- **Ask friends to join you in being a kid against bullying.**





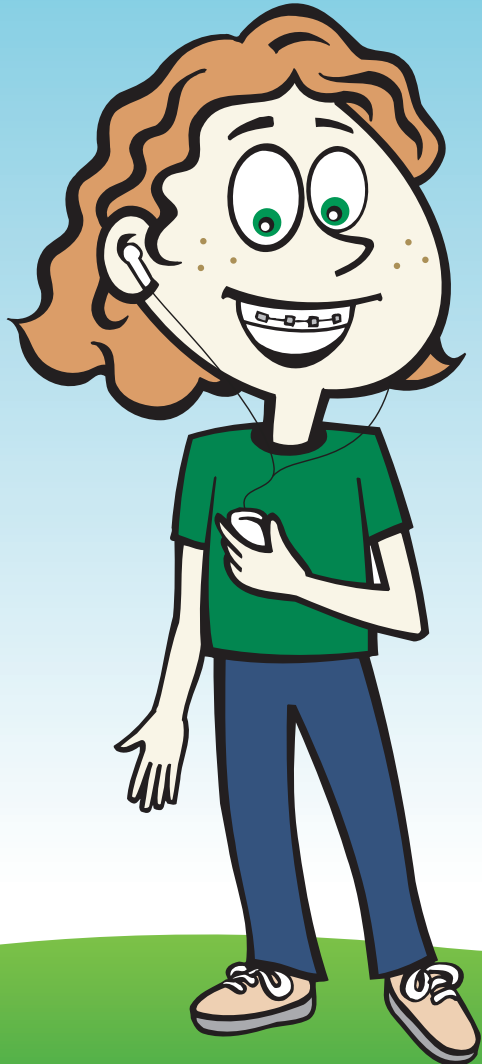
# Bullying 101

## The Club Crew's Guide to Bullying Prevention

### Witnesses – What Can They Do?

#### Be a friend!

- Invite the kid who is being bullied to play with you.
- Let the person being bullied know that you think they are okay. Give them a compliment about something they do well.
- Work toward an environment where everyone can feel accepted.



**Speak up.  
Reach out.  
Be a friend.  
Be a kid against bullying!**

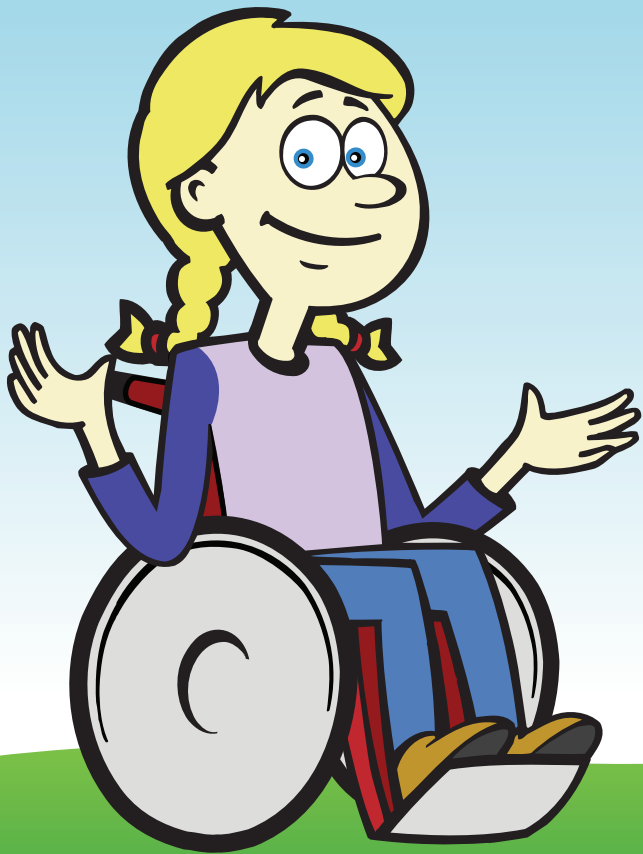


# Bullying 101

## The Club Crew's Guide to Bullying Prevention

### Seriously?

There was a time when bullying was actually seen as acceptable behavior. People used to say things like:



- **“Boys will be boys.”**  
**Truth: Hurting others is never okay.**
- **“Girls don’t bully.”**  
**Truth: Girls do bully, usually with words.**
- **“Words will never hurt you.”**  
**Truth: Words may not leave bruises or broken bones, but they can leave scars on the inside.**
- **“Bullying is a natural part of childhood.”**  
**Truth: There is nothing natural about being bullied.**

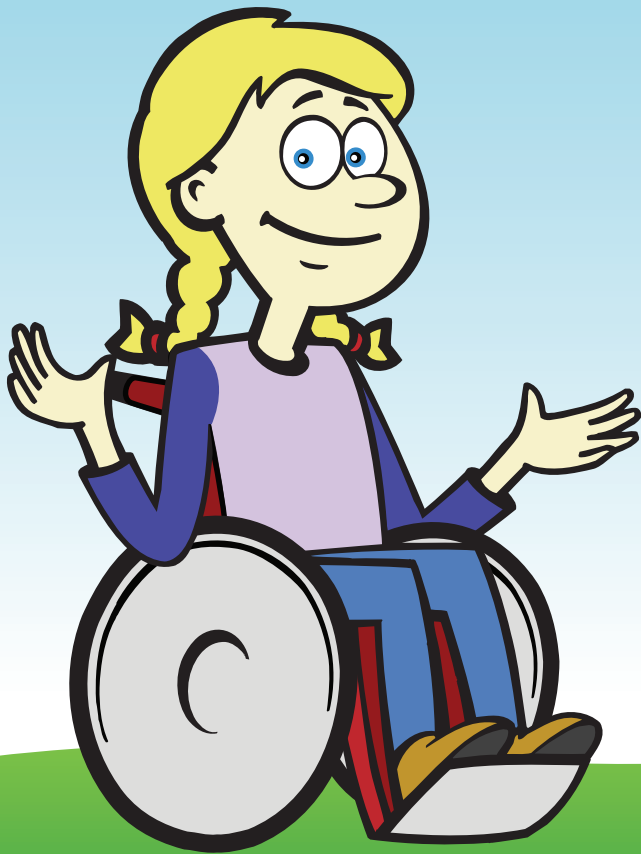


# Bullying 101

## The Club Crew's Guide to Bullying Prevention

### Seriously?

- **"Some people deserve to be bullied."**  
**Truth: No one deserves to be hurt or harmed. Everyone deserves to be treated with respect.**
- **"Bullying will make students tougher."**  
**Truth: Bullying can make someone feel bad about him- or herself.**
- **"It was only teasing."**  
**Truth: When it hurts someone, it is bullying.**



**The truth is,  
bullying  
is never okay!**



# Take The Pledge

**I am a Kid Against Bullying!**

And I will:

**SPEAK UP**  
When I see bullying

**REACH OUT**  
To others who are bullied

**BE A FRIEND**  
Whenever I see bullying

