

SAFE & SOUND

TIME

STOP Bullying



Diana Herweck

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STOP **Bullying**



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Table of Contents

It's Not Funny Anymore	4
What Is Bullying?	6
Types of Bullying.	12
Effects of Bullying.	20
Handling Bullying	26
Stopping Bullying	34
Bullying Prevention	38
Getting Involved.	42
Glossary	44
Index.	45
Check It Out!	46
Try It!	47
About the Author	48



It's Not Funny Anymore

Bullying. People hear about it almost daily. Parents, teachers, and other adults are talking about it, and there are quite a number of movies that portray stories about bullying. You might even have witnessed a classmate being bullied or experienced it firsthand and weren't sure how to handle either situation.

But what exactly is bullying? What are some specific signs you can look for to recognize if it's happening? Do people just need to accept that bullying is a normal part of growing up and assume kids are just being kids? As you read, you'll learn about the various types of bullying, the horrendous effects it can have on both victims and **instigators**, ways to recognize if a person is being victimized, and how to help put a stop to it.

Stinging Words

"Sticks and stones may break my bones, but words will never hurt me." Young children often chant this, but we know today that words can hurt as much as physical pain. In fact, some of these wounds can have even deeper effects than people realize.



BU
LIES
PUSHING
TEASING
RUMOR
CY

Georgia Led the Way

The first state law in the United States **prohibiting** bullying was passed in Georgia in 1999. This was partly due to the mass shooting that happened earlier that year at Columbine High School in Colorado. Since then, the rest of the states have each passed antibullying laws, with Montana being the last in 2015.

THREATS

BRUTALIZE

HITTING

STEALING

HARASSMENT

AGGRESSION

BULLYING

INSULTS

ABUSE

HUMILIATE

GOSSIPING

CYBERBULLYING

HURT

MISTREAT



What Is Bullying?

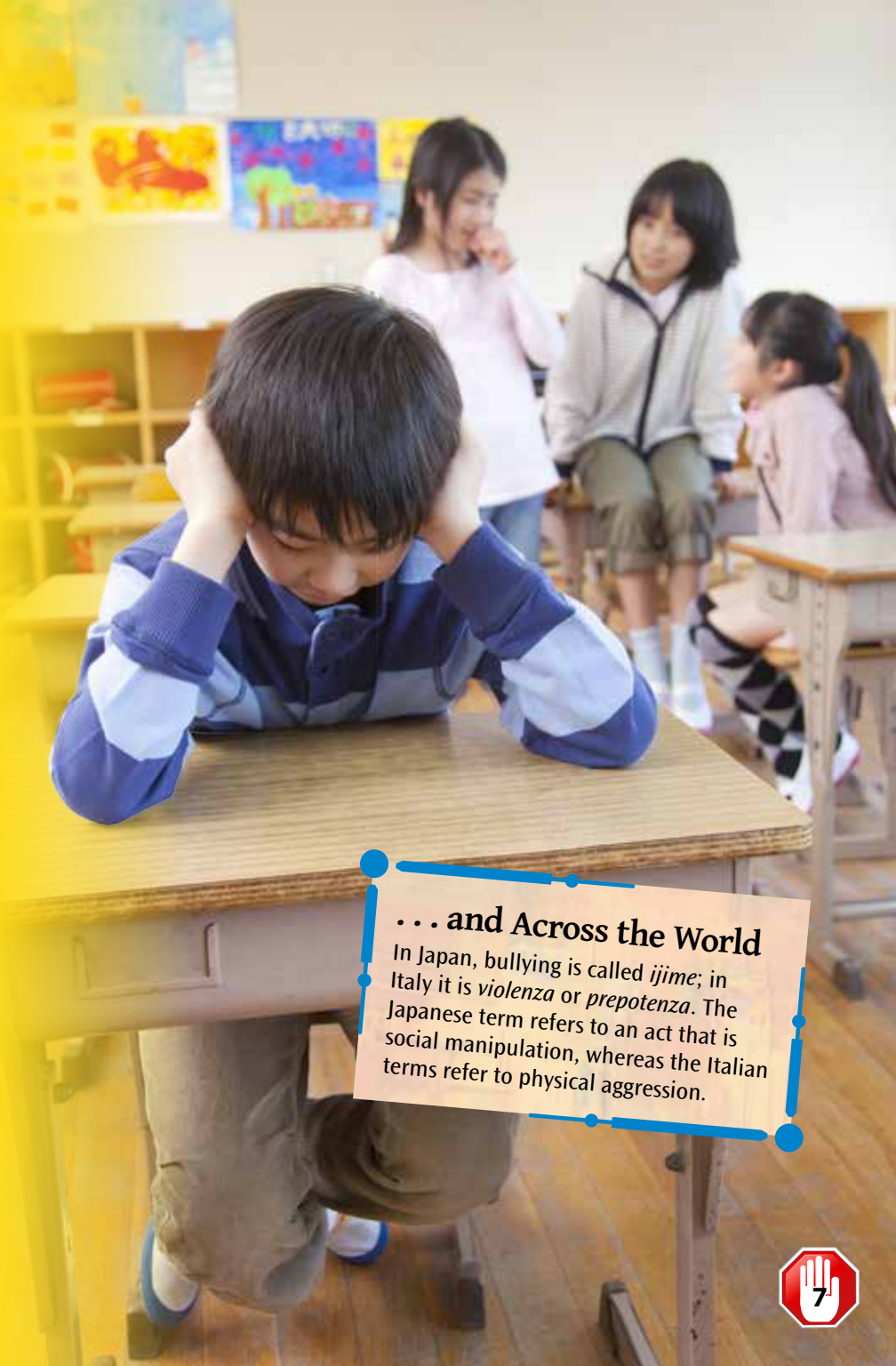
To some adults, it might seem as though bullying is a relatively new concept. They remember being teased when they were young or being called names when they were in school. But they never considered that *bullying*. They just thought other children were mean. It's likely you know someone who thinks bullying is something that only started happening recently. They might wonder how some people can be so cruel or why others cannot handle teasing. They might not understand what bullying really is. These people don't know how bullying is playing out in schools, in neighborhoods, and on the Internet.

People today might have many definitions for the term *bullying*. But professionals generally agree that it refers to repeated verbal or physical abuse done deliberately by someone who is more powerful, physically or otherwise, than the targeted victim. Some bullying is obvious and seen by others. Other bullying behaviors are more **covert**.

Bullying can include teasing, leaving someone out of something on purpose, talking about someone behind his or her back, or spreading **malicious** rumors. It can also include threatening to hurt someone and even attacking someone physically. And with the **advent** of the Internet, bullying has taken on another face.

Bullying through the Ages . . .

Believe it or not, the word *bully* was first used in the 1500s to mean "sweetheart." A few centuries later, the term referred to someone who spoke with empty threats. It wasn't used the way we now know it until the 1800s when a British novel had a main character that verbally and physically attacked his peers.



... and Across the World

In Japan, bullying is called *ijime*; in Italy it is *violenza* or *prepotenza*. The Japanese term refers to an act that is social manipulation, whereas the Italian terms refer to physical aggression.



Instigators and Victims

Anyone can be the victim of bullying, and bullies come in all shapes and sizes. There are many reasons why someone might bully others. People who bully have a lack of **empathy** for their targets. Bullying instigators also typically have low self-esteem, and choosing to bully other people makes them feel better about themselves since it gives them a feeling of power. It is also possible that they might be dealing with difficult home situations and bullying allows them to feel as though they are in control of something when other aspects of their lives seem out of control.

There is not just one type of person who is victimized. Anyone can be bullied once someone decides to target him or her. People who are bullied are usually different from the bullies in some way. But no matter who the victim is, here's something to keep in mind: when bullying happens, the victim is never to blame—only the instigator is responsible.

It Can Happen Anywhere

Bullying can happen at any age, although physical bullying tends to start late in elementary school, become worse in middle school, and lessen in high school. Verbal bullying tends to remain constant throughout the school years. Incidents can happen as early as preschool, and some even continue well into adulthood, at college campuses and in the workplace.



THINK LINK

- © How do you think most children feel about telling an adult about bullying? What about teens?
- © What would make children and teens feel safe to report bullying more often?
- © What are some examples of how bystanders, people who witness bullying, can help victims?

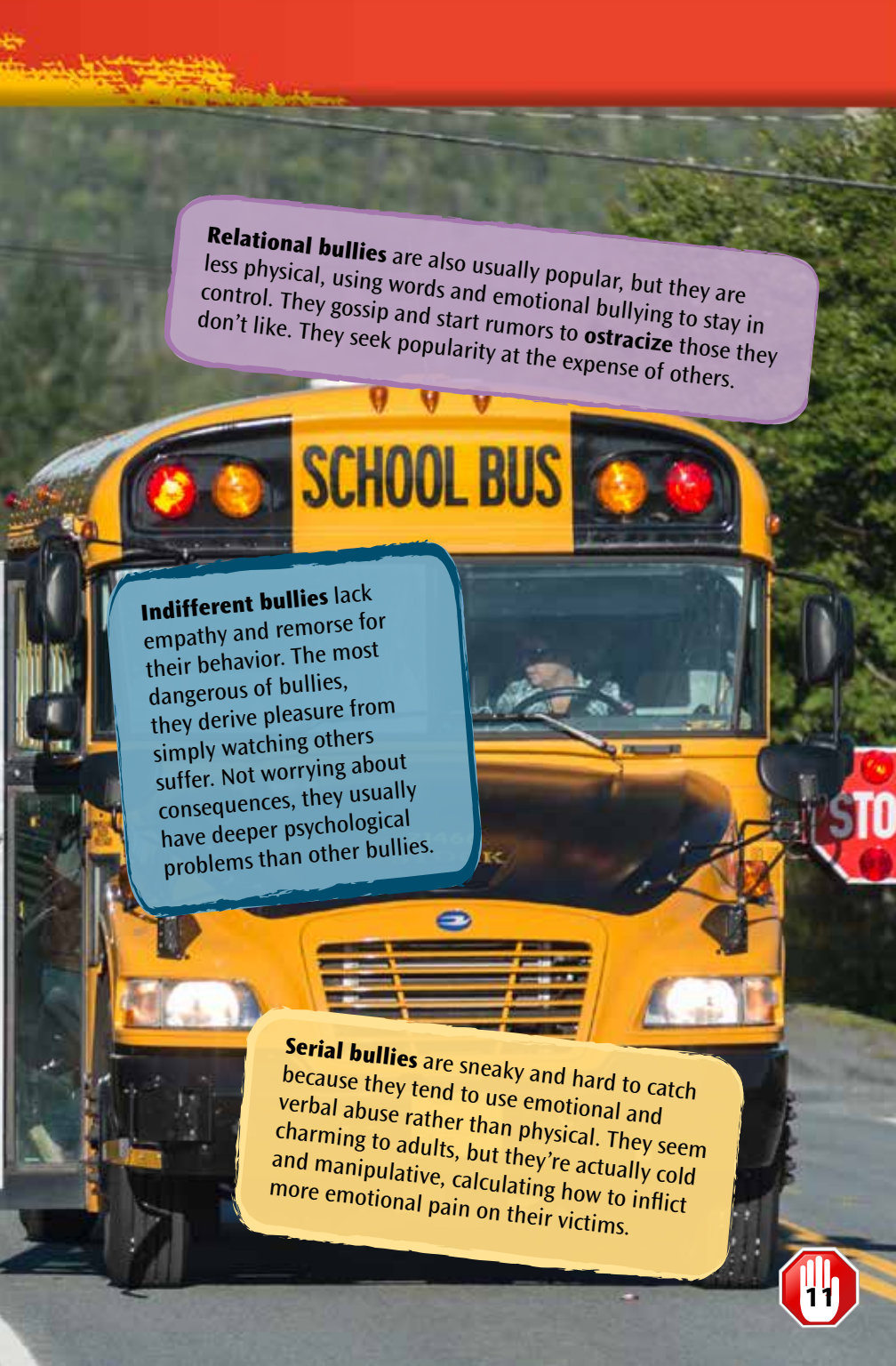


Characteristics of Bullies

Popular bullies think they rule their schools. Their followers would rather be accepted than be bullied, so they support the bullies. The bullying is usually aggressive and physical, with the bullies boasting about their actions.

Group bullies usually behave differently when alone. In groups, they feel powerful, like they can do whatever they want. They don't feel responsible for their behavior because everyone else in the group is doing it, too.





Relational bullies are also usually popular, but they are less physical, using words and emotional bullying to stay in control. They gossip and start rumors to **ostracize** those they don't like. They seek popularity at the expense of others.

Indifferent bullies lack empathy and remorse for their behavior. The most dangerous of bullies, they derive pleasure from simply watching others suffer. Not worrying about consequences, they usually have deeper psychological problems than other bullies.

Serial bullies are sneaky and hard to catch because they tend to use emotional and verbal abuse rather than physical. They seem charming to adults, but they're actually cold and manipulative, calculating how to inflict more emotional pain on their victims.



Types of Bullying

Just as there are different types of people who bully, there are different types of bullying. Some bullying takes place one-on-one, when only the bully and victim are around, while other bullying takes place in groups. Sometimes bullying takes place in person, while other bullying takes place from a distance. And although many people might think bullying is reserved for childhood, the fact is, it can and does happen in adulthood, too.

Most in-person bullying takes place at school, occurring frequently on the playground, at lunch, and on the school bus. But it can also happen before and after school, in neighborhoods or at day cares. This can make school a scary place for many children and teenagers. Bullying can also take place **virtually**, when the bully is nowhere near his or her victim. Not only can bullying take place anywhere, but it can also include much more than just verbal and physical threats and **assaults**.

Bullied Celebrities

Even celebrities have been victims of bullying. Lady Gaga, Taylor Swift, and even President Barack Obama report being bullied as children. These are just a few celebrities who prove that people can rise above bullying and become successful. Just look at what they've done with their lives!



Bullied for Being Different

Justin Timberlake once told a talk show host, "If you didn't play football, you were a sissy. I got slurs all the time because I was in music and art."

Verbal and Physical Bullying

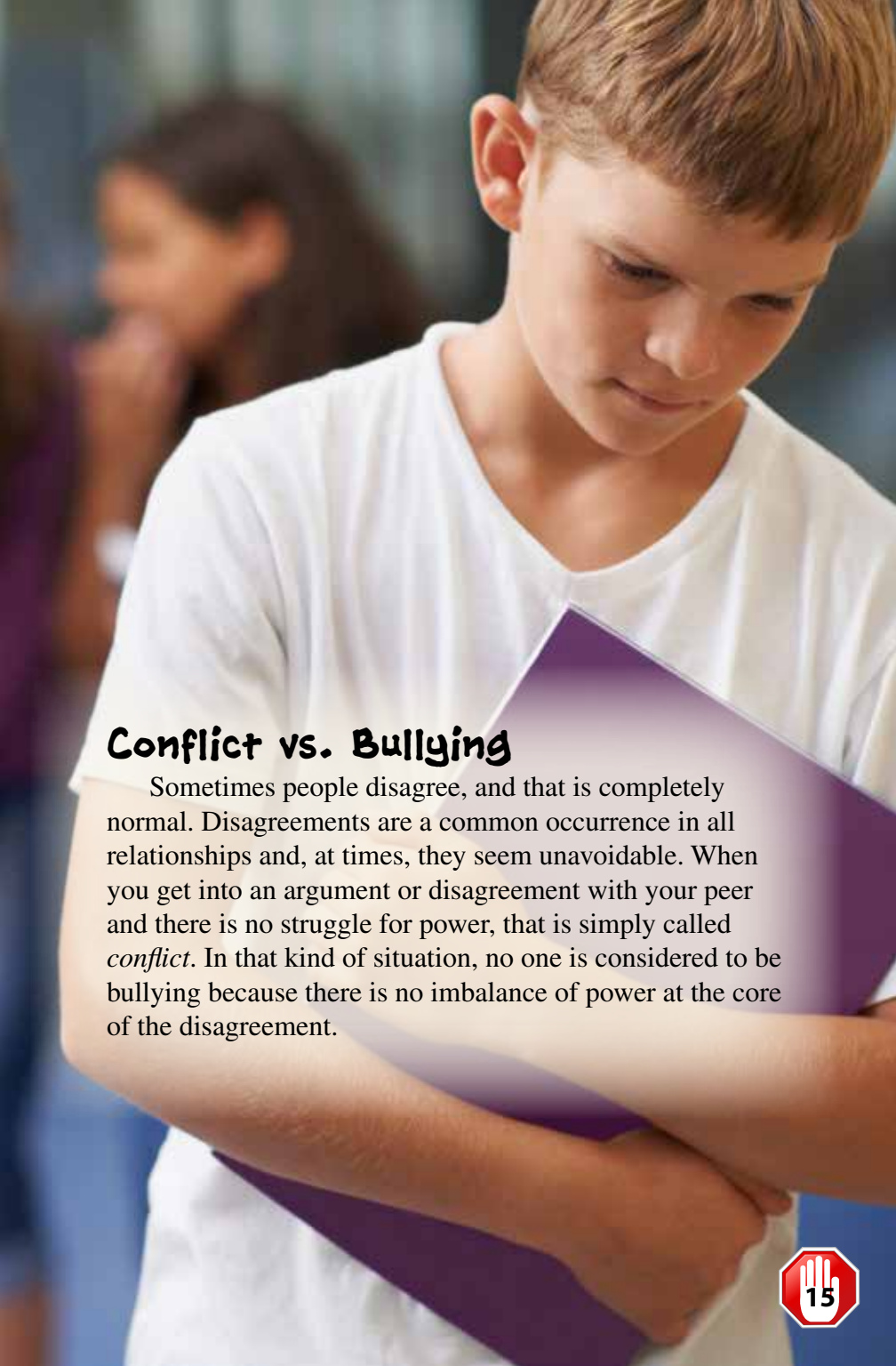
Verbal bullying includes such things as teasing, using **hate speech, taunting**, and threatening others. People who bully may call their victims names, use language that is abusive, or make racist, homophobic, or sexist jokes. Physical bullying can include actions such as hitting, kicking, punching, and choking. It can also include spitting on people, pinching, scratching, and even destroying other people's property. Verbal and physical abuse are the behaviors that come to mind when most people think about bullying. Boys tend to be more physical in their bullying than girls.

Relational Bullying

When bullies seek to ruin their victims' relationships, it's called social or relational bullying. This can include such behaviors as spreading rumors and excluding victims from activities. These bullies often tell lies and break confidences by telling others something told to them privately. They might pretend to be a friend only to get close to someone and expose their secrets and fears to others. These bullies intend to push their victims further down in social status. They want the victims to lose friends and be alone. More girls engage in relational bullying than boys.

It Gets Better

Jennifer Lawrence, star of the Hunger Games movies, reports she was bullied so much in elementary school that she switched schools often. Once, a girl gave her birthday party invitations to hand out to other kids . . . and Lawrence wasn't even invited to the party! Fortunately, it got better in middle school.



Conflict vs. Bullying

Sometimes people disagree, and that is completely normal. Disagreements are a common occurrence in all relationships and, at times, they seem unavoidable. When you get into an argument or disagreement with your peer and there is no struggle for power, that is simply called *conflict*. In that kind of situation, no one is considered to be bullying because there is no imbalance of power at the core of the disagreement.

Prejudicial Bullying

Prejudicial bullying focuses on someone's differences. It might be a person's gender, race, or religious beliefs. It could be about the victim's **gender identity** or **sexual orientation**, or even how someone's identity and orientation are perceived. This means a person might be called names or experience bullying just because someone thinks they might be part of the **LGBTQ** community. This assumption may be based on how the victim dresses or acts. Prejudicial bullying is rooted in the belief that one person is better than another and that certain groups of people don't deserve respect. At its extreme, prejudicial bullying leads to hate crimes.

Sexual Bullying

Sexual bullying can be verbal or physical. It ranges from name-calling and rude comments to sexual assault. These incidents can occur in person or online. They also can include gestures and jokes that are sexual in nature. Touching or grabbing someone in an inappropriate way is also a bullying behavior. It's wrong for anyone to post comments or send text messages related to sexual behaviors. This type of bullying is often an attempt to raise social status among peers.



LGBTQ Teens Have It Worse

LGBTQ teens are over three times more likely to be bullied than their straight peers. In fact, 9 out of 10 LGBTQ people say they were verbally harassed because of their sexual orientation.



Cyberbullying

There have been many positive things about the development of the Internet and smart phones; however, there has been a spread of bullying through these technologies as well. Cyberbullying is perhaps one of the most rapidly spreading types of bullying today. Cyberbullying takes place online and through text messaging. It can include sharing embarrassing or hurtful pictures or videos and posting rumors or mean messages on social media sites. It even includes creating fake profiles on social media sites. Bullying can happen via text messaging, through email, in chat rooms, and on websites. Cyberbullies may like the distance from their victims provided by this format because they believe there is less physical risk for them and less chance of being caught.

More Than One Type and Place

The different types of bullying do not necessarily happen in just one place. For example, a victim of prejudicial bullying might be bullied in the classroom and online. And he or she might also be a victim of both verbal and physical assaults. Victims of sexual bullying might also be the victims of prejudicial bullying or victimized via the Internet. It's important to remember that bullying can happen in more than one way and in more than one place.

Pitfalls of Social Media

About 88 percent of teenagers who use social media report witnessing cyberbullying at least once.



Cyberbullying by Adults

A teen girl was being cyberbullied by an adult who had created a fake profile to pose as a teen boy. The woman, a neighbor and the mother of a former friend, first befriended the young girl through social media. She then sent mean-spirited, harassing emails to her. Tragically, this ultimately led to the girl's suicide. It's important to remember that suicide is a permanent solution to a temporary problem. Reaching out can often help someone overcome bullying.



Effects of Bullying

Many people think bullying behavior will be forgotten once it ends and the victims will get over it quickly. But, the truth is, the pain caused by bullying can be deep and last well into adulthood. Bullying, for both the victims and the **perpetrators**, can have behavioral, psychological, academic, and relational effects. Some of these may be short lived, but others can last a lifetime.

Effects on Victims

Even though every victim is unique, bullying's effects present themselves in similar ways. These include depression, anxiety, withdrawal from others, and low self-esteem. Children and teens may display poor performance in school, have health issues, skip class, or even change schools. They often have few genuine friendships with their peers. Over time, they may begin to feel unpopular, powerless, different, and alone.

Victims may change their routines to avoid bullies. They could stop taking the bus or start walking different routes to and from school. They might not want to participate in social activities. They can feel humiliated, isolated, and lonely. There's a tendency to be more emotional, more vulnerable, and less resilient than their peers. They might even develop eating disorders. Victims of bullying might become more **introverted** and very unhappy, even suffering from post-traumatic stress disorder. In extreme situations, victims can become suicidal.

24/7 Bullying

The world of bullying has changed with the invention of the Internet and social media. Bullying can take place 24 hours a day, 7 days a week, 365 days a year.



Effects on Bullies

Long-lasting effects not only plague the victims of bullying, but those who bully have troubles as well. As bullies grow up, many **shoplift**, are frequently truant, and may turn to substance abuse. In addition, they're more likely than nonbullies to be involved with gun violence. These teens often feel disconnected from school and are inclined to get in fights and **vandalize** property. And they're also at greater risk than their peers of dropping out of school before completion.

Columbine

In 1999, there was a mass shooting at Columbine High School in Colorado. The two boys, described as highly gifted students, were responsible for killing 13 people and injuring 24 more before killing themselves. It is believed that these shootings were retaliation for being bullied.



Teens who were bullies in sixth grade are more aggressive by the time they reach twelfth grade. It has been reported that 60 percent of boys who were bullies when they were in grades one through nine had been convicted of crimes by the time they were 24 years old. About 40 percent of these boys were convicted of at least three crimes by this time. Children and teens who bully are also more likely than their peers to become adults who abuse their children or partners. As adults, these childhood bullies engage in more risky behaviors than their peers. They also tend to have more social problems and more financial issues.

The Numbers Are Outrageous

More than 3.2 million school-aged children are bullied every year in America. One in ten students drops out of school because the bullying is so intense.

Effects into Adulthood

Many adults who were bullied as children report an increase in happiness as they grew up. But those who were extremely traumatized continue to suffer from depression, low self-esteem, and increased **neurosis**. The pain of enduring bullying creates victims who are twice as likely to attempt suicide in adulthood than nonvictims.

Effects on Witnesses

Witnesses of bullying can also be affected. They could feel helpless when they see friends or peers being bullied. They might also feel scared, worried, or depressed. Witnesses may worry for their own safety and skip school or stay quiet about the bullying. It's possible they may decide to join in on the bullying so they don't become victims themselves.

Teachers Are Not Immune

One might think bullying is reserved for childhood and adolescence. The fact is, bullying can take place in college and in the workplace as well. Teachers are not **immune** to being bullied either. In fact, 25 percent of schools report their teachers are the victims of threats, taunts, and other disrespect daily or weekly.

Adults Get Bullied, Too

Bullying also happens in the workplace, and signs are similar to those seen in childhood victims. There is increased stress, decreased morale and productivity, and poor service to customers. Workplace bullying leads to higher **absenteeism**, greater employee **turnover**, and higher costs for employee assistance programs, such as recruiting and training new employees.

Societal Effects

There are even damaging consequences to society as a result of bullying. Schools with a high incidence of bullying could be seen as unsafe. Students and parents might perceive the environment as disrespectful and full of fear. It may also be believed that teachers and administrators have no control over the bullying and violence or have little concern for the students.

Handling Bullying

With all the bullying in the world, how should someone respond? How can victims take care of themselves? What can people do if confronted by a bully?

Many people think it is best for victims to learn to defend themselves. Bullies, especially people who are physical bullies, often choose their victims based on who is smaller or weaker than they are. If, however, someone tries to fight back and loses, it is possible that things will only get worse and the instigator will continue to believe he or she has the power. Instead, the intended victim should walk away and go to a trusted adult. If the first adult doesn't help, the individual should seek out another and another, until he or she feels protected and safe.

Some people say bullying should be ignored, as they believe it will naturally stop on its own, but this isn't usually the case. While walking away from a bullying situation is encouraged, telling an adult is also important. If a bully's behaviors are ignored, it may seem as if there are no consequences, and the behaviors could continue.

School District's Responsibility

If a child is being bullied and the school doesn't take steps to stop it, the school might be violating laws and can be held accountable in court. In 2003, a case against a school district in California ended with the district having to pay more than \$1 million in damages and fees.



Bullies Are Like Sandpaper

A line from the 2003 movie *The Fighting Temptations* goes, “When life makes you have to put up with mean and hateful people, just think of them as sandpaper. They may scratch you, rub you the wrong way, but eventually you end up smooth and polished. And the sandpaper? It’s just gon’ be worn out and ugly.”

Stay Calm

If bullied, remain calm and tell the person bullying you to stop. If humor comes easily, laughing it off or joking about it can defuse the situation. The person might think there's no control to be had over you and move on. If it's too scary to speak up, walk away as quickly as possible and go straight to a trusted adult. Even if you're able to laugh it off, it's **imperative** to tell an adult to keep others safe by ensuring the bullying is handled appropriately. If possible, stay away from the person responsible for the bullying. This might require speaking with adults who can help ensure you aren't alone together and do not work in group activities together. An instigator and victim should never be out of earshot of adults, and a victim should try not to walk through the halls alone.

While it's sometimes easier said than done, victims and those fearful of becoming victims should stay away from places where bullying happens. For example, if it happens on the walk home from school, other transportation might need to be arranged. They should also stay near other students and adults as much as possible, as most bullying takes place when adults are not nearby.

Bullying in the Animal World

The term *pecking order* comes from the bullying chickens do. Chickens will peck others, even tackling, scratching, and biting, to maintain status in the flock.



Staying Safe

It's important for all kids, whether or not they are victims of bullying, to develop support networks in their schools. A good group of friends is always helpful, but knowing who and where helpful adults are is necessary, too. Parents can speak with teachers, principals, or counselors to develop safety plans. Children and teens should be encouraged to find others who have the same interests or hobbies. They can join dance groups, clubs, or sports teams. Church groups are other great avenues to make friends and find support.

Necessary Intervention

Statistics show 85 percent of school bullying situations receive no **intervention**. Only four percent involve adults intervening. Eleven percent have peers becoming involved by helping the victims. With school bullying happening *every seven minutes* across the United States, many students are left to suffer alone.

Focus on the Positive

Victims need to know it is never their fault. They should not be embarrassed or ashamed for how they were mistreated or how they feel. No matter what a bully may tell them, they have many great attributes, and they need to remember these things instead of the nasty things a bully may say. Rather than focusing on what the bully says or does, the bullied individual should focus on the positive aspects of his or her life: hobbies, friends, loved ones, and other things that bring happiness and joy.



- © If you were to witness someone being bullied, what might you do to help that person?
- © What do you think can be done to stop bullying? What can you do?

Building Support

It's important to learn how to deal with the stress bullying brings. Children and teens can talk with adults to learn some ways to handle stress. Some tips might include exercise and relaxation, meditation and deep breathing, or even positive self-talk. These are all helpful ways to deal with stress, including the kind brought on by bullying. Because we can't prevent bullying from ever happening, we need to focus on what we can control—our reactions to it.

What If I Bully?

Oftentimes people who bully have experienced bullying themselves. In turn, they lash out at others to make themselves feel stronger, better about ever having been a victim, or like less of a target. Nothing makes bullying acceptable, but we all have the power to make decisions to change our own negative behavior or to stand up for someone else. If you're questioning whether or not you may be a bully, you've taken the first step in righting any wrongs you are responsible for. Speak to an adult about getting help, and know it is never too late to be a better version of yourself.

Extreme Measures

Bullying is sometimes so bad that parents go to extreme measures in an attempt to stop the bullying. In one case, a first grader convinced his parent to allow him to get surgery to pin his ears back so they wouldn't stick out and be so noticeable. He hoped this would stop the teasing. Do you think this is the best way to deal with the problem of bullying?

BULLIES AND THEIR VICTIMS

Nearly 1/3 of school-age kids report frequent involvement with bullying behaviors.

BULLIES

as compared to their peers

2X-5X

more likely to be depressed

2X-5X

more likely to consider committing suicide

2X-6X

more likely to attempt suicide

VICTIMS

5X

6X

2X-4X

Source: *Bullying, Depression, and Suicidality in Adolescents*, American Academy of Child and Adolescent Psychiatry, 46:1.



STOP! THINK...

Use the chart above to answer these questions.

- Ⓞ Read the sentence below the title of the chart. How does this statement reflect your experiences with bullying?
- Ⓞ Why do you think bully statistics are similar to victim statistics?



Stopping Bullying

It's often difficult for victims of any type of bullying to feel safe. Escaping the **wrath** of a bully can be complicated and even terrifying. Victims likely feel as if they're alone, and they find themselves looking to others to provide safety and support. What can someone do when witnessing the tormenting behaviors of bullies? How can bystanders and those who hear about bullying put a stop to it?

Many people choose to observe bullying in silence; some may even join in because they fear being bullied themselves, but inaction will only **perpetuate** the bullying behavior. Instead, bystanders should take active roles. They can try walking away from the bullying and encourage others to do the same. Those who bully love an audience and therefore won't feel so formidable when others are not interested. However, the victim shouldn't be left alone or abandoned. It's best to seek help from an adult who can put a stop to the bullying right away. If you have a cell phone, you can even call or text for help.

Repeating the Cycle

Research shows that children who repeatedly witness domestic violence are at a greater risk of being victims or **batterers** themselves. This is also true for children who repeatedly witness bullying without consequences.

Peer Support

Other students are usually more successful at putting an end to bullying than teachers are. In fact, when peers stand up to bullying, it stops almost 60 percent of the time.





- © What are ways you can step up and help a victim?
- © What advice would you give to someone younger than you who is being bullied?

BULLYING

**IT WON'T
END
UNLESS
YOU DO
SOMETHING
ABOUT IT**


If someone is being bullied verbally, defending him or her is appropriate. Bullies want to feel powerful and cool, and if you make them seem less so, it might stop their behavior. Others may also be more likely to stand up to the bullies if you do. There's safety in numbers, so encourage friends to stand up, too. If you hear rumors about someone, you can put a stop to them by telling the person you don't want to hear the gossip and refusing to spread what you hear.

Witnesses to cyberbullying should notify a parent or another adult right away. If you see inappropriate messages or vicious posts, share these with trusted adults. In addition, many social media sites have ways to report abuse and bullying and could help you get a bully's account removed.

Don't forget to extend and maintain support for a victim. Checking in with him or her the next day and asking how things are will make that person feel less alone. You can even offer to walk with the person to class, eat lunch together, or invite him or her to join a club that you are in.

Lasting Effects of Bullying

It's often said "what doesn't kill us makes us stronger." But bullying is *not* a rite of passage, and we don't have to experience it to become strong. Bullying tears people down and can have long-lasting effects. The behavior needs to be stopped.

A close-up photograph of two children, a boy and a girl, smiling warmly at each other. The boy is in the foreground, and the girl is leaning in from behind him. They are both looking towards the right side of the frame.

The Power of Friends

Did you know having even just one friend could serve as a **deterrent** to bullying? Friends can stick up for each other, and bullies often don't want to be confronted by multiple people. Friends can also talk with adults together. It's helpful for victims to know they have someone on their side, and a friend can serve this purpose.



Bullying Prevention

Even better than stopping bullying is preventing it before it ever gets started. How can this be accomplished, though? While many schools have formal anti-bullying policies in place, many do not. They might have rules against bullying, but there is still much work to do. The same is true in social arenas—clubs, sports, and other extracurricular activities.

If your school or group does not have a policy in place, you can be instrumental in helping to create one. Grab a group of friends, teachers, or staff who can act as allies in the fight against bullying. Together, create a disciplinary plan for offenders, and get it approved by a teacher or administrator. Once developed and approved, work with the adult in charge of the group to determine how to help educate your peers through meetings or assemblies.

Developing skits and role-playing helps others recognize bullying and how to respond to it effectively. It's also a great way to share information. You can even develop a peer support or leadership group that can help respond to bullying and reach out to those who are or have been targeted by bullies. Encourage others to help victims and not support bullies. Show people bullying is *unacceptable*.

Stand Up 2 Bullying

In 2010, three students in sixth grade at Ben Franklin Elementary School in Southern California started a program to **eradicate** bullying in their school. They created a video, designed T-shirts, and made banners. It's called Stand Up 2 Bullying, and it won an award from the district PTA. Every year, sixth grade students continue to run the program.



OVERCOME
BULLYING
THROUGH
LOVE





Hearing from a Victim

The following is an interview with Mark M., a 12th grader from Southern California. He talked candidly about his experience.

Tell me about the bullying you experienced.

It started in elementary school. I was outgoing and talked a lot. I had a speech impediment, and I was teased and kids mocked me. Some teachers defended me, but others would ignore it. Principals would help at different times, but the help faded out in middle school and high school. Nobody backed me up.

Did you talk with your parents or adults? If so, what did they do?

I did speak with my parents. What they did depended on the level of cruelty. They'd go to the administrators, say to ignore it, or go to my teachers. Once or twice they went to other parents. It helped in the short run, but the bullying always started again.

Was the bullying done by one person or more than one person?

The bullies changed each year, for different reasons. In elementary, the bullying was on the playground or in the classroom. They were mocking my speech. In middle and high school, it was on the quad or between classes. In middle school, I grew out of my speech problem, but I was the "infamous nerd," the smartest person. They flocked to social media or behind my back. I was really just bullied for my intelligence.

Has the bullying been primarily through mean things said? Was it ever physical?

The physical was limited. They threw stuff at me. In elementary, we'd be running in PE and they would find large rocks and throw them at me and my legs. I'd come back bruised. The administration took care of it or would tell me just to ignore it.

Did the bullies target only you or were they also victimizing others?

The kid bullying me today is good friends with others. Some of them encourage it; others stand by me if he goes too far. I usually don't tell people it bothers me. If I do, it gets back to him, and he'd know he has the upper hand. I basically ignore him.

Did anyone notice what was happening? Did anyone help you?

Mostly the administration or kids I was good friends with since kindergarten helped defuse the situations. They did this either face-to-face with the person, or they'd talk to them later and tell them it's not cool. Many people just watched it happen. I wish some of them would have stepped up and had the guts to stay something instead of just walk by and let it happen.

What do you think could be done to stop bullying?

The situations that cause the bullying need to be dealt with. Once it starts, it's hard to end. Prevention is better than dealing with it once it starts.

How did you get through the worst times?

In my junior year, which was the worst time in my life for me, I had thoughts of suicide. It wasn't the deciding factor of it . . . but, if you can push through that and realize the pain is temporary . . . you realize "I won't have to see them again."



Getting Involved

Now that you have read about bullying—who's involved, how it affects people, suggestions of how to stop it—it's important to ask yourself how you can take steps to get involved in the efforts to make a change.

As mentioned earlier, you can start bullying prevention groups on your campus or in your neighborhood. You can join Teens Against Bullying, a national group that seeks to empower teens to be the solution to the bullying epidemic. You can create posters to hang throughout your school or join a school safety committee. You can serve as a role model every day by treating others how you would like to be treated. You can start a blog or use social media as a tool to get positive messages and support out to others. Get started making your school and community a safe, sound, and respectful place for everyone.

Tackling the Bullying Epidemic

There are four steps you can take to help stop bullying:

1. Increase your awareness of the problem and what goes on around you.
2. Respond to bullying respectfully but forcefully.
3. Talk with adults about skills you can use to protect yourself.
4. Become more involved by finding a way to step up to the problem.



STAND
TOGETHER



**THINK
LINK**

- © How can teens become involved in taking a stand against bullying?
- © How can witnesses help people who are being victimized by bullies?

Glossary

absenteeism—frequent absence from work

advent—the coming into use

assaults—physical attacks

batterers—people who physically abuse others

covert—hidden; not on open display

deterrent—something that discourages someone from doing a certain behavior

empathy—the ability to understand or share another person's feelings

eradicate—totally wipe out; stop completely

gender identity—a person's sense of being a particular gender, regardless of birth orientation

hate speech—communicating or verbally expressing hatred of a group of people

immune—being resistant to something

imperative—absolutely necessary

instigators—people who cause something to occur

intervention—an attempt to help

introverted—shy and quiet, less likely to talk to other people

LGBTQ—lesbian, gay, bisexual, transgender, and questioning

malicious—intending to harm

neurosis—a mild form of mental illness that includes symptoms of stress but not losing touch with reality

ostracize—to exclude from or to push out of a group

perpetrators—people who do something illegal or harmful

perpetuate—to cause something to continue

prohibiting—saying that something is not allowed

sexual orientation—a person's sexual identity; whether a person identifies as being gay, straight, or something else

shoplift—steal from a store

taunting—insulting someone in an attempt to anger him or her

turnover—rate at which people quit and are replaced

vandalize—to purposely destroy or damage property

virtually—online

wrath—extreme anger

Index

Ben Franklin Elementary
School, 38

Columbine High School, 5, 22

cyberbullying, 18–19, 36

gender identity, 16

group bullies, 10

indifferent bullies, 11

LGBTQ, 16–17

physical bullying, 8, 14, 26

popular bullies, 10

prejudicial bullying, 16, 18

relational bullies, 11

relational bullying, 11, 14

serial bullies, 11

sexual bullying, 16–18

Stand Up 2 Bullying, 38

suicide, 19, 24, 33, 41

Teens Against Bullying, 42

verbal bullying, 8, 14



Check It Out!

Books

- Lohmann, Raychelle Cassada, and Julia V. Taylor. 2013. *The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying.* Instant Help.
- Mayrock, Aija. 2015. *The Survival Guide to Bullying: Written by a Teen.* Scholastic.
- Palacio, R. J. 2012. *Wonder.* Knopf Books for Young Readers.
- Patchin, Justin W., and Sameer Hinduja. 2008. *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying.* Corwin.
- Spinelli, Jerry. 1997. *Crash.* Yearling.

Videos

- Hirsch, Lee. *Bully.* Weinstein Company.
- PACER Center, Inc. *PACER's National Bullying Prevention Center. The End of Bullying Begins with You.*

Websites

- Bully Project. <http://www.thebullyproject.com/>.
- Do Something.org. *Bullying.* <https://www.dosomething.org>.
- It Gets Better Project. <http://www.itgetsbetter.org/>.
- PACER Center, Inc. *Teens Against Bullying.* <http://www.pacerteensagainstbullying.org/tab/>.
- U.S. Department of Health & Human Services. *Stop Bullying.* <http://www.stopbullying.gov/kids/index.html>.

Try It!

Bullying is something universally known; everyone has had an encounter with it, either by seeing it on screen or perhaps witnessing or experiencing it. Imagine you get to work on a popular cartoon. Your next episode will revolve around the theme of bullying. Your job is to sketch the plot of the cartoon for the next episode. Be sure the main character clearly stands up for someone being bullied.

- ☉ Plan what form of bullying your episode will focus on.
- ☉ List the story elements of your sketch. Who are the main characters? Who are the minor characters? Where will the cartoon take place? What is the central problem in the cartoon? How will the problem be solved?
- ☉ Write the plot and dialogue of your cartoon. Be sure to include which character is saying what.
- ☉ Use illustrations and sketches of each scene to bring your cartoon to life. You can create a board that shows each scene, or use a computer program to turn it into a short film.
- ☉ Finally, create a unique title for your cartoon and present it to your class or a friend.



About the Author



Diana Herweck holds a doctor of psychology degree and is a licensed marriage and family therapist, a licensed professional clinical counselor, and a national certified counselor. She works with children and families as a volunteer in elementary classrooms and through PTA, scouts, as well as professionally. She is a college professor, teaching at various universities. She has helped to shape the careers of many human service workers and teachers and has seen the effects of bullying firsthand. This is an issue she is passionate about as she raises her own children and strives to see all kids in safe, nurturing environments. Herweck lives in Southern California with her husband, two wonderful kids, and three dogs.



Reader's Guide

1. What's the difference between reporting bullying and tattling?
2. How does staying silent make a person who is bullying more powerful?
3. How would you want your peers and adults to respond if you were being bullied?
4. Why is it important to speak out about injustices such as bullying?





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“Thank you for helping us
create a world in which
children love to learn!”

