

---

---

# Bullying

— What do you know? —

---

---

# What is it?

A bully is a person or group of people who purposely try to hurt others over and over again. It is a crime to bully in Ohio.

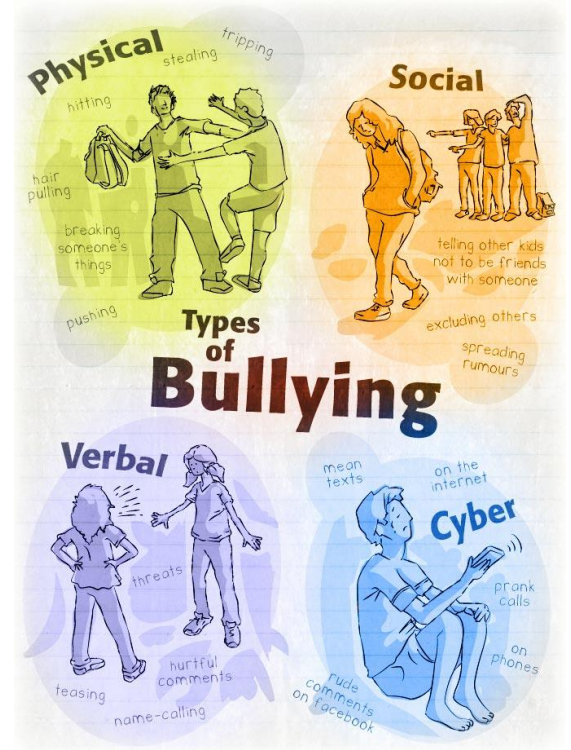
- The **law** prohibits harassment, intimidation, or **bullying** in schools. It went into effect on March 30, 2007 and was amended effective November 4, 2012. The **law** applies to every public school district in **Ohio**.  
([www.ohiolegalservices.org](http://www.ohiolegalservices.org))

What do bullies look like?

A bully can be anyone.

# What are the different types?

- Physical
- Verbal
- Social
- Cyber



# Physical Bullying - Using force to harm someone's body or possessions

## What does it look like?

- Hitting
- Pushing
- Tripping/Kicking
- Slapping
- Spitting
- Stealing or destroying possessions, including books, clothing, or lunch money



## Some thoughts...

- 31% of FE 4th graders (2014) experienced this.
- The bully is usually physically bigger than the victim
- More boys than girls

# Verbal Bullying - Using your words to bully.

## What does it look like?

- Calling someone a mean name.
- Teasing someone to make them feel bad.
- Threatening.
- Using put-downs.
- Making repeated hurtful phone calls.

## Some thoughts...

- 55% of FE 4th graders (2014) experienced this.
- Very common among boys and girls
- Not very easy to prove



# Social Bullying - embarrass a person or effect their friendships in a negative way.

## What does it look like?

- Used to hurt a person's reputation
- Lying
- Spreading rumors
- Playing mean jokes

## Some thoughts...

- Very difficult to identify
- Usually done behind a person's back
- More girls than boys



# Cyber Bullying - Using electronic technology to bully others.

## What does it look like?

- Mean texts or emails
- Posting on social media
- Creating fake profiles
- Posting hurtful pictures or videos

## Some thoughts...

- Difficult to destroy the evidence
- Bullies feel “keyboard tough”
- Can happen 24/7



# Why do people bully?

- Like to be in control
- They want to fit in
- They have a tough time making friends
- Their home life has not been the greatest
- They may have been bullied
- They think that dipping into someone's bucket will fill theirs....it does not.

## If you are being bully...

- Think about the reason why...
- Talk to a trusted adult for help about your problem
- Apologize to those you may have bullied
- Find some positive ways to interact with your classmates
- Treat everyone with respect



# Prevention

## If you see someone being bullied...

- Treat everyone with respect
- Stand up for someone
  - Telling the bully to STOP
  - Helping the person feel better
  - Inviting the person being bullied to play
  - Not by fighting
- Include others (games, lunch, in class)
- Get help from an adult you trust

## If you are being bullied...

- Get help from an adult you trust
- Stay away from places where bullying happens
- Stand up for yourself
  - Tell them to STOP
  - No Fighting
- Stay around friends that you trust

**Want to learn more?**

**[www.stopbullying.gov/kids](http://www.stopbullying.gov/kids)**

**[www.pacerkidsagainstbullying.org](http://www.pacerkidsagainstbullying.org)**

**[www.stompoutbullying.org](http://www.stompoutbullying.org)**