



You Can Never Just Walk Away

CHARLOTTE CROSS

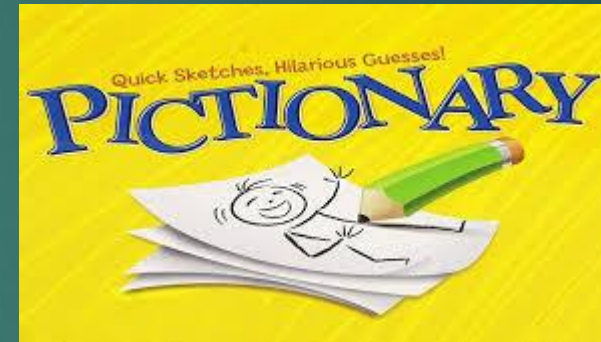
GIRL SCOUT GOLD AWARD PROJECT



Ice Breakers

Creating a safe space and getting to know each other better

- ▶ Human Pictionary
- ▶ Human Pinball



Definition of Bullying

► ACTIVITY:

Brainstorm on a Definition



American Bully

Definition

► FROM AMERICAN PSYCHOLOGICAL ASSOCIATION:

- ❑ Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort
- ❑ Bullying can take the form of physical contact, words or more subtle action

► FROM THE CENTERS FOR DISEASE CONTROL and DEPARTMENT OF EDUCATION: (includes three core elements)

- ❑ unwanted aggressive behavior
- ❑ observed or perceived power imbalance
- ❑ repetition or high likelihood of repetition of bullying behaviors

Discussion

► Popcorn QUESTION:

1. What is a power imbalance?
2. Can someone give an example?



Examples of Bullying

▶ VERBAL:

▶ PHYSICAL:

▶ RELATIONSHIP/SOCIAL:

Examples of Bullying

► VERBAL:

- ❑ Teasing
- ❑ Name-calling
- ❑ Humiliating comments
- ❑ Threatening
- ❑ Inappropriate comments

► PHYSICAL:

- ❑ Hitting/kicking/punching
- ❑ Tripping/pushing
- ❑ Making mean or rude hand gestures
- ❑ Touching in inappropriate, unwanted ways
- ❑ Taking or breaking someone's property

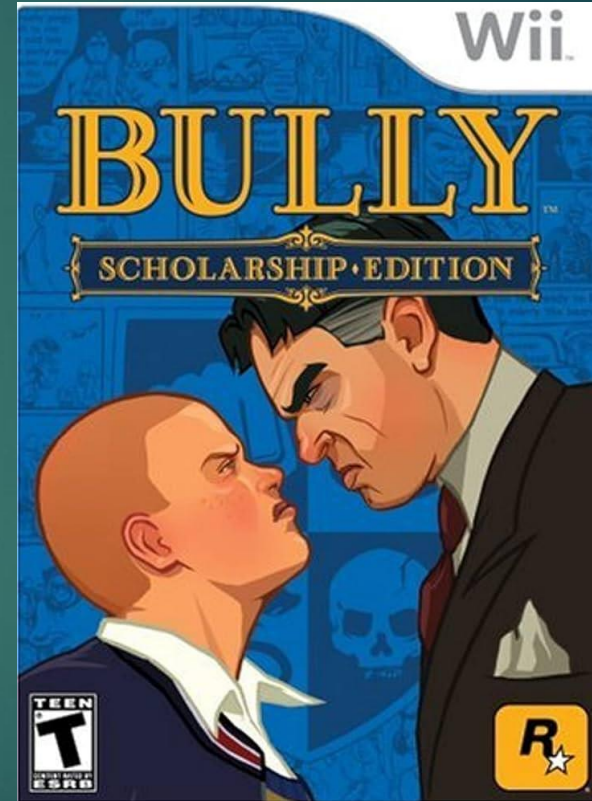
► Relationship/Social:

- ❑ Spreading rumors about someone
- ❑ Leaving someone out of the group
- ❑ Telling others not to be friends with someone
- ❑ Embarrassing someone in public

<https://stopBullying.gov>

ACTIVITY

► MYTH OR FACT?



MYTH OR FACT?

Reporting a bully will make things worse

MYTH

You cannot spot a bully from the way they look

FACT

Children grow out of bullying

MYTH

It is best to hit someone who is bullying you, it will stop the bullying

MYTH

MYTH OR FACT?

Bullies are born this way, it's in their genes

MYTH

Even though cyberbullying doesn't involve physical harm it can still cause harm

FACT

It is not always easy to spot the signs of bullying

FACT

Statistics about Bullying

How Common Is Bullying?

- ▶ Across the nation, approximately 20% of students ages 12-18 experienced bullying.
- ▶ Students ages 12-18 who reported being bullied said they thought those who bullied them:
 - ❖ Had the ability to influence other students' perception of them (56%).
 - ❖ Had more social influence (50%).
 - ❖ Were physically stronger or larger (40%).
 - ❖ Had more money (31%).

Discussion

► POPCORN QUESTION:

1. What Statistic are you most surprised about?



Impact of being Bullied

► Bullying can cause many problems:

- ❑ Feelings of rejection or exclusion
- ❑ Isolation or despair
- ❑ Anxiety
- ❑ Depression
- ❑ Low self esteem
- ❑ Loss of interest in or avoidance of activities
- ❑ In extreme situations, can contribute to thoughts about suicide

<https://stopBullying.gov>

Risk Factors for being Bullied?

► Generally, children who are bullied have one or more of the following risk factors:

- ❑ Are perceived as different from their peers
- ❑ Are perceived as weak or unable to defend themselves
- ❑ Are depressed, anxious, or have low self esteem
- ❑ Are less popular than others and have few friends
- ❑ Do not get along well with others

LGBTQIA+ youth are at an increased risk of being bullied.

When bullying is sufficiently serious and based on race/ethnicity, national origin, or religion, it may be considered discriminatory harassment.

Discussion



► POPCORN QUESTION:

1. How can you tell when someone is being bullied? What are the Signs?

Signs of Being Bullied

► Some signs that may point to bullying:

- ❑ Unexplainable injuries
- ❑ Lost or destroyed clothing, books, electronics, or jewelry
- ❑ Frequent headaches or stomach aches
- ❑ Changes in eating habits
- ❑ Difficulty sleeping or frequent nightmares
- ❑ Declining grades, loss of interest in schoolwork
- ❑ Sudden loss of friends or avoidance of social situations
- ❑ Feelings of helplessness or decreased self esteem
- ❑ Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

When Someone is the Bully



<https://www.a4kclub.org/get-the-facts/stop-bullying>

How to tell if Someone is a Bully



The Bully is Often Characterized by:

- ▶ Low self-esteem
- ▶ Drive for power and control
- ▶ Contempt of those who are different
- ▶ Often driven by jealousy and/or envy
- ▶ Attention seekers

Risk Factors for being a Bully

There are two types of kids who are more likely to bully others:

- A. Well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate others.
- B. Isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, or not identify with the emotions or feelings of others.

Remember, those who bully others do not need to be stronger or bigger than those they bully.

The power imbalance can come from a number of sources—popularity, strength, cognitive ability—and children who bully may have more than one of these characteristics.

Discussion

► POPCORN QUESTION:

1. How can you tell when someone is a bully? What are the Signs?

Signs of Someone that is a Bully

Kids may be bullying others if they:

- ❑ Get into physical or verbal fights
- ❑ Have friends who bully others
- ❑ Are increasingly aggressive
- ❑ Get sent to the principal's office or to detention frequently
- ❑ Have unexplained extra money or new belongings
- ❑ Blame others for their problems
- ❑ Don't accept responsibility for their actions
- ❑ Are competitive and worry about their reputation or popularity

Why Kids Don't Ask for Help

Only 20% of school bullying incidents were reported. Kids don't tell adults for many reasons:

- ▶ Bullying can make a child feel helpless and worry about being seen as weak or a tattletale.
- ▶ Kids may fear backlash.
- ▶ Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- ▶ Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- ▶ Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

What can you do if you see Bullying?

Actions You Can Take:

If you witness someone being bullied there are several things that you can do to try to help:

1. Go up to the individual being bullied and ask them to walk away with you
2. If you feel safe to do so, tell the bully to stop
3. Go get help from an adult
4. Tell a parent or other trusted adult what is going on
5. Recruit some of your other friends to join you in befriending the individual that was being bullied

Activity

► Pull a Situation out of the Hat

1. Act out the situation? How do you handle it?



What can you do if you are being Bullied?

1. Tell an adult that you trust
2. Tell them to stop
3. Say nothing and walk away (or run away if you need to)
4. Get off the internet and social media (Delete accounts where you are being bullied (take screen shots to share with an adult))
5. Brush it off with humor
6. Avoid problematic areas where bullying can happen
7. Keep yourself surrounding by people and spend more time with people that make you feel good about yourself
8. Learn techniques to respond to bullies

RESOURCES

- ▶ www.stopbullying.gov
- ▶ pewresearch.org
- ▶ CDC.gov
- ▶ A4kclub.org
- ▶ Nces.ed.gov
- ▶ familylives.org.uk/advice/bullying/advice-for-parents



Questions/Comments

- ▶ What have you learned today that you will take with you?
- ▶ Highlight a comment someone made today or something that made an impact on you
- ▶ What do you appreciate about someone in the room?

