

What is Bullying???

Bullying is the deliberate and often repeated attempt to intimidate, embarrass, or harm another person.

At its core, it involves the misuse of power. (Langan, 2011)

Types of Bullying

Physical Bullying - pushing, tripping, hitting.

This is more common among boys, but can occur among girls.

Verbal Bullying - teasing, mocking, threatening, insulting, taunting.

Includes spreading rumors, gossip and lies.

This is perhaps the most common form.

Cyber Bullying - when verbal and social bullying takes place over the Internet or an electronic device.

Through the use of technology, this form of bullying has become much more common, and may be even harsher due to the anonymity bullies may feel.

Witnesses of Bullying

Believe it or not, *bystanders* have the greatest power to determine what happens at school when it comes to bullying. (Langan, 2011) Unfortunately, this power isn't used to make things better. Many who witness bullying incidents 'stay out of it' due to fear. Some are so afraid that they don't even report it to a teacher!

IMPORTANT

Bullying cannot be directly addressed if it is not reported. Too often, these incidents occur when teachers and other faculty are not 'watching'. If it is not witnessed by an adult, and those bystanders are too scared to come forward to report it, what is one to do? The bully now believes that he/she has gotten away with it, and the student who was bullied doesn't want to come back to school!

Please REPORT!!!

What to do about Bullying?

If you witness bullying...

- * Refuse to join in.
- * Walk away.
- * Distract the bully.
- ***Report any bullying you see*****
- * Speak out.
- * Stand up.

If you are being bullied...

- * If possible, tell someone else about your experience.
- * Find safety in numbers.
- ***Tell a school official*****
- * Remember that bullying is the problem - not you.

Bullying in Schools. What You Need to Know. By Paul Langan.

In Guidance class, bullying is a topic that is brought up on a regular basis. Whether we are reading about it in a story, watching a video that shows bullying behavior, or simply having a class discussion on the topic, the word "bully" is prominent.

Students are often times asked the question - "How can you really tell if it's bullying? What is the difference between bullying, and maybe just a playground argument?"

Typical responses may be: "Bullying happens a lot. It's not just one time" "People get into disagreements all the time at recess, it's usually bullying when it's the same person/people doing it all the time."

Parents - please talk with your children at home about what it means to be a bully. Maybe you have had your own personal experiences with bullies and bully situations - share these with your children. Help them understand how painful it can be for students who are constantly under the attack of a bully. We have to work **together** to help diminish the incidents of bullying that take place at St. Monica School!