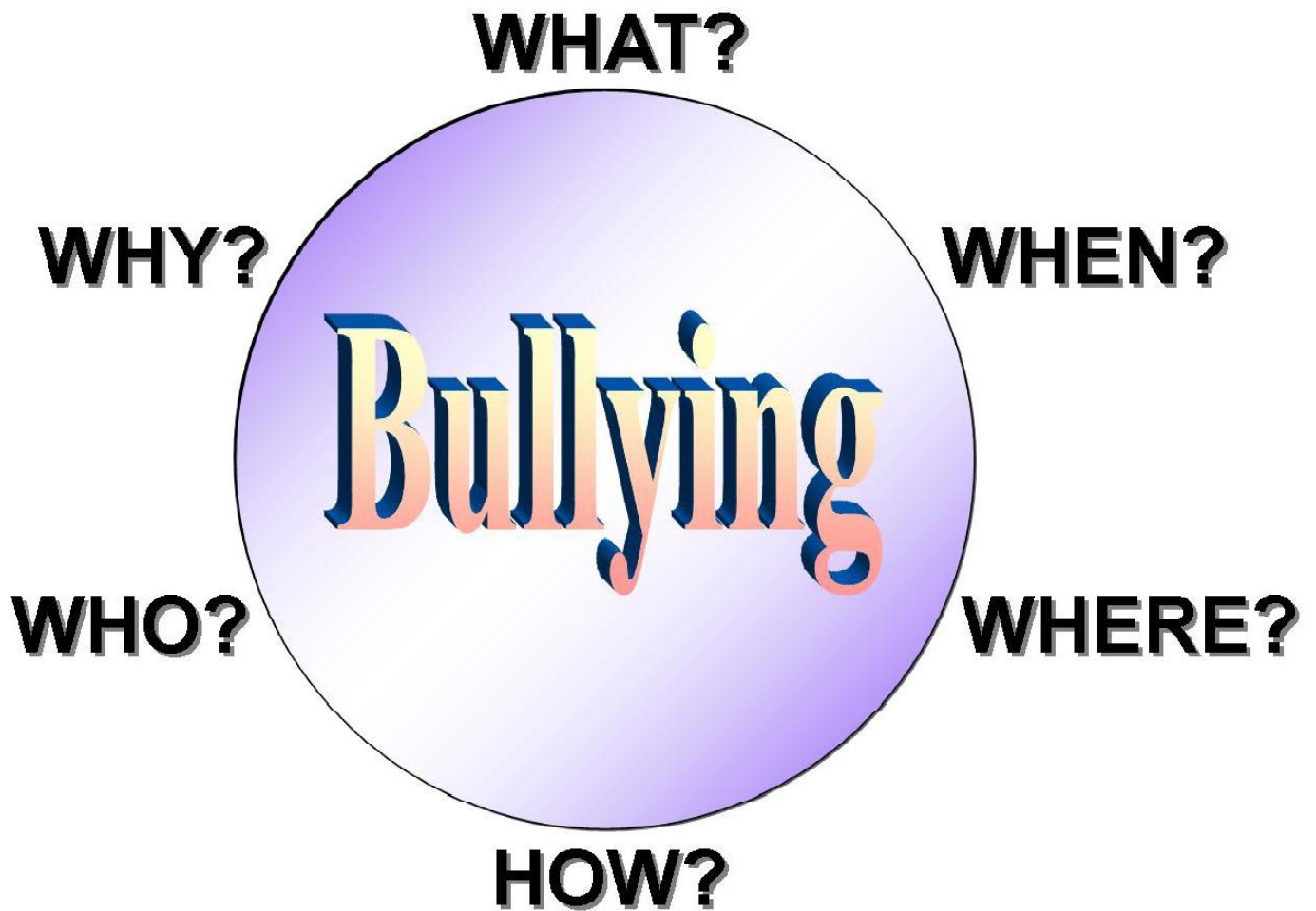
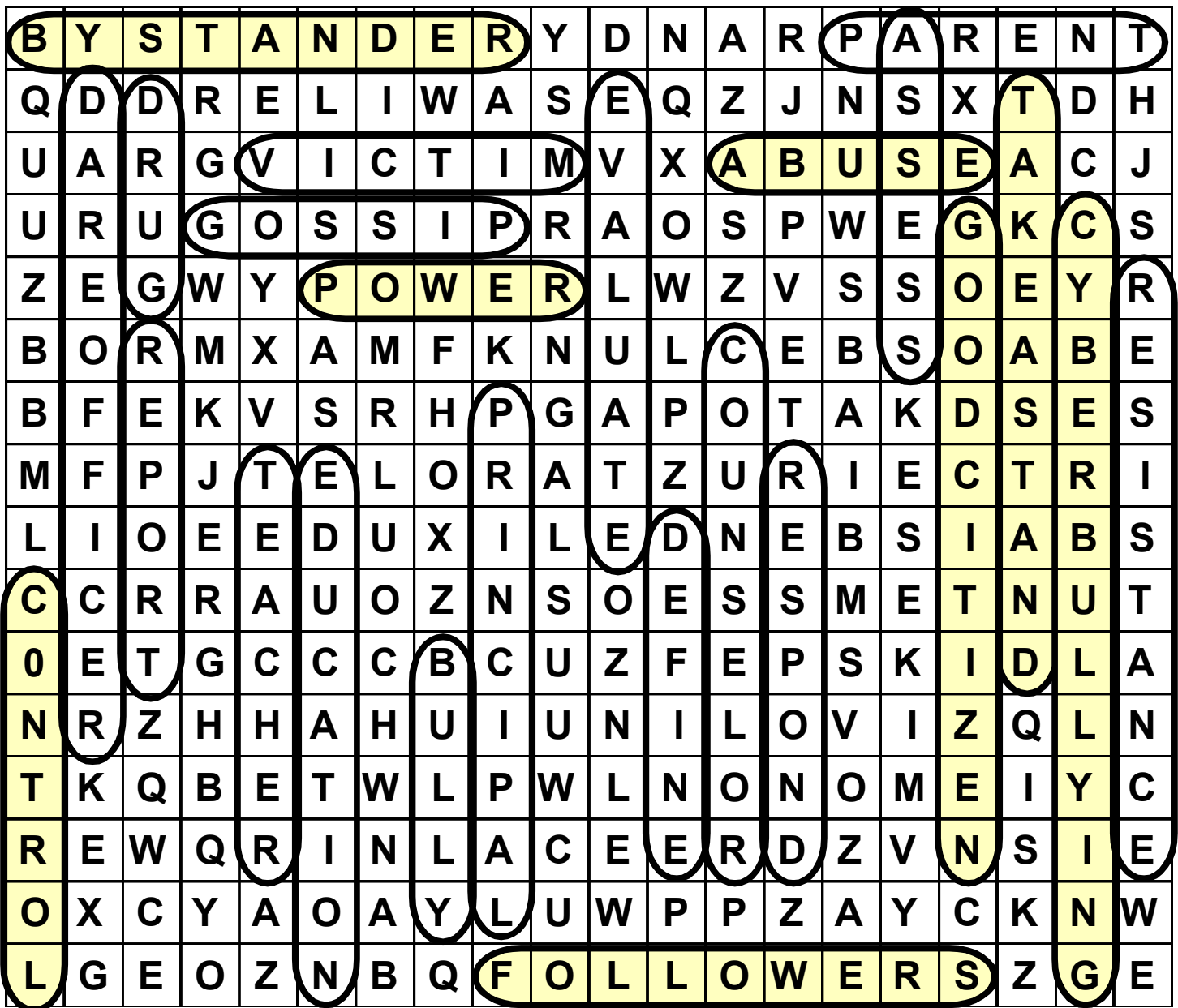


DARE Officer

Transparencies

A Word about bullying—Supplemental Lesson #1





Partner 1

1. abuse
2. bully
3. bystander
4. control
5. counselor
6. cyber bullying
7. dare officer
8. define
9. drug
10. education
11. assess
12. evaluate

Partner 2

13. good citizen
14. followers
15. gossip
16. parent
17. power
18. principal
19. report
20. resistance
21. respond
22. take a stand
23. teacher
24. victim

Story challenge ANSWER SHEET Supplemental

Directions: Use ALL the words from the word list below to complete the story about bullying. Add your suggestions below that could help someone know what to do when they see bullying happening at their school.

abuse
bystander

control
cyber bullying

followers
good citizen

power
take-a-stand

There are some kids who bully others at my school. I guess you could call me a bystander

because I just watch what happens and I don't take - a - stand to try to stop bullying

Just the other day I was in computer lab and I witnessed cyber bullying.

This one kid had "photoshopped" a picture (changing the picture with computer software) of this other kid in class and was e-mailing it to some of his followers.

I think one reason he likes to abuse, or hurt, this kid is that it makes him feel like he has power and control over someone who is defenseless against him.

I know that I should be a good citizen and try to help him, but I don't know what to do. I actually feel sick to my stomach when I see this stuff happening everyday. What do you think I could do to help kids when they are being bullied?

Possible suggestions are as follows:

Report the bullying to an adult. Many kids who are bullied are scared to tell an adult (especially a teacher or principal) about it because they are afraid the person bullying them will find out and the bullying will just get worse. That's where you come in. Even if it's a little scary for you to tell an adult about bullying that you see, it's the right thing to do. It's not tattling—you're helping someone out.

Support someone who is being bullied. Sometimes the best thing you can do for a person who is being bullied is just to be there for him or her and be a friend. Whether this means agreeing to walk home with him or her after school, sitting with him or her on the bus or at lunch, trying to include him or her in your school or social activities, or just spending some time with him or her and trying to understand what he or she is going through, it will make a huge difference!

Stand up to the person doing the bullying. If you feel safe doing this, tell a person who is bullying that what he or she is doing is wrong and that he or she should stop. Keep it simple. You could just say, "Ben, cut it out. Nobody thinks that's funny." If you can, get some friends to join you. When kids who bully see that other kids don't think it's cool, they are more likely to stop.



Resolving a Conflict

Stop. Rather than just reacting to the situation, it is better to **assess** the situation. Angry feelings can occur when we deal with conflict. Using anger almost always make things worse. Try to relax by taking a deep breath or doing anything that helps you think clearly about what just happened rather than just rushing to make a decision.

Look. Look at the faces of the people involved in the conflict situation. Think about your own face. What does your face say to others? Our faces speak volumes about how we are feeling. Ask yourself if this is the best time to discuss how you feel with this person right now.

Listen. Hear the other person. Often this is the best way to **define** the problem in the first place. A good thing to say early on in the conflict is, “I am willing to hear your side of the story and not interrupt you, so it is only fair that you listen to my side of the story and not interrupt me.”

Respond. After you stop, look, and listen, you should be able to make a better decision about what to do. Try to **evaluate** your decision before you act on it. Ask yourself if this is the best solution for this situation. A good response is one that doesn't hurt anyone and that you could use in another conflict situation.

Types of Bullying

Direct Bullying: relatively open attacks on a victim (target)



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Looks like:

Physical: hitting, kicking, shoving spitting, etc.

Verbal: mocking, teasing, making fun of a person's skin color, etc.

Non-verbal: threatening, obscene gestures, etc.

Indirect Bullying: intentional exclusion from a group

Looks like:

Physical: getting another person to assault someone

Verbal: spreading rumors, gossiping

Non-verbal: deliberate exclusion from a group or activity; isolating someone