**Bullying and Harassment Informational Sheet**

**7th Grade Life Skills – Mr. Thomas**

**Content Standards 3 and 5**

**A definition of bullying:**

* Bullying may be defined as the activity of repeated, aggressive behavior intended to hurt another person, physically or mentally. Bullying is characterized by an individual behaving in a certain way to gain power over another person. Bullying consists of four basic types of abuse – **Social**, **verbal**, **physical**, and **cyber**. It typically involves subtle methods of coercion such as intimidation.

**Types of bullying:**

**Social bullying -** Social bullying involves hurting someone’s reputation and relationships. Social bullying includes:

* Leaving someone out on purpose
* Telling other children not to be friends with someone
* Spreading rumors about someone
* Embarrassing someone in public

**Verbal Bullying -** Verbal bullying is saying or writing hurtful things. Verbal bullying includes:

* Teasing
* Name-calling
* Inappropriate sexual comments
* Taunting
* Threatening to cause harm

**Physical Bullying -** Physical bullying involves hurting a person’s body or possessions. Physical bullying includes:

* Hitting/kicking/pinching
* Spitting
* Tripping/pushing
* Taking or breaking someone’s things
* Making mean or rude hand gestures

**Cyber bullying –** Cyber bullying is [bullying](http://www.stopbullying.gov/what-is-bullying/index.html) that takes place using electronic technology. Cyber bullying includes:

* Mean or harassing online emails, texts, and or pictures targeting the victim.

**Who is impacted by bullying:**

* Bullying does not affect just one person. Bullying can affect everyone - those who are bullied, those who bully, and those who witness bullying.
* **The Victim –** Someone who is the **target** of bullying behavior.
* **The Bully –** Someone who uses unwanted, aggressive behavior to create a perceived unbalance of power. This behavior would be repeated, or have the potential to be repeated, over time.
* **The Witness (Bystander) –** People who are not directly involved in the bullying behavior. They may help the victim, they may fuel the bully, or they may do nothing at all. Witnessing the behavior may also [affect](http://www.stopbullying.gov/at-risk/effects/index.html#bystanders) the child, so it is important for them to learn [what they should do](http://www.stopbullying.gov/respond/be-more-than-a-bystander/index.html) when they see bullying happen.

**Some effective strategies for dealing with bullying:**

**As the victim:**

* All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn’t continue and the effects can be minimized.
* Talk to your parent or an adult you trust.
* Stay calm and respond firmly or walk away. Sometimes you can make a joke, laugh at yourself, and use humor to defuse a situation.
* Act confident. Hold your head up, stand up straight and make eye contact.
* Try to make friends with other students. A bully is more likely to leave you alone if you are with your friends.
* Avoid situations where bullying can happen. Avoid being where the bullies are.
* Find activities you enjoy and are good at to help build your self confidence.
* If it is happening at school, ALWAYS tell a teacher, counselor, and/or administrator.

**Some effective strategies for dealing with bullying: (Continued)**

**As a witness:**

* Become the Upstander. Be the one that takes the power away from the bully.
* Refuse to join in if you see someone being bullied. Try to resist pressure to join in.
* Attempt to defuse bullying situations when you see them starting up. Try to draw attention away from the targeted person. However, never place yourself at risk.
* If you can do so without risk to your own safety, get a teacher, parent, or other responsible adult to come help immediately.
* Speak up and/or offer support to bullied peers when you witness bullying. If you cannot do this at the time, privately support those being hurt with words or kindness or condolence later.
* Encourage the bullied peer to talk with parents or a trusted adult.