

What is bullying?

According to StopBullying.Gov:

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying:

There are three types of bullying:

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or 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
- 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

For more information visit: stopbullying.gov

HOW TO DEAL WITH BULLYING AT BENSON

When it is happening to you:

Stop – Walk – Talk

1. If someone is bullying you or being mean, tell them to **stop**.
2. If the person doesn't stop, **walk** away from him/her.
3. If the person still doesn't stop the bullying after you asked them to stop and even walked away, **talk** to a trusted adult.

Remember that telling is not tattling.

- Telling is when you want to keep out of trouble and keep safe here at school.
- Tattling is when you are trying to get someone in trouble.

When it's happening to someone else and you're watching (you are the bystander):

Take a Stand – Lend a Hand

1. **Speak up for the person being bullied.**
 - Bullies expect bystanders to be silent. The bully may be unnerved by your support.
2. **Speak kindly to the person being bullied.**
 - "I'm sorry about what happened. I don't like it". Help them understand it's not their fault.
3. **Include the person being bullied.**
 - Invite the student to do things with you in class, sit with you at lunch, or hang with you at recess. Include them in activities.
4. **Make it a rule in your group of friends to help people who need help.**
 - It's okay to be nice.
5. **Don't participate in gossip.**
 - Let people know that you're only interested in what you know is true. Spreading rumors and talking negatively about others doesn't help anyone.
6. **Notice who the other bystanders are.**
 - Are any of these people joining in or laughing. If so, they are part of the problem.

7 Encourage the student being bullied to tell an adult.

- Too often students don't want to admit that they are being bullied. Admitting it is the first step toward ending it. Offer to go along with the student as a witness.

8 Tell an adult.

- The bully and the person being bullied both need help. This isn't about tattling. It's about getting the right help for the right people. If you don't want to go alone, take a friend with you.

Challenges with Taking a Stand

<u>Fear of Retaliation</u>	In reality, retaliation often doesn't happen. However, we understand it is a concern and we will not let anyone know you talked.
<u>Fear of Losing Social Status</u>	There is strength in numbers. You can ask a friend to take a stand with you.
<u>Afraid of Making Things Worse</u>	Remember, when someone is being hurt, things can't get much worse. Doing something is much better than doing nothing.

HOW CAN YOU GET HELP AT BENSON

- Talk to Mrs. Gornik or Ms. Riley
- Talk to a teacher
- Go to the Benson website and fill out the bully report
- Talk to Dr. Turner