

## Kinds Of Bullying



**Don't Bully**  
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6 years old

Bullies hurt people  
and they don't let you play.  
They are very annoying  
and have mean things to say.

Friends are wonderful  
and they play with you.  
They are kind and helpful  
and say nice things too.



- Physical Bullying = when the victim is being abused or attacked by the bully.  
This type of bullying is found on playgrounds.

- Cyber Bullying= when the victim is being targeted through any form of electronic device.  
This occurs the most through social media but can also occur through emails or messages.

- Verbal Bullying= when the victim is being criticized or insulted verbally by the bully.  
This is usually is found in notes or name calling.

- Emotional Bullying= when the victim is being hurt emotionally by another person.  
This mainly occurs to adults and is seen in work places or in relationships.

Bully- someone who seeks to harm others in a physical or mental way.

Bystander- someone who is present during the time of the event, but does not take part or say anything to prevent the situation from happening.

Victim- the person who is harmed or being verbally abused during the event .



Teasing - to insult someone in a playful way, while not hurting the other person.  
Taunting- when ones intent is to isolate the target and use hurtful or cruel words.

### Put a STOP to Bullying

**Teasing vs. Taunting**  
Is it good-natured, give-and-take banter (teasing) or malicious and intentionally hurtful (taunting)?

Teasing 😊	Taunting 😡
<ul style="list-style-type: none"> <li>Roles can swap</li> <li>Not meant to hurt</li> <li>Keeps dignity of all</li> <li>Only 1 part of relationship</li> <li>Laugh with, not at target</li> <li>Humor in voice</li> <li>Both parties laugh</li> <li>No harm to self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>1-sided, power imbalance</li> <li>Intended to hurt</li> <li>Humiliating, demeaning</li> <li>Cruel, bigoted</li> <li>Laughing at target</li> <li>"Disguised" as a joke</li> <li>Not funny to the target</li> <li>Harms self-esteem</li> </ul>
Stops when someone gets hurt or says "Stop"	Continues especially when target is upset or says "Stop"

### Be Aware of the "Ouch" Point

When teasing goes too far, and it occasionally does, does the teaser back off and offer an apology or does the teasing intensify? If the teasing continues or intensifies, that's taunting, not teasing.

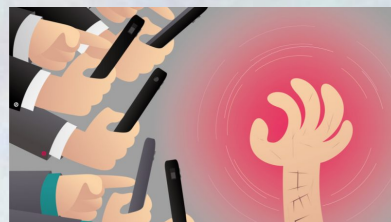
### Help Kids (& Adults) Learn To:

Watch and listen for the "Ouch" point when playing or talking with others - then back off and apologize.

~ AND ~

Recognize and RESPECT a serious "Please stop!" request.

Infographic by: BullyingEpidemic © 2012 @BullyEpic



**3 facts about bullying**  
1) About 160,000 kids stay home from school because of the fear of bullying.  
2) 1 in 5 high school students are bullied in the U.S, that's 8.2 million every year.  
3) Girls are about twice as likely as boys to be victims and perpetrators of cyber-bullying.

**3 tips if you witness bullying-**  
1) Inform a trusted adult about who is the victim and who is the bully.  
2) Talk to the victim and become their friend and comfort them in times of need.  
3) Stand up for the victim whether they are a friend of your or even if you don't know them at all.

### Are you being bullied?

- 1) Look at the bully and ask him/her to stop in a calm tone.
- 2) Try to laugh it off so that he bully will be caught off guard.
- 3) Talk to a trusted adult about when and how you are getting bullied.
- 4) Try to walk away and ignore them instead of getting into a fight.
- 5) If being cyber bullied, report them or talk to an adult about it.



### 8 tips to stay safe online

- 1 Be nice to people online.
- 2 Take care with what you share.
- 3 Keep personal information private.
- 4 Check your privacy settings.
- 5 Know how to report posts.
- 6 Keep your passwords safe.
- 7 Never meet anyone in person you've only met online.
- 8 If you see anything online that you don't like or you find upsetting, tell someone you trust.



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