

Facilitator Script

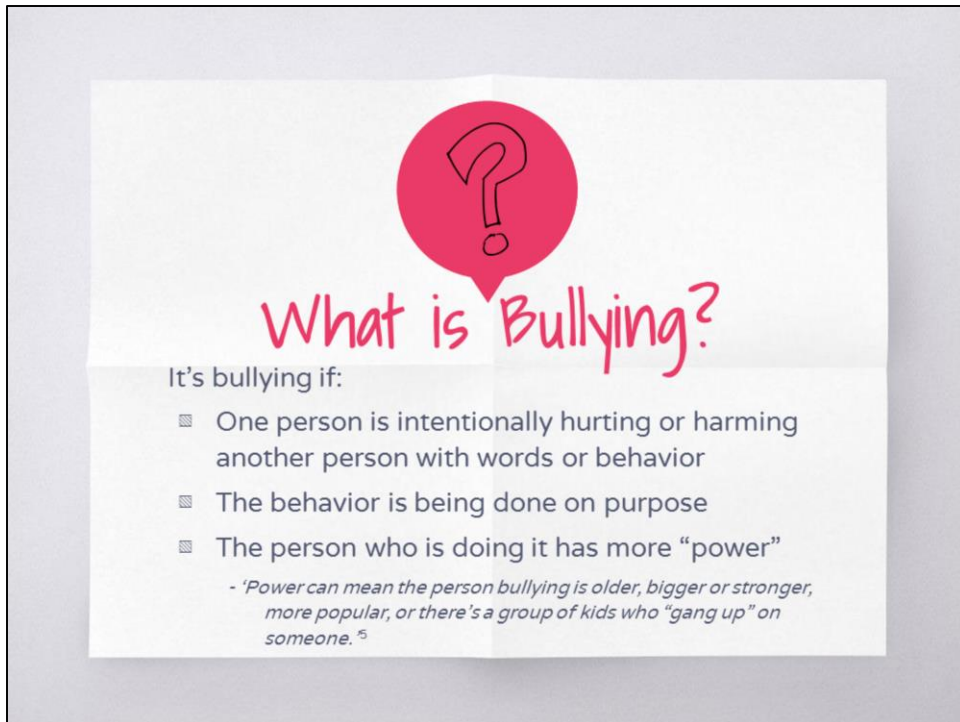
(Read the text in the boxes as you go through the PowerPoint slides)

Today we are going to talk about one form of violence—bullying.



How do you describe bullying?

(WAIT FOR RESPONSES)



There are few different characteristics that define an action or actions as bullying.

It's bullying if one person is intentionally hurting or harming another person with their words or behavior, if the behavior is being done on purpose, and if the person who is doing the bullying has more "power."

When it comes to bullying, "power can mean the person bullying is older, bigger, stronger, more popular, or that there's a group of kids who 'gang up on someone.'⁵"



What are some
types of bullying?


Now we're going to talk about four different types of bullying.

Can anyone name some of the different types of bullying?

(WAIT FOR RESPONSES)

Physical Bullying (Actions)

- ▣ Beating up
- ▣ Hitting/kicking
- ▣ Poking
- ▣ Pushing/tripping
- ▣ Taking or breaking someone's things



The first type of bullying we're going to discuss is physical bullying.

Physical bullying can include actions such as beating someone up, hitting, kicking, poking and pushing.⁶

Verbal Bullying (Words)

- ▣ Insulting
- ▣ Name-calling
- ▣ Teasing
- ▣ Yelling
- ▣ Threatening to harm



Another type of bullying is verbal bullying.

Verbal bullying happens when people use their words to insult, name call, tease, threaten to harm, and/or yell at other people.⁶

Social or Relational Bullying

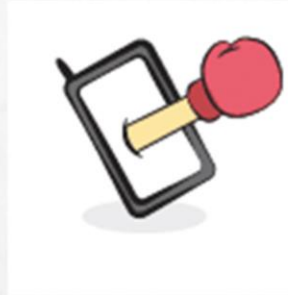
- ▣ Excluding
- ▣ Spreading rumors
- ▣ Getting others to hurt someone



Social or relational bullying takes place when people exclude others, spread rumors about other people, or get others to hurt someone.⁶

Cyberbullying (Social Media)

- ▣ Sending hurtful messages or images by Internet or cell phone



Finally, cyberbullying is a form of bullying that includes sending hurtful messages or images using the internet or cell phones.⁶



The different forms of bullying can be direct or indirect.

DIRECT BULLYING CAN BE:

- Teasing
- Taunting
- Threatening
- Hitting
- Pushing
- Pinching
- Stealing
- Tripping
- Destroying clothing, homework, etc.
- Hurtful words
- Cruel jokes or tricks
- Making someone do something they don't want to do
- Ganging up on someone

Direct forms of bullying can be hitting, stealing, destroying someone's clothing or homework, making cruel jokes about someone, or making them do something they don't want to do.⁷

Direct bullying occurs when someone does something directly to another person.

INDIRECT BULLYING CAN BE:

- Intentional exclusion (“Don’t play with him”... “Don’t invite her”)
- Spreading rumors or gossip
- Ignoring or leaving someone out
- Mean looks or rude gestures
- Writing and passing cruel or threatening notes (or using email and forms of social media)

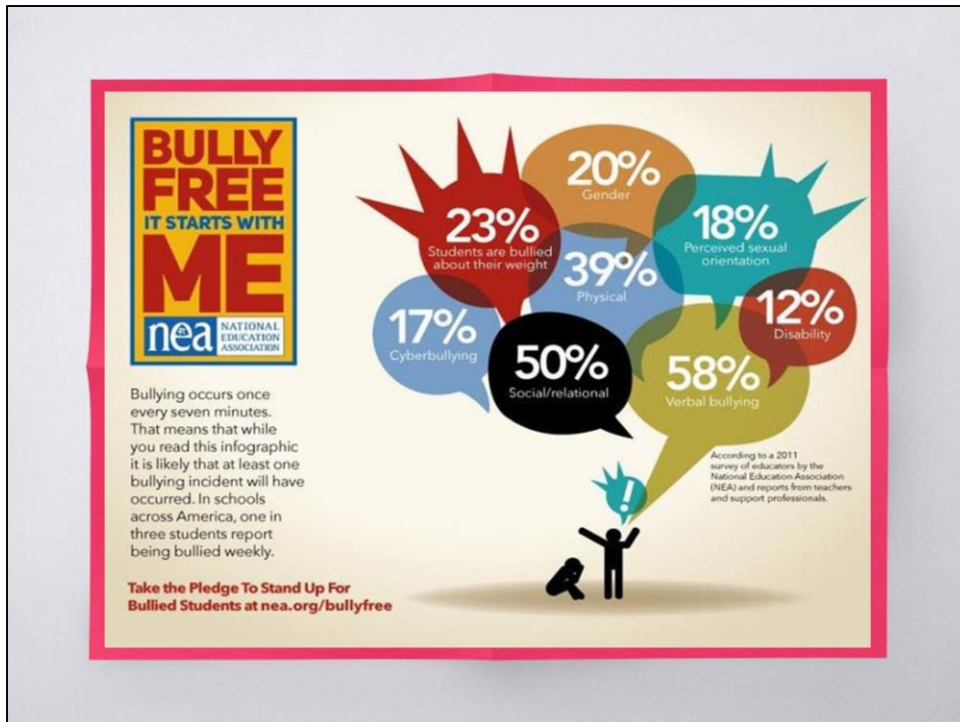
Some examples of indirect bullying can be saying things like “Don’t play with him” or “Don’t invite her,” spreading rumors about someone or leaving someone out.⁷

Although someone may not be directly hitting or kicking another person, indirect bullying is still harmful.



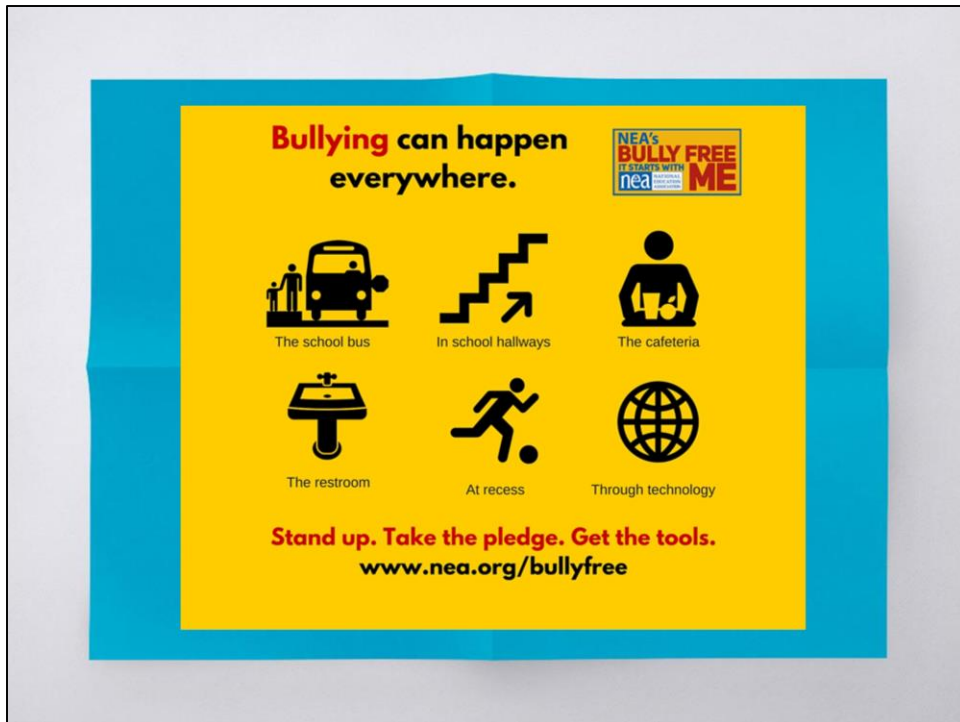
It is important to understand the different forms of bullying because bullying can affect anyone and cause them to have negative experiences.

A past study in the state of Illinois found that 21% of students report being bullied at school--that's approximately one out of every 5 students. It also possible that the number is even higher because some students may not have wanted to say that they were being bullied.



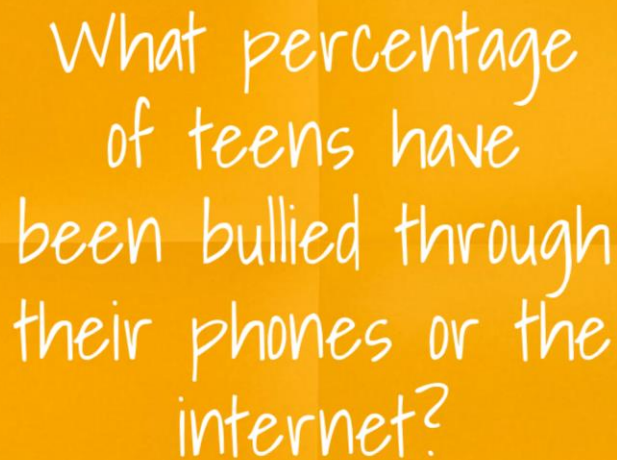
This picture shows some of different forms of bullying people experienced or reasons why they were bullied.

As we can see, students are experiencing many different forms of bullying and are being bullied for a variety of reasons.



It is also important to know that bullying can happen anywhere.

This can make students feel unsafe or anxious to go to school or even use technology.

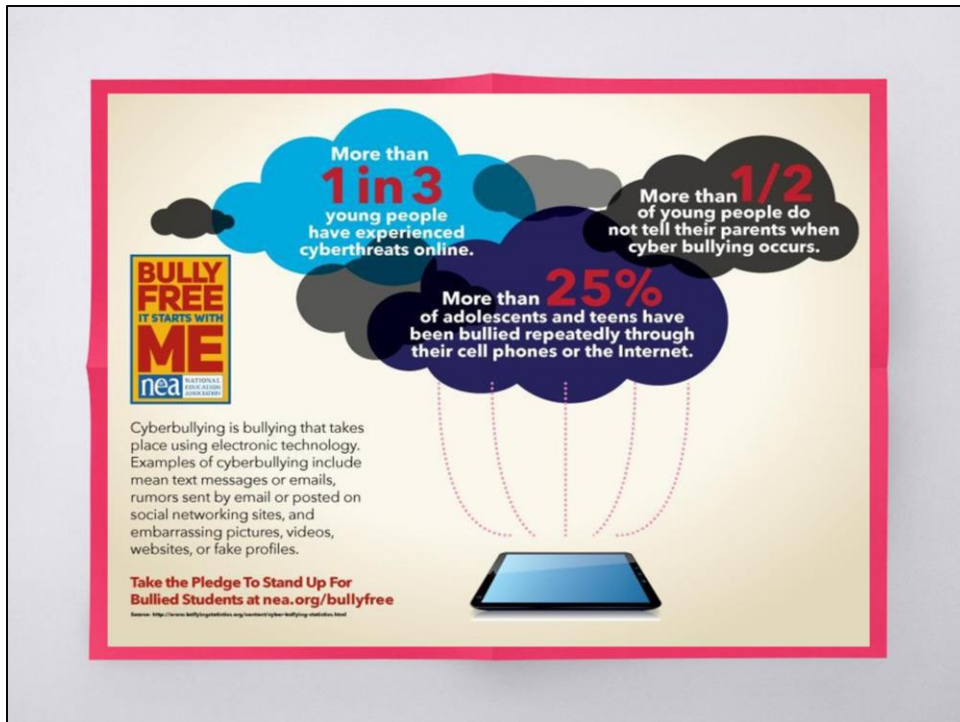


What percentage
of teens have
been bullied through
their phones or the
internet?

With the rise in technology and social media we have also witnessed more cyberbullying.

What percentage of teens do you think have been bullied through their phones or the internet?

(WAIT FOR ANSWERS, THEN GO TO NEXT SLIDE)



According to the National Education Association, “more than 25% of teens have been bullied repeatedly through their cell phones or the internet.⁸”

Effects of bullying

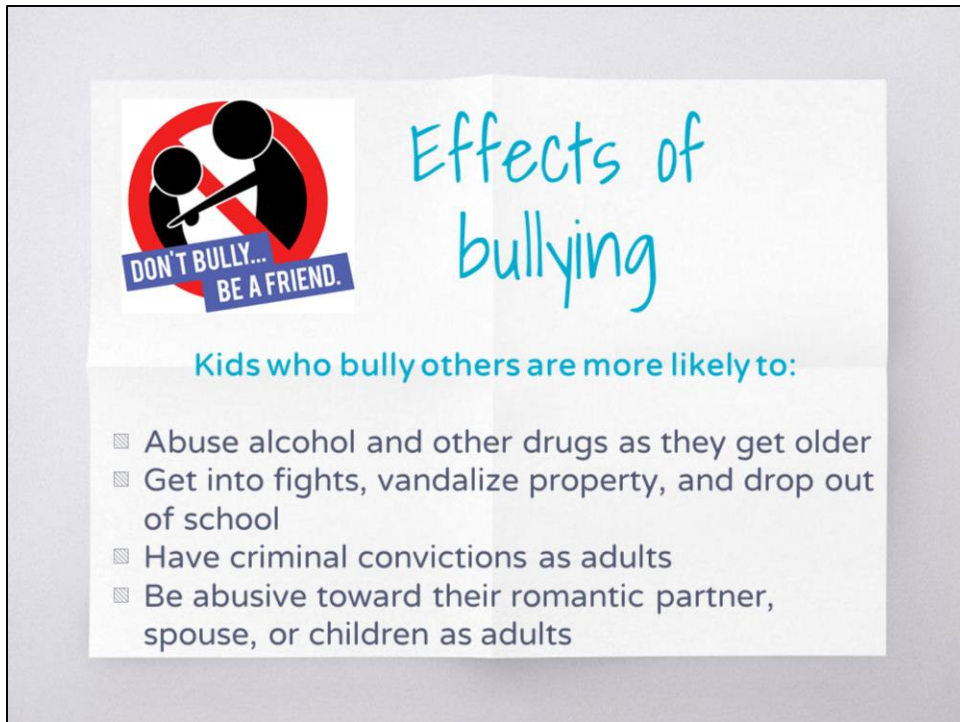
Don't Bully... Be a Friend.

Kids who are bullied are more likely to experience:

- Depression and anxiety
- Increased feelings of sadness and loneliness
- Health complaints
- Lower academic achievement— GPA, test scores—and school participation

Bullying can lead to a lot of negative effects for those involved.

People who experience bullying are more likely to experience “depression and anxiety, have increased feelings of sadness and loneliness, have health complaints, and be lower academic achievement and school participation.⁸”




Effects of bullying

Kids who bully others are more likely to:

- ▣ Abuse alcohol and other drugs as they get older
- ▣ Get into fights, vandalize property, and drop out of school
- ▣ Have criminal convictions as adults
- ▣ Be abusive toward their romantic partner, spouse, or children as adults

There are also negative effects for those who are the bullies.

People who bully others are more likely to “abuse alcohol and other drugs as they get older, get into fights and drop out of school, be convicted of crimes as adults, and be abusive towards their romantic partner or children.⁸”

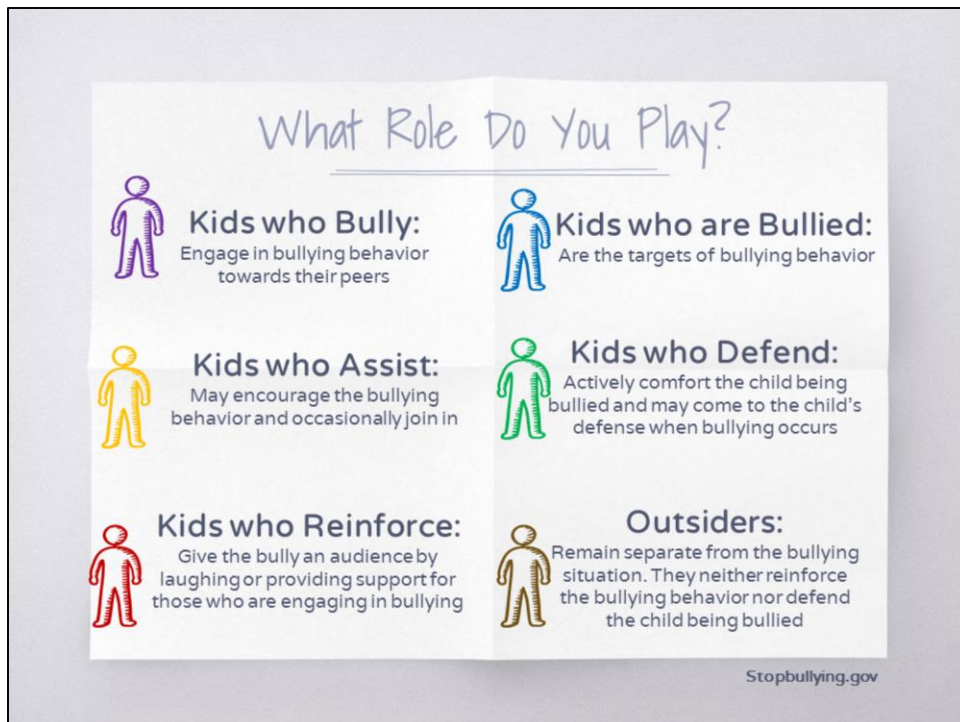


Effects of bullying

Kids who witness bullying are more likely to:

- ▣ Have increased use of tobacco, alcohol, or other drugs
- ▣ Have increased mental health problems, including depression and anxiety
- ▣ Miss or skip school

Finally, kids who witness bullying are more likely to “have increased use of tobacco, alcohol or other drugs, have increased mental health problems such as depression and anxiety, and miss or skip school.⁸”



When thinking about bullying situations, it's important to think about what role you play.

Are you someone who bullies other kids?

Do you encourage bullying behavior or join in or are you the kid who gives the bully an audience by laughing when they are bullying someone?

Maybe you are someone who has been bullied?

Do you consider yourself to be someone who defends those who are bullied or are do you stay away from the bullying situation altogether?

Thinking about our role in bullying situations helps us determine whether we are promoting negative behavior or positive behavior.

Be More Than a Bystander



- Be their friend
- Tell a trusted adult
- Help them get away
- Don't give bullying an audience
- Set a good example

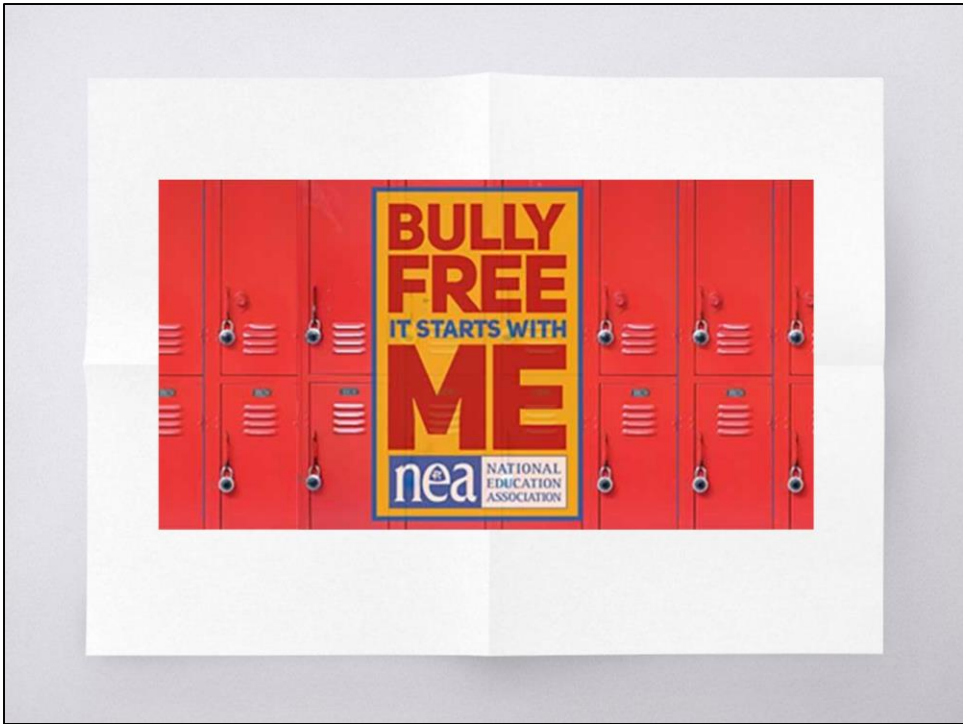
If you consider yourself to be someone who stands by and watches when someone is being bullied you should know that there are ways you can help prevent bullying.

Some things you can do are be their friend, tell a trusted adult, and/or help them get away.

You can also help by not giving the bullying an audience and setting a good example for your peers through your actions.



We can all work to prevent bullying by speaking up and not bullying others.



(END OF PRESENTATION)