

Elks DRUG QUIZ SHOW

Bullying



Bullying is all too common in today's society.

It involves intentionally doing mean or hurtful things to people who may have a hard time defending themselves.

Unfortunately, in most cases, bullying is **NOT** a one time occurrence. Instead, people who bully tend to do it over and over again.

Sometimes individuals aren't even aware they are bullying. They think it's "no big deal," and that they are just joking around. Some might even know what bullying feels like because it's happened to them before. Hard to believe they wouldn't know that what they're doing is hurting someone else, but sometimes they really don't.

Others who bully try to make themselves feel better by putting other people down. It makes them feel powerful, and they also enjoy the attention.

Still others purposely use their power in hurtful ways. They may say, "He was asking for it." Or "She deserved it." Obviously, these excuses are **NEVER** acceptable.

While there are lots of reasons why people might bully, there is no GOOD reason to do so. Even if you've been bullied in the past, that's no reason for you to act that way toward someone else.

Continue reading to learn more about ways to successfully deal with Bullying, Cyber Bullying, and Social Aggression.





What are some examples bullying behavior?

People bully others in lots of different ways.

Some ways are mainly **PHYSICAL**. This includes things like cornering, shoving, hitting, pinching, kicking, or pulling someone's hair.



Some are mainly **VERBAL**. This includes making threats, calling people names, and putting others down.



Still others are mainly **PSYCHOLOGICAL**. You know how this feels if you've ever been the recipient of rude gestures, dirty looks, or intentionally being left out!



Sometimes just the **THOUGHT** of being bullied can be almost as bad as the reality. And, once any of the above actually happens, you might begin thinking you're being bullied, even **!!!** when you're not! MIND games! More torture **!!!**



In addition to being mean, some forms of bullying are actually against the law. These include:

THEFT – stealing or taking someone's belongings without permission

ASSAULT – deliberately threatening people and making them afraid re about to be physically hurt or harmed in some way

BATTERY – purposely having unwanted, hurtful physical contact with another person

HATE CRIMES – physically harming someone because of race, c religion, national origin, sexual orientation, or disability

EXTORTION – forcing people to hand over money or property

HAZING – making new club or team members do dangerous or humiliating things

If any of these happen, you really need to tell an adult and consid reporting it to the authorities (school administrators, police, etc.)





More Important Facts About Bullying...

People in bullying situations typically play one of 3 distinct roles:

- The person being bullied
- The person who witnesses the bullying (often called a bystander)
- The person doing the bullying

People who are bullied may, understandably, experience lots of uncomfortable feelings.

They may feel:

Unsafe
Angry

Distressed
Depressed

Ashamed
Confused

Lonely
Afraid

...and more (often all at the same time)



They also may exhibit one or more of the following behavioral signs:

- deny that a problem with the bully exists
- state that they deserve whatever the bully did
- constantly talk about previous interactions with the bully
- take drastic measures to avoid the bully
- develop health problems (stomachaches, sleeping problems, etc.)
- harbor suicidal thoughts
- engage in bullying behaviors themselves

Bystanders or people who observe bullying often don't know what they should do. They, too, may feel unsafe and be concerned about:

- becoming the bully's next target
- creating a bigger problem if they do something
- feeling guilty if they don't take action
- being seen as a tattletale if they do tell someone



People who bully are more likely than their peers to:

- see school as a negative place to be
- earn poor grades
- engage in fights





What can I do if I am being bullied?

Without question, coping with bullying is difficult and challenging.
But remember, **YOU** are not the problem.
YOU have a right to feel safe, secure, and good about yourself.

Things To Do **AS SOON AS** Someone Starts Bullying You

What you actually do depends on both the specifics of the situation and also on how much confidence and courage you have at that moment. Here are some possibilities:

- Stand up straight and take a deep breath.
- Look around to see if help is available; also to get a more complete picture of what is going on.
- Count to 10 –20 –30 to get a grip on your emotions. Try hard **NOT** to give the person bullying you the major reaction he or she is looking for.
- Silently tell yourself you're a strong person and **WILL** get through this.
- Consider:
 - Agreeing if, for ex., you're called "freckle face" and you really do have a lot of freckles
 - Saying "Thank you. I was wondering if anyone was going to notice!" if teased about something obvious, like having dropped the ball, aced the test, or ripped your shirt
 - Giving a quickie comeback (for ex., saying, "Huh? What?" more than once, if necessary, plus something else unexpected that fits the situation and throws the person off guard)
 - Cracking a joke, if you can quickly think of something funny to say
 - Ignoring the person – though, be aware, this can sometimes anger people and make them bully even harder
 - Telling them to **STOP!** in a non-threatening, matter of fact tone of voice (For example, "I really don't appreciate that. Stop it.")
 - Shouting "**HELP!**" loudly if you seriously need others to rescue you from danger
 - Walking away
 - Running, if you think you're in imminent physical danger

Things To Do **AFTER** Someone Has Bullied You

- Document what just happened. Write it down and put it in a safe place. Be sure to include the names of everyone who saw what went on.
- Talk about it with an adult you trust. If you're afraid to tell an adult or don't know whom to tell, ask a friend to go with you.
- Make a point of hanging out with others, especially when in places where bullying tends to occur (bus stop, playground, school cafeteria, etc.).
- Reread the Conflict Resolution and Decision-Making Learning Centers for ideas on how to communicate and act more assertively.



What can I do if I see someone being bullied?

All of us can choose to step up and try to make a difference. In most bullying situations, bystanders constitute the largest group. That means we have a lot of power if we choose to use it positively.

Speak Up Against Bullying: If you're an observer and can safely support the person being bullied – do it! For example, if you hear people making racial comments, don't ignore it. Tell them that's not appropriate ... or funny. Ask them to stop.

Get Help: If you believe your safety is in jeopardy, trust your fear. It's protecting you. Keep yourself safe and still assist those being bullied by getting help. Go to the nearest adults and tell them what's going on. After the fact, let those who were bullied know you think what happened was unfair. Listen if they want to talk more about it.

Here's a way to help even more students...

Ask for a meeting with the principal to discuss your current official school policy. If specific, reasonable procedures aren't in place to handle bullying situations, **volunteer to serve on a committee to help design one.** Make sure there are other students, parents, teachers, and administrators on the committee. Work toward developing a graduated approach to infractions so that when someone breaks a rule, there's a plan to follow for a first offense, second offense, etc.

Unless the first offense is very serious or illegal, the first response might be documenting everything, reminding students of the rules, asking for cooperation, and letting them know that they've been put on a "watch list." Then it's up to the school to make sure all relevant staff members know **WHAT'S** going on and **WHO** needs close supervision.

A second offense might warrant calling parents, taking disciplinary actions such as assigning lunch detention, and visiting the school Counselor or whoever in that building is supposed to help Youngsters change their negative behavior.

A third or subsequent offense might earn additional calls home or meetings with Parents. More severe disciplinary action (including suspension), mandatory counseling, etc.

Why is all this necessary? Because having a plan in place that teachers consistently follow and students can depend on, results in **HAPPIER** kids and **LESS** bullying behavior!





What can I do if I have
a tendency to bully others?

Congratulations!

Just being aware that this is something you do is
half the battle!

Start by trying to figure out if what you did was
an unusual, out of character, one time
occurrence... or if this way of acting has already
become a habit.

Then ask yourself — How proud would you be to see your picture and what you've done
on the front page of the local newspaper or on the 6 o'clock news?

How would your parents and teachers feel?

Would they be proud of you?

Would your behavior earn you kudos (that's a fancy word for praise)
and extra privileges?

If not, you may want to think twice before doing something like that again.

Need a little more encouragement to change?

Then consider the fact that

even if you're a great person otherwise (very funny, super athlete, etc.),
most people don't like your bullying behavior.

On the outside, they may go along with you because
they still want to be your friend...

Or because they're afraid if they don't,
THEY will become your next target!

But inside, your behavior is **NOT** scoring any points with them.

If you don't think you can change your behavior by yourself,
ask for help.

If talking to a good friend or favorite teacher doesn't do it,
inquire about seeing a counselor either in or outside of school.

Asking for help when you need it is really **SMART**.

And we all know it takes a **BIG** person to do that.





Did you know that bullying can also happen on the Internet or via text messaging?!

Keep reading to learn about Cyber Bullying or e-bullying.

After several months of being treated badly by Rebecca, Susie decided to end their friendship. Rebecca was furious and set out to hurt her even more. She sent Susie dozens of angry e-mails full of untrue accusations. She also got several friends to post nasty comments on Facebook. One included a death wish that said, 'I think Susie should be a victim of a mysterious hit-and-run accident!' Shocked and upset, 13 year old Susie didn't know what to do.

Since the use of technology is at an all time high among youth, so is the possibility of cyber bullying. According to the Stop Bullying Now! Campaign, 1 in 4 middle school students is cyber bullied each month.

1 in 4!

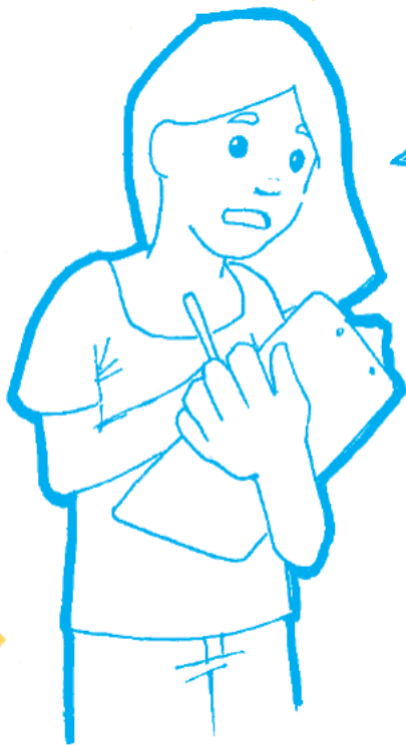
According to the National Crime Prevention Council, cyber bullying refers to using "the Internet, cell phones or other devices...to send or post texts or images intended to hurt or embarrass another person." Girls are twice as likely as boys to be involved in bullying. Girls tend to spread gossip or rumors and post hurtful remarks. Boys, on the other more inclined to harass one another on gaming sites, or to use a cell phone camera to record a fight and then post it online.

People who engage in this type of behavior generally know the person they're bullying and even though someone receiving such a message may THINK they know who sent it, it's hard to be sure. Even if they absolutely recognize a person's name or email address, that doesn't necessarily mean that the message came from that person. Kids are clever at getting around today's technology. And if

they know your password, that can only make things worse. For example, if they know your Facebook password, they could access your account and post ugly pictures, write embarrassing things, or forward something you had meant to keep private. They also could send nasty messages pretending to be you. **THEY** do the dirty work, but **YOU** get the blame.

You mean I have a 25% chance of being cyber bullied **THIS month??**





Anything else I need to know about Cyber Bullying?

Absolutely!

Youngsters who've been cyber bullied are often more anxious or depressed than other kids their age. **WHY** is easy to understand.

Some even become so desperate, they take their own lives.

While suicide may seem like an extreme response, you have to realize that in e situations, there's no break from the abuse. Just turning on a cell or logging onto a social networking site raises the possibility of being victimized...**AGAIN**.

This type of bullying is different from being harassed at school or bullied on the playground. Once you leave those places, you can go home where it is safe. With cyber bullying, any place you go, including home, can feel unsafe.

In addition, cyber bullies typically write things they wouldn't say to a person's face. And since they can't see your expression when you read it, they often write even more vicious things to try and get a reaction out of you.

Something to Think About

In today's technological world, there are no guarantees. Whatever you say or do...in school, after school, over the weekend...can easily be captured on someone's cell phone camera and put out there for the whole world (including your parents and teachers) to see.

If someone gets mad at you, something you meant to share with only a few select friends (on a private Facebook page, for example) could easily wind up in an email sent to the entire class. And once it's on the Internet, it can stay there **FOREVER!**

Since there **IS** something you can do about this, seriously consider protecting yourself by only saying, doing, writing or posting things that wouldn't embarrass you if they ever became public.



How can I stop a Cyber Bully?

To start with, if you're being cyber bullied, it's critical to remember you've done nothing wrong. It's the **OTHER** person who has the problem!

Here are Some Other Important Do's and Don'ts:

Choose your passwords carefully.

Select ones that are easy for you to remember, but difficult for others to guess.

Save all messages as evidence.

Don't upset yourself by reading all of them, but since a paper trail exists, **SAVE IT!** Print several copies and give them to one or more trusted adult to hold. They may well come in handy later on to support your case. Bottom line: Threatening others is plain wrong and can get people in trouble in school, at home, or with the law.

Talk to a parent or responsible adult immediately

if someone says or does something that makes you feel uncomfortable or threatened in any way. Besides keeping you safe, this person can help figure out what needs to be done next. This could include contacting the parents of the cyber bully, consulting an attorney, even calling the police if you've been threatened with harm.

Report inappropriate or offensive messages

to the company that runs the chat room or web site. Follow that up by filing a complaint with your Internet service provider (ISP).

If the **unwelcome message** arrived via cell phone, file a complaint with your cell phone company.

note:

Some people think that if you're absolutely sure you know who did it, and if you're comfortable with the idea of facing the person, you could calmly ask for the cruel emails to stop and the hurtful posts to be removed. People who do this certainly deserve credit for having the courage to stand up for themselves. But they also need to realize they're taking a **HUGE** risk. The cyber bullying could well continue; in fact, possibly even get worse. For example, if they invite an adult to go with them to help equalize the power, they might now also be called a "baby" who had to bring someone along to help protect them.



Never share your password with anyone.

Why? Because today's BFFs (Best Friends Forever) can become tomorrow's enemies. Because relationships change all the time, keeping your password **PRIVATE** decreases the chance that one day it will be used as a weapon against you.

Never open a text or email if you don't recognize the name of the sender.

Never take your anger out in writing

...unless, of course, it's in your journal.

Hurtful messages sent into cyber space stay there forever. They also invite retaliation (that's another way of saying revenge) !!

Don't try to make or keep friends by joining in on teasing or harassing others. If you overhear a mean voice saying something like, "Let's get together after school so we can have fun texting Emma," stop and think. You've got some choices here. And what you do will influence others.

You could come up with a reason for not being able to get together today. But that would only get you out of it this one time.

Alternatively, you could decide to do something brave. You could talk to others in the group who also don't like harassing others, and get them to agree to back you up if you decide to speak. You could even role-play or practice different ways the conversation might go. That way you can all feel in control and better prepared for whatever happens next.

Then, as soon as the ringleader suggests doing some that makes you uncomfortable, speak up calmly, but firmly. Say Emma doesn't deserve this type of treatment and suggest something else fun to do instead. Responding quickly can sometimes put a stop to things before they get started. This is particularly true if others are equally forceful and committed to wanting to make a change.



Don't respond to anyone who cyber bullies.

Responding only gives that person more fuel for the fire. Instead, take your printed evidence and share it with a trusted adult. Do that sooner rather than later. And, in everything else in life, if the first adult you approach isn't helpful, keep trying until you find one who will.



I've heard of something called
"Social Aggression?" What
exactly is that?

It's a type of bullying behavior intended to hurt someone by harming his or her "relationships" with others. That's probably why it's also known as "RELATIONAL Aggression."

One minute you're part of a group.
The next minute
No one even talks to you
And you have no idea
why. How confusing & hurtful is that


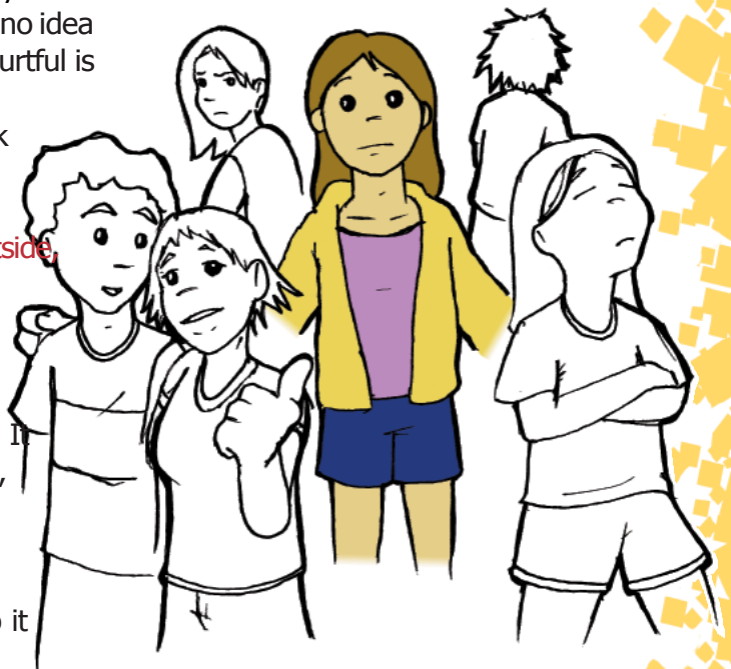
When people get in fist fights, they may get a black eye or bloody nose. Here, however, the abuse is more emotional or psychological.

But just because you don't see bruises on the outside, doesn't mean that everything is fine.

INSIDE, the hurt can be just as painful.
Sometimes even more so.

Social aggression can happen to anyone at any age. It can take place in any environment, including homes, schools, teams, clubs, and the workplace.

While boys do participate in social aggression, girls do it more. Maybe that's because status or personal value among young males is generally based on strength and physical skill. For female tweens and teens, however, it's more about friendships and where they each fit into the group.



Some of these groups or cliques are ruled by popular, high social-status girls who use their power in mean and controlling ways. If others don't do what they say they could soon find THEMSELVES the next targets!

No wonder one of the names for these types of leaders is RMGs (Really Mean Girls)!

Equally maddening is the fact that, because social aggression is so subtle, it's usually difficult for adults to detect on their own, and try to stop.



Did you know that Social Aggression can be direct or indirect?

Direct Aggression is when a person makes fun of or hurts another person's feelings in his or her presence.



Why do you even talk to us? No one likes you!

Rejection



Negative Facial Expressions



Negative Nonverbal Communication



C'mon girls, let's go Somewhere and eat.

Social Exclusion

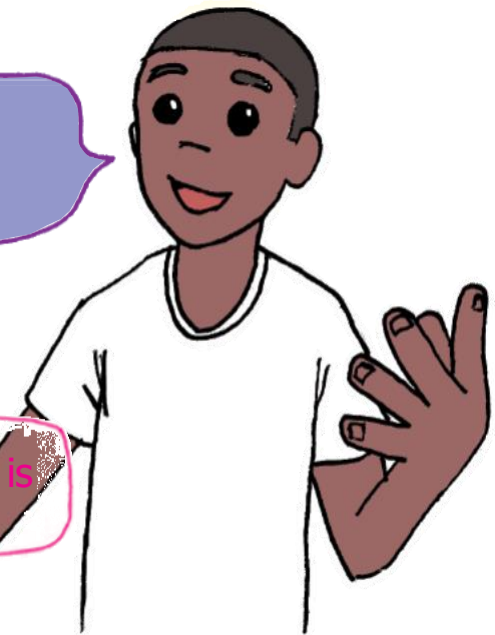
More About Social Aggression

Indirect Aggression is when a person insults someone else's social status and self-esteem behind that person's back.

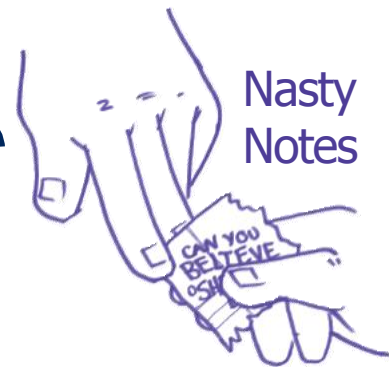


Can you believe she is dating TWO guys?

Slanderous Rumors



Sometimes people aren't even aware that what they're doing is actually considered "aggressive."



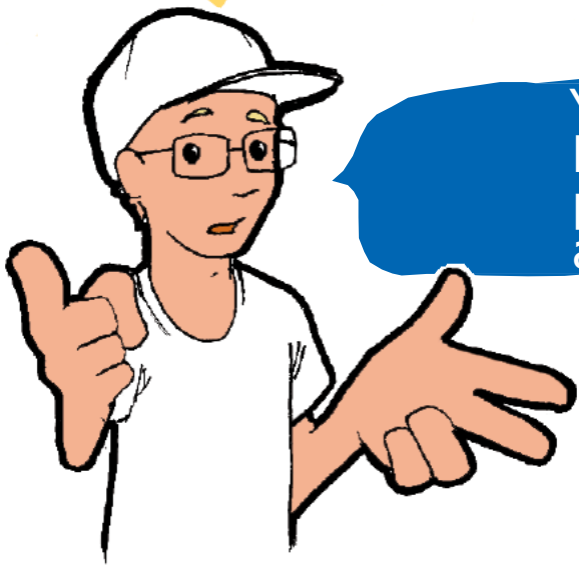
Nasty Notes



IM or Texting Rumors or Negative Comments

Gossip





You probably already know a lot of different ways some people spread gossip, lies, and rumors!

These include:



IM (Instant Messaging)



Blogging Sites such as Facebook, Twitter, and MySpace



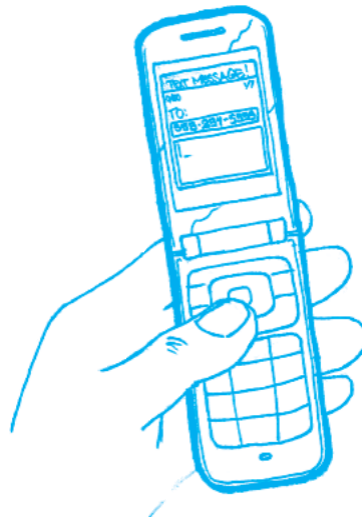
Face-to-Face Communication



Internet



Nasty Notes



Text Messaging



Phone Calls



Email




What can I do to stay safe if “I” become a target of social aggression?

You can stay **SAFE** by following these four steps:

Stay calm. Getting emotional will not help the situation. Also refrain from lashing out or gossiping about your attacker. That will only make things worse.

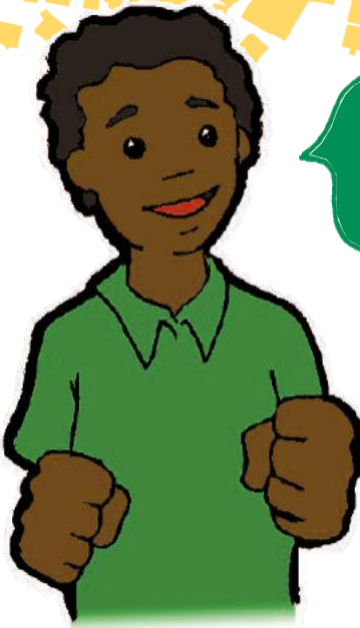
Ask friends you trust to spread the truth. This should be done in a way that doesn’t create more drama. As issues arise and whenever it’s appropriate, ask trusted friends to calmly state the truth to whoever is trying to spread gossip or lies.



That’s **SO NOT** true! I just saw Jen’s older brother yesterday. He is definitely **NOT** in jail.

Face the person at a time and in a place that allows for privacy. It’s never a good idea to confront someone in front of an audience. That just creates a bad scene and reduces the chance that the person will respond in a positive way.

Enlist the help of an adult. Together, figure out what you want to do and the best way to do it. If you decide to speak with the person who’s been harassing you, consider inviting along an adult to help equalize the power. School counselors should be especially helpful as they’ve been trained to assist students with these kinds of problems. Before setting up the meeting, consider reviewing together the Conflict Resolution Learning Center. It includes a plan for resolving conflicts as well as lots of good listening and speaking skills.



What can “I” do to help someone who’s the target of social aggression?

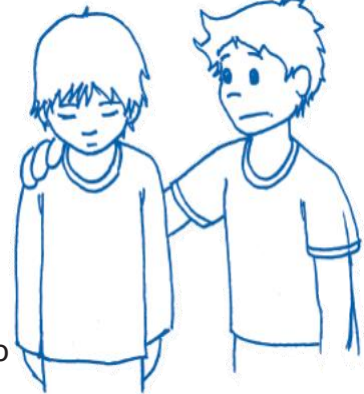
Help **STOP** social aggression by following these four steps:

Save any evidence that might exist to give to trusted adults. Let your friend know that having “proof” will make it easier for the people who created the appropriate texts, tweets, or messages, for example, to be held responsible for their behavior



Tell the truth. Be a good friend by squashing rumors and lies whenever you come across them. Say what you have to say in a matter of fact tone, without creating a scene.

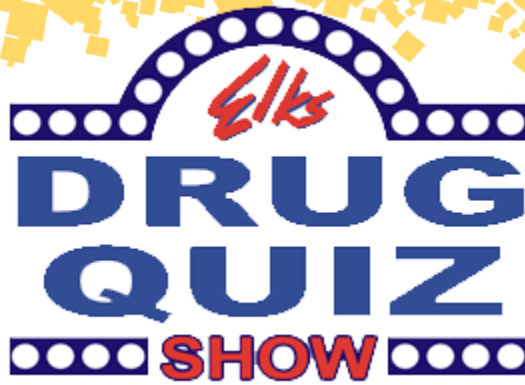
Offer support by letting targets know you’re on their side. If you’re comfortable speaking up as soon as you witness something wrong, great. But even if you hear about it hours...or days...later, call your friend. Tell them you heard what’s going on. Then just be quiet and listen to whatever they have to say. This honestly is more important than you can imagine. When they’re finished talking about it, offer to do something fun together. They’ll undoubtedly appreciate having something else to do and think about for a while.



Prevent further harm by refusing to participate. Yes, standing up for what is right can be hard. But by refusing to spread additional gossip, you’re not only helping your friend, you’re also being an outstanding role model for others.

Now **THAT’S** something you **AND** your parents would probably be **PROUD** to see on the front page of the newspaper!





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