



What is Bullying?.

Bullying is when these things happen again and again to someone.

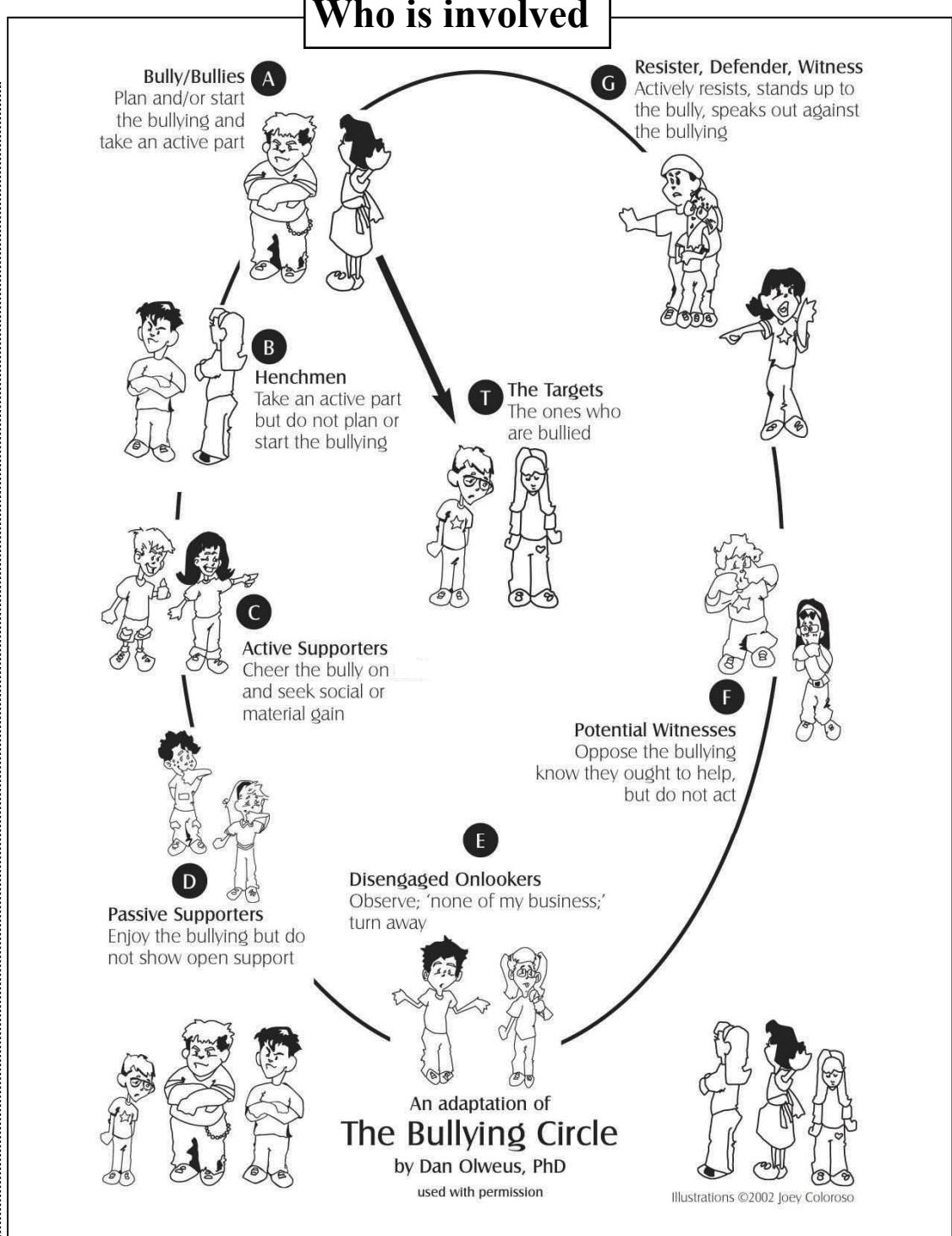
1. Being ignored, left out on purpose, or not allowed to join in.
2. Being made afraid of getting hurt.
3. Being made fun of and teased in a mean and hurtful way
4. Being hit, kicked or pushed around.
5. Lies or nasty stories are told about them to make other kids not like them.



It is hard for the child being bullied to stop these things from happening again and again.

Bully Prevention

Who is involved



Problem
↔
Solution

- A. **Bully/Bullies** Plan and /or start the bulling and take an active part.
- B. **Henchmen** Take an active part but do not plan or start the bullying
- C. **Active Supporters** Cheer the bully on and seek social or material gain.
- D. **Passive Supporters** Enjoy the bullying but do not show open support
- E. **Disengaged Onlookers** Observe; "none of my business;" turn away
- F. **Potential Witnesses** oppose the bullying, know they ought to help, but do not act
- G. **Resister, Defender, Witness** actively resists, stands up to the bully, speaks out against the bullying.
- T. **The Targets** the ones who are bullied

Self-Defense

How to be a Defender

1. Speak out if safe
2. Get friends to join in
3. Tell a trusted adult
teacher and parent/family
at home
4. Support bullied student

Defining Goals of Self-Defense:

- Deescalate Conflict (Conflict Resolution)
- Self-Protection (Prevent Serious Injury)
- Stop Assault (Distract, Disable, or Restraine)
- Clear (Escape)



Escalation of Assault

- Verbal Assault → Invasion of Personal Space → Physical Assault

Self Defense Skills:

1. De-Escalate Verbally
2. Create Distance
3. Guard (Startle Flinch)
4. Cover

Drill 1-Striking

- Guard
- Cover/Block
- Palm-Heel (2-4 times)
- Elbow
- Clinch
- Knee
- Clear



Drill 2-Distraction

- Eyes-poke
- Ears-box
- Nose-palm heel
- Neck-knife hand
- Midsection-knee
- Low Section-Kick



If Cyber-bullying Occurs

- Stop
- Print
- Block
- Tell



Cyber-bullying occurs when children and youth use cyber-technologies such as text messaging, Internet sites, and cell phones to bully others.

- Indirect forms of bullying like this can include spreading of false rumors, gossip, and verbal taunts or attacks.
- Like bullying that happens in person, cyber-bullying can have serious, and sometimes legal consequences for the ones doing the bullying.

