

## Bullies: What is Bullying?

Bully. What does the word make you think of? For some people, it's that girl at school who always makes fun of them. For others, it's the biggest guy in the neighborhood who's always trying to beat them up or take their things. Sometimes "bully" means a whole group of kids, ganging up on someone else. No matter what situation or form it comes in, bullying can make you feel depressed, hurt, and alone.

Bullying happens everywhere, whether it's your town or Paris, France. It happens all the time, and it's happened since forever. Because it's so common, many adults think bullying is just a normal part of growing up. You've probably heard parents or teachers say things like: "Don't let it get to you" or "You just have to be tougher."

### Physical bullying means:

- ◆ Hitting, kicking, or pushing someone...or even just threatening to do it
- ◆ Stealing, hiding, or ruining someone's things
- ◆ Making someone do things he/she doesn't want to do

### Verbal bullying means:

- ◆ Name-calling
- ◆ Teasing
- ◆ Insulting

### Relationship bullying means:

- ◆ Refusing to talk to someone
- ◆ Spreading lies or rumors about someone
- ◆ Making someone feel left out or rejected

What do all of these things have in common? They're examples of ways one person can make another person feel hurt, afraid, or uncomfortable. When these are done to someone more than once, usually over and over again for a long period of time, that's bullying.



### What makes a bully?

Bullies can be boys or girls, big kids or little kids, smart or not smart kids. Some bullies use words to hurt the feelings of their victim and some like to hurt people's bodies.

### What you should know about bullies?

- ◆ They like embarrassing or hurting people.
- ◆ They are often not confident/happy people themselves which is why they pick on others.
- ◆ They feel better about themselves if they can make others feel worse.
- ◆ Some people join in or go along with the bullying of others to save themselves from being bullied.
- ◆ Bullies often work in groups, because it is easy for them to make excuses when they are caught.

**B** - BASHING, WEAKER PEOPLE.

**U** - UNFAIR, TO ALL PICK ON ONE.

**L** - LYING, TO GET OUT OF TROUBLE

**L** - LOUT, DON' T YOU ACT LIKE ONE.

**Y** - YUCK, THAT' S HOW THEY MAKE PEOPLE FEEL.

**I** - ILLEGAL, EVERYONE HAS RIGHTS.

**N** - NAUGHTY, TO UPSET SOMEONE.

**G** - GANGS WHO GO LOOKING FOR FIGHTS.

## Who gets picked on?

Sometimes it's hard to work out why bullies pick on some people but one thing is for sure, it's not the fault of the person who is being picked on. Bullies generally go for:

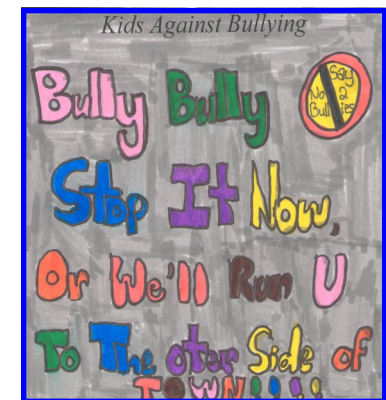
- ✓ Anyone who just happens to be in the wrong place at the wrong time.
- ✓ People who are different in any way.
- ✓ Anyone who seems like an easy target.
- ✓ People who are smaller or younger than the bully.

### How it feels to be bullied:

Being the victim can lead to:

- ⊗ Feeling left out and lonely.
- ⊗ Not wanting to eat.
- ⊗ Not wanting to go to school.
- ⊗ Doing badly at school work.
- ⊗ Running away from school or home.
- ⊗ Having bad dreams.
- ⊗ Wetting the bed.

**It is time for us all to say:**



**Bullying people is not okay!!!**

## **BULLYING IS A BIG DEAL!!!**

Bullying is a big problem that affects lots of kids. Three-quarters of all kids say they have been bullied or teased. Being bullied can make kids feel really bad. The stress of dealing with bullies can make kids feel sick. Bullying can make kids not want to play outside or go to school. It's hard to keep your mind on schoolwork when you're worried about how you're going to deal with the bully near your locker. Bullying bothers everyone — and not just the kids who are getting picked on. Bullying can make school a place of fear and can lead to more violence and more stress for everyone.

### **WHY DO BULLIES ACT THAT WAY?**

Some bullies are looking for attention. They might think bullying is a way to be popular or to get what they want. Most bullies are trying to make themselves feel more important. Bullies often pick on someone they think they can have power over. Some bullies come from families where everyone is angry and shouting all the time. They may think that being angry, calling names, pushing people around is a normal way to act. Some have been bullied themselves. Most bullies don't understand or care about the feelings of others.

*If you think you might be one of these people, remember that we are all different and that is why it is an interesting world. Being different doesn't make it okay to be picked on!*

## **Mission Statement**

*The Oklahoma Parents Center is dedicated to the equality of children and adults with disabilities. Our mission is to train, inform, educate and support parents, families, professionals and consumers in building partnerships that meet the needs of children and youth with the full range of disabilities ages birth through twenty-six.*

## **About us**

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**Oklahoma Parents Center**  
**Statewide Parent Training and Information**

# **BULLYING IS A BIG DEAL!**



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