

What is Bullying?

Bullying is a power imbalance between the bully and the target.

Bullying can include hitting, name-calling, threatening, intimidating, kicking, spreading rumors, teasing, pushing, tripping, excluding someone from a group or destroying someone's things.

Bullying can be direct (seen and immediately felt) or indirect (exclusion, name calling, etc.). Boys bully people OUTSIDE of their friendship group; girls are mean to people INSIDE their friendship group.

Cyber bullying: (A.K.A. "Online Social Cruelty" or "Electronic Bullying")

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information about another person
- Pretending to be someone else in order to make that person look bad
- Intentionally excluding someone from an online group (Willard, 2005)

Cyber bullying can occur through

- Emails
- Instant messaging
- Text or digital imaging messages sent on cell phones
- Web pages/Blogs/Chat rooms
- Other information communication technologies

<http://www.stopbullyingnow.hrsa.gov/adults/cyber-bullying.aspx>

ACT NOW!

See it. Hear it. STOP IT!

What to do about Bullying

- Research shows that if 1 person steps in, 70% of bullying stops in 10 minutes, if 2 people step in, 80% stops, and if 3 people step in, 90% of bullying stops.
- EFFECTIVE SHUTDOWN phrases include “knock it off,” “quit it,” “that’s not cool,” “that’s rude,” “lay off,” etc.

Anti-Bullying Tips from Facebook:

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- **Only accept friends you know** and report any messages or profiles that look suspicious.
- **Stop abusive behavior.** If you receive inappropriate or abusive communication, you can block the person by listing his or her name in the "Blocking People" box at the bottom of the privacy page.
- **Report trouble directly to Facebook.** You can report an abusive user by clicking the "Report/Block person" link that appears at the bottom of that person's profile.
- **Keep your information private.** Restrict your privacy settings on Facebook so that certain people can't access information like your Wall, photos, or profile.
- **Don't react to bullies – block, report or delete them.** Delete offensive posts from your Wall or messages from your Inbox and then use the "Blocking" or "Reporting" functions to resolve the issue safely.

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