

What is bullying?

Adults usually like to define bullying in a formal way, but let's get real. We all know what bullying is: it's when a person is purposely mean to another. This might include pushing someone, calling names, leaving someone out of a group, or writing mean stuff in an e-mail or on Facebook. It's all just purposely being mean, and it shouldn't be happening.



Did you know that most kids aren't usually involved in bullying? There are usually only a few kids in each middle school that do most of the bullying. Most of the kids are probably a lot like you: they might have been bullied a few times, they might have even bullied others a few times, but usually they're not involved. Actually, most kids don't think it's right and they want things to change.

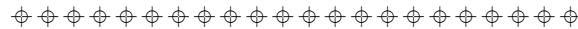


That's what this brochure is all about. Take a look at the suggestions inside, and see what YOU can do to make a difference!



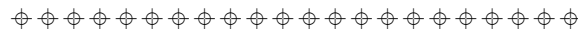
*I shall remember and will never forget.
Monday: my money was taken.
Tuesday: names called.
Wednesday: my uniform torn.
Thursday: my body pouring with blood.
Friday: it's ended.
Saturday: freedom.*

This is the final diary page of thirteen-year-old Vijay Singh. He was found hanging from the banister rail at home on Sunday.



You can't let people in need down. You can't turn your back to people who need your help. There's no question of why or why not, you just did. Could you have had your self-respect if you knew that these people would suffer and you had said, "No, I won't help?" No way. You just have to do it.

This was written by Preben Munch-Nielson, from Denmark. He and many others helped to save most of the Jewish people in Denmark from the Nazis during World War II.



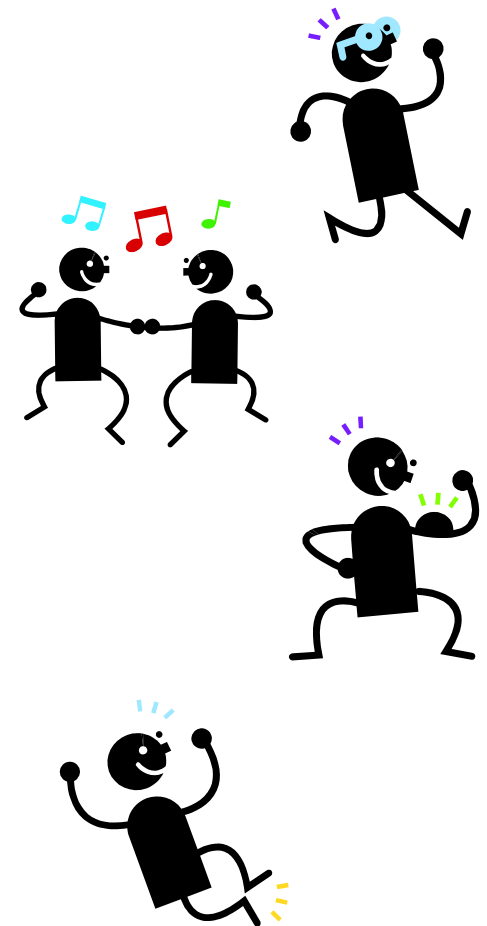
Will you be the one to help people like Vijay at your school?

Can you be like the man from Denmark?

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Things I Can Do To Reduce Bullying

A Guide for Middle School Students



*Things You Can Do
All the Time*



INCLUDE KIDS WHO ARE ALONE!

If you see kids who are alone, make a point to talk to them. Isn't it best to have a school where everyone feels included?



LISTEN TO BULLIED KIDS.

Kids who are bullied a lot often times feel like no one likes them and no one supports them. Taking the time to talk to them can make a big difference in their lives!



TALK TO FRIENDS ABOUT KINDNESS.

Yes, I know, this sounds like the kind of thing an adult would tell a kid to do. But, can you use your own words and do this in a way that your peers would respect and listen to?



STAY OUT OF THE GOSSIP.

Have you noticed that some people love to talk about other people? A lot of times this talk is bullying, or at least it leads to bullying. You can help by staying out of it and encouraging others to do the same.

Bystanders

*Who are you?
Who do you want to be?*

When a bully harasses someone, there are almost always others around. These people are called "bystanders". There are 5 main types of bystanders:

Followers *don't usually start the bullying, but they usually join in.*

Supporters *don't usually join in, but they're ok with what's going on.*



Watchers *notice the bullying but don't do anything because "it's none of my business".*

Possible Defenders *don't like what they see but they don't usually do anything.*



Defenders *take action to stop the bullying or make things better for the person being bullied.*

Things You Can Do

When You See Bullying



WALK AWAY WITH THE TARGET.

You can stop the bullying without confronting the bully. Just pretend you didn't see the bullying, and make up a reason to walk away with the person they're targeting.



DISTRACT THE BULLY.

This is easiest if you're friends with the bully. You can walk up to the bully and just start a conversation about something else.



TELL THE BULLY TO STOP.

This one can be a little risky. You'll want to be careful that you don't make things worse for yourself or for the target. Use good judgment and talk to an adult you trust if you're not sure when you should do this.



TELL AN ADULT.

A lot of times the target will be afraid to tell anyone what's happening. They'll even pretend the bully is their friend so the bully won't get mad. You can help by letting an adult know what's really going on.

DON'T FORGET ABOUT CYBERBULLYING!

FOR SOME KIDS, THIS IS THE WORST KIND OF BULLYING. TAKE THE SUGGESTIONS IN THIS BROCHURE AND USE THEM ONLINE, TOO!