

What is Bullying?

Bullying is when a person keeps doing or saying something to hurt, alarm, or embarrass a person or group in order to have power over them.

Are You A Bully?

Have you been guilty of bullying anyone else? Place a check in the circle next to the bullying action you have participated in.

Bullies sometimes:

- o Hit, kick, or push to hurt people.
- o Use words to call names, tease, or scare people

Have You Ever?

- o Said or written mean things about someone.
- o Grabbed or broken a kid's stuff
- o Made fun of someone
- o Left a kid out of a group on purpose.

If you checked more than one circle, you might be a bully. If you are a bully, you should go talk to your teacher, parents, or school counselor.

BULLYING WEBSITES FOR YOU!

Download this brochure and other bullying prevention information from the Kentucky Center for School Safety website at www.kycss.org

Bullying Online:
www.Bullying.co.uk

Colorado Anti Bullying Project:
www.no-bully.com

Bullystoppers.com:
<http://bullystoppers.com>

Peaceworks:
<http://stopbullyingnow.net>

Anti-Bullying Network:
www.antibullying.net

Bullying.org:
www.bullying.org

Kentucky Center for School Safety
Murray State University
1009 Alexander Hall
Murray, Kentucky 42071
Phone :270-809-3235

Kentucky Center for School Safety
Eastern Kentucky University
105 Stratton Building
Richmond, Kentucky 40475
Phone:807-805-4277



They're Not So Tough When We Stick Together !

You Can Do Something About Bullies!!!!!!

Tell it or Spell it

1. Talk to your parents or school counselor
2. Help others who are being bullied
3. Write a letter to your parents or school counselor
4. Ask your parents if you can look up "Bullying" on the internet
5. Talk to your relatives or a trusted neighbor
6. Ask an older brother or sister for advice
7. Draw a picture of someone being bullied
8. Write a poem or a song about how you feel
9. Talk to your friends about the bully and come up with a plan that involves all of you to stop bullying at school or in your Neighborhood.

Watch OUT online!

In chat rooms, on MySpace or Facebook, on IM or TXT phones, others might pretend to be someone they aren't and ask you to meet them. Tell your parents immediately if one of your online "friends" wants to meet you face-to-face. You might receive unwanted and nasty emails, TXTs, IMS or have something posted on a website about you that makes fun of you. If that happens, tell a trusted adult immediately...and keep telling until someone listens. Never give out any identifying information like stores you frequent or your school's name or mascot, Because people can use your personal information to hurt you or those you care about!

What's With Those Bullies?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or things, or to make other people afraid of them.

- Bullies might be jealous of the person they are bullying.
- They may be being bullied themselves.
- Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

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