



# Students: What is bullying?

► Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.

► Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

► Bullying is the persistent abuse of someone who is weaker. The student who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying.

## Are you bullying others?

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

- ☐ Hit, kick, or push to hurt someone
- ☐ Use words to call names, tease, or scare people
- ☐ Said or written mean things about someone
- ☐ Grabbed or broken another kid's property
- ☐ Made fun of someone
- ☐ Left a classmate out of a group on purpose
- ☐ Sent an angry email/text message that offended a classmate
- ☐ Feel good when putting down others

If you checked more than one box, you might be bullying others. If so, you should go talk to your teacher, or school counselor and work a plan.

## Students: What's with those who bully?

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 who bully do it to get attention or things, or to make other people afraid of them.


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


## For More Information

Kentucky Center for School Safety



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 (877) 805-4277

[www.kycss.org](http://www.kycss.org)



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Suggestions for Students

# Students: What you can do

## Bystanders to Bullying

Someone who witnesses bullying, either in person or online, is a bystander. Friends, students, peers, teachers, school staff, parents, coaches, and other youth-serving adults can be bystanders. With cyberbullying, even strangers can be bystanders.

[Bystanders](https://www.stopbullying.gov/prevention/bystanders-to-bullying) have the potential to make a positive difference in a bullying situation by becoming an upstander. An upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying.

<https://www.stopbullying.gov/prevention/bystanders-to-bullying>

## Safe on Social Media!

Social media is an increasingly important part of students' lives. In fact, the average teen spends nearly an hour and a half a day using social media.

Keep your social profile strictly private... the best settings are where only friends can see what you post because you never really know who your friends are friends with online, so the "Friends of Friends" setting can leave you exposed and vulnerable.

Even if you think you are being careful about what you post, it's common for teens to post sensitive information without even realizing it. It could be something as simple as an identifying background in one of your pictures... but online predators find easy prey in public profiles.

## Why don't kids ask for help?

**Kids don't tell adults they're being bullied for many reasons:**

- ▶ Bullying can make a child feel helpless. They may fear being seen as weak or a tattletale.
- ▶ Kids may fear backlash from the kid who bullied them.
- ▶ Bullying can be a humiliating experience. They may also fear that adults will judge them or punish them for being weak.
- ▶ Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- ▶ Kids may fear being rejected by their peers.


**For more information:**  
[www.stopbullying.gov](http://www.stopbullying.gov)


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