



# Bully Prevention

Laurel Leopards 2016-2017

# What is bullying?

Bullying is when a person or a group of people hurt, scare and/or are mean to someone else (or a group) on purpose, usually more than once.

[Video](#)



# BULLYING

teasing

rumors

leaving somebody out

hitting

gossiping

threats

kicking

mean words

name-calling

stealing

pushing

damaging property

# Types of Bullying

- Physical

- Shoving, punching, pushing, poking, or other ways of hurting people physically
- Not keeping your hands, feet, and other objects to yourself - KAHFOOTY



# Types of Bullying

- Verbal
  - Teasing or being mean or inconsiderate in other ways verbally – with words. One of the most common ways that people do this is spreading bad rumors
  - If you laugh, you are participating too!



# Types of Bullying

- Exclusion
  - Leaving someone out of your group on purpose
  - Ganging up on others. This can be done without being physical or with words. It can be done with mean 'stares' too.




# Types of Bullying

Cyber

bullying



How would you  Like it?

- Cyber
  - Cyber bullying: Cyber bullying is when kids bully others using texting, email or other technology.
  - Examples include:
    - sending hurtful messages
    - posting pictures or untrue messages on web sites, blogs or social networks, like Facebook and Instagram.

Before you speak:

**T H I N K**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?



# What is the Law?

By law, students who bully will receive consequences at school that could include:

- Detentions
- Parent conferences
- Contracts
- Suspension



# Take a **STAND**, Lend a Hand

Don't be a bystander, be an UPstander - Stand UP!

- someone who recognizes when something is wrong and acts to make it right
- When an upstander sees or hears being bullied, they speak up.



# SPOT a Leopard Hero

- Being an upstander is being a **hero**: we are standing up for what is right and doing our best to help support and protect someone who is being hurt.



# Stop - Walk - Talk

- Tell the bully to STOP
  - Use a hand signal
  - Allow them to actually stop
- WALK away
  - Go play with someone who is a friend
- TALK to a trusted adult for support
  - Seek support - You are not alone!



**STOP**  
MAKE THE SIGNAL AND ASK THE PERSON TO STOP THEIR BEHAVIOUR!

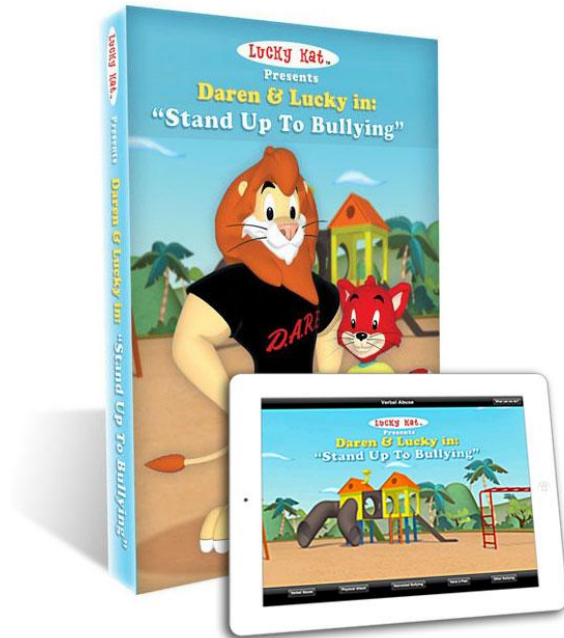


**WALK**  
IF THE PROBLEM BEHAVIOUR CONTINUES WALK AWAY!



**TALK**  
IF THE PROBLEM BEHAVIOUR CONTINUES TALK TO AN ADULT!

# Stand UP to Bullying





# Exit Slip

How will YOU help prevent bullying?

