

A MIND-GUIDE FOR
**High School
 Students**

Together
 We Can Be
**BULLY
 FREE**

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www.bullyfree.com

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 Be Bully Free**

A Mini-Guide for
 High School Students

Pop quiz

1. What's one of the biggest problems in schools today?
 - A. Teachers skipping school.
 - B. Students skipping school.
 - C. The homework is too easy.
 - D. Bullying.

If you chose "D. Bullying," you're absolutely right. Bullying is no laughing matter. A school that has a bullying problem isn't safe. It's not a good place for students to learn.

- Maybe you've been bullied. Then you know how much it hurts to be the victim of bullying.
- Maybe you've bullied someone else. If you have, it's time to stop.
- Maybe you've watched someone else be bullied. You might have felt bad but been afraid to speak up.
- Maybe you've been in all three situations. Lots of people have.

No matter where you fit when it comes to bullying, this mini-guide has ideas for you. Every student has the right to feel safe, respected, and accepted—to work, learn, and focus on all the good things school has to offer. Our school wants to stop the problem of bullying, and you can help. Join in and be a "bully buster."

Together we can be bully free!

WHAT IS BULLYING?

Bullying is when a person or group of people hurts, embarrasses, or frightens another person on purpose over and over again. A bully's goal is to have power over people.

WHAT DOES BULLYING LOOK LIKE?

Name-calling	Hitting, kicking, pinching, tripping, shoving.	Sexual harassment
Rude hand gestures	Mean or false email messages	Spreading rumors
Stealing or breaking someone's things	Mean text messages	Threats
Intimidation from gangs	Put-downs.	Leaving someone out
		Teasing

MYTHS ABOUT BULLYING

Some people deserve to be bullied. False. No one ever deserves to be bullied or "asks for it." Bullies often target people who are "different" in some way. Being different is not a reason to be bullied.

Bullying is a normal part of growing up. Getting teased, picked on, pushed around, threatened, harassed, insulted, and abused is not normal.

The best way to deal with a bully is by fighting or trying to get even. Not true! Fighting can only get you hurt or in trouble. It only makes things worse.

People who are bullied will get over it. Don't believe it. Bullying hurts for a long time. Some students have dropped out of school because of bullying. Others have become so sad, afraid, and depressed that they committed suicide.

WHAT TO DO IF YOU ARE BULLIED

Do:

- If you are in real danger, walk (or RUN!) away. Get away as quickly as possible.
- Tell an adult you trust. An adult can help make the bullying stop. Report who bullied you, what happened, and where and when it happened. Remember! Telling isn't tattling—it will help keep you safe!
- Buddy up! Bullies most often go after students who are alone. If a bully stops you on the way to or from school, start walking with someone. At school, join a group of other students.
- Avoid the bully. Think about where and when you usually run into bullies and try to stay away from those places at those times. If it's a place you have to go, take along a friend.
- Stand up for yourself. If you don't feel like you're in danger, stand up straight, look the bully in the eye, and say in a confident voice, "Leave me alone!" Then walk off.

Don't:

- Fight back. If you fight, threaten, or call the bully names, the person will get madder and might try to hurt you even worse. Plus, you will have become a bully yourself.
- Cry. Bullies like having power over people and making them cry. It's best to stay calm, walk away, and find someone who can help.
- Ignore the bullying situation and hope it will stop. The bully is not going to go away. Decide whether to stand up for yourself or get help from an adult who can help solve the problem.

WHAT TO DO WHEN OTHERS ARE BULLIED

- Refuse to join in.
- Speak out. Use words like these: "Don't treat him that way." "Stop hitting her." "I'm going to report this right now."
- Distract the bully so he or she stops the bullying.
- Report all bullying to a teacher or another school adult.
- Be a friend to the person being bullied.
- Make an effort to include students who are left out most of the time.

IMPORTANT! Never fight the bully. It's not safe and it won't solve the bullying situation. Fighting can only make things worse.

A lot of the time bullies actually want friends and want to be liked, but bad feelings they have make it hard for them. If a bully is trying to change and it is safe for you, be a friend to the bully. Your friendship can help the person be bully free.

WHAT TO DO IF YOU ARE BULLYING OTHERS

Bullies are not bad people. It is their behavior that is bad. It's never too late to make a change. How?

- Stop the bullying right now!
- Start showing all people respect.
- Talk with adults you trust (parents, teachers, youth leaders) about the bullying. Tell them about any strong feelings (like anger or stress) that you have.
- Always keep your hands and feet to yourself.
- If you start to feel upset or angry, STOP and THINK. Take a deep breath. Don't bully someone. Instead, think about your choices. What might be the consequences of each one?

REMEMBER!

- YOU decide your actions.
- YOU are in charge of what you do.
- YOU can decide to stop the bullying and help yourself and our school be bully free!

RULES FOR A BULLY FREE CLASSROOM™

If you see others breaking these rules, speak out—be a bully buster! Help our school be a safe, peaceful place for everyone.

1. Bullying is not allowed in our classroom or anywhere else in the school.
2. We don't tease, call names, or put people down.
3. We don't hit, shove, kick, or punch.
4. If we see someone being bullied, we speak up and stop it (if we can) or go for help right away.
5. When we do things as a group, we make sure that everyone is included and no one is left out.
6. We make new students feel welcome.
7. We listen to each other's opinions.
8. We treat each other with kindness and respect.
9. We respect each other's property. (School property, too.)
10. We look for the good in others and value differences.

WHERE TO FIND OUT MORE

www.bullyfree.com