

# Bullying: Young ones & Adults



# What is a Bully?

A bully is a person who hurts someone else on purpose. Anyone can be a bully, including a stranger, a friend, a brother or sister, a young person or an adult.

## **Bullying can take many different forms, including:**

- hitting, kicking or pushing someone
- threatening to hurt someone
- stealing, hiding or ruining someone's things
- making someone do things he or she doesn't want to do
- name-calling
- teasing
- insulting (to offend someone)
- refusing to talk to someone (the "silent treatment")
- spreading lies, gossip or rumors about someone



# The Bully's problems

Common problems for a bully include:

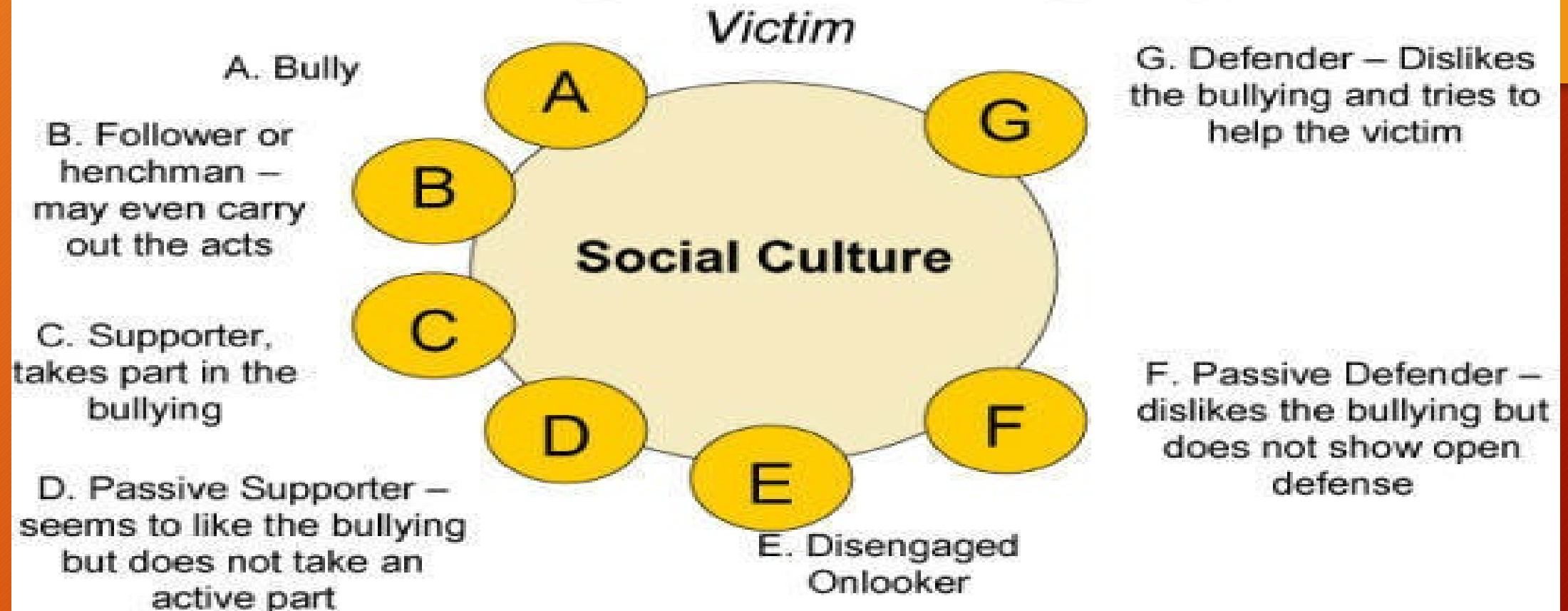
- feelings of not fitting in
- problems at home, including divorce and abuse
- being bullied by parents, older siblings or others
- fear of being picked on
- wanting to seem tough
- feelings of anger, pain and low self-worth
- a need to control other people
- lack of caring about how others feel
- peer pressure from other bullies

# Types of Bullies

Hand-out sheet (p.82)

- The Name caller
- The Brute
- The Friend
- The Crowd
- The Jokester

# The Cycle of Bullying





## VIDEO

- You can stop a bully without using your fist.

# Ways to stop the Bullying

## WHAT WOULD *YOU* DO?

- Imagine this scenario:

Michael doesn't want to go to school today. Or tomorrow. Or ever again. It all started three months ago when his schoolmates spread vicious rumors about him. Then came the nicknames. Sometimes someone will knock Michaels' textbooks out of his hands and act as if it were an accident, or one person in a group behind him will shove him, and by the time Michael turns around, he can't tell who did it. Yesterday, the bullying took an even more sinister\* turn when Michael received an online threat .

- \*(Sinister: unfavorable, unlucky, threatening, evil.)

If you were Michael, how would you respond?



# “Ways to stop the Bullying” (con’t)

You are not totally powerless! Remember, you can fight a bully without using your fists. How?

- **DON'T REACT.** If you remain as calm as possible—at least on the outside—those bullying you may well lose interest.
- **DON'T RETALIATE.** Seeking revenge will only make the situation worse.
- **DON'T WALK INTO TROUBLE.** To the extent possible, avoid people who could cause trouble, and avoid situations where bullying may occur.
- **TRY AN UNEXPECTED RESPONSE.** You can even try humor. For example, if a bully asserts that you're overweight, you could shrug your shoulders and say, “I guess I could lose a few pounds!”
- **WALK AWAY.** “Silence shows that you are mature and that you are stronger than the person harassing you,” says 19-year-old Nora. “It demonstrates self-control—something the bully doesn't have.”
- **WORK ON YOUR SELF-CONFIDENCE.** Bullies can often detect those who think negatively of themselves and who are thus not likely to fight back. In contrast, many bullies will back off if they see that you aren't giving them any power over you.
- **TELL SOMEONE.** A former schoolteacher says: “I would urge anyone who is being bullied to speak up. It's the right thing to do, and it can prevent someone else from being bullied.”



# DID YOU KNOW?

Besides physical assaults, bullying can also include:

**Verbal attacks.** “I’ll never forget the names they called me or the things they said. They made me feel worthless, unwanted, and good-for-nothing. I’d rather have been given a black eye.”—Celine, 20.

- **Social isolation.** “My schoolmates started to avoid me. They would make it seem that there was no room at the lunch table, so I couldn’t sit with them. For the whole year, I cried and ate alone.”—Haley, 18.

- **Cyberbullying.** “With just a few keystrokes on a computer, you can ruin someone’s reputation—or even his life. It sounds like an overstatement, but it can happen!”—Daniel, 14

# TRUE OR FALSE STATEMENTS

- 1) Bullying has been around for thousands of years.
- 2) Bullying is just harmless teasing. It's not that serious.
- 3) The best way to stop a bully is to physically fight back.
- 4) If you witness bullying, it's best to ignore it.
- 5) Beneath the boastful talk, bullies are often insecure.
- 6) Bullies can change.



# 5 Ways That Adults Bully Each Other

“Some people try to be tall by cutting off the heads of others.” —Paramahansa Yogananda

- The American Psychological Association defines bullying as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions.” A bully can be an aggressive juvenile, an intimidating boss or colleague, a controlling romantic partner, an unruly neighbor, a high pressure sales/business representative, a condescending family member, a shaming social acquaintance, or those in a variety of other types of abusive relationships. Here are five common tactics bullies use to extort undue influence and power. A bully may utilize one or more of the following methods to inflict harm, while deriving wretched\* pleasure from the suffering of the victim.

\* wretched: very unhappy , bad or unpleasant person.

# 1-Physical bullying.

- This refers to the use of physical intimidation, threat, harassment and/or harm. Examples of physical bullying include physical attack, simulated violence (such as raising a fist as if to strike, or throwing objects near a person), extortion, date rape, marital rape, domestic violence , sexual harassment at work, personal space violation, physical space entrapment, physical size domination, and numerical domination (ganging up on a victim).
- “I had my bully, and it was excruciating. Not only the bully, but the intimidation I felt.” — Robert Cormier



## 2. Tangible/material bullying.

### 3. Verbal bullying

- **2. Tangible/material bullying.** Using one's formal power (i.e. title or position) or material leverage (i.e. financial, informational, or legal) as forms of intimidation, threat, harassment, and/or harm. In these scenarios, the bully uses his or her advantage in stature and/or resources to dominate and control the victim.

“The greater the power, the more dangerous the abuse.” — Edmond Burke

- **3. Verbal bullying.** Threats; shaming; hostile teasing; insults; constant negative judgment and criticism; or racist, sexist, or homophobic language.

“The scars from mental cruelty can be as deep and long-lasting as wounds from punches or slaps but are often not as obvious.” —Lundy Bancroft

## 4. Passive-aggressive or \*covert bullying

- This is a less frequently mentioned form of bullying, but in some ways it's the most \*insidious. With many bullies, you can see them coming because they are quick to make their intimidating presence known. A passive-aggressive or covert bully, however, behaves appropriately on the surface, but takes you down with subtlety.
- \*Covert: not openly shown. Hidden. Concealing.
- \* insidious: Awaiting the chance to entrap. Treacherous. Harmful but enticing.
- Examples of passive-aggressive and covert bullying include negative gossip, negative joking at someone's expense, sarcasm, condescending eye contact, facial expression or gestures, mimicking to ridicule, deliberately causing embarrassment and insecurity, the invisible treatment, social exclusion, professional isolation, and deliberately sabotaging someone's well-being, happiness, and success.
- "Behind the smile, a hidden knife!" —Ancient Chinese proverb describing passive-aggressive behavior



## 5. Cyber bullying

- Many types of tangible, verbal, and passive-aggressive behavior mentioned above can be conveyed online via social media, texting, video, email, on-line discussion, and other digital formats. Identity theft is also a form of cyber bullying.

“Cyber bullies...do not need direct physical access to their victims to do unimaginable harm.” —Anna Maria Chavez

- What these five types of bullying have in common is that, when enacted repeatedly, they become patterns of physical, mental, and/or emotional abuse. Unless strong and effective boundaries are established, the bully is likely to repeat and intensify the abuse.

# Outcome Objectives

- The outcome is to break the cycle of bullying
- Increased knowledge of why bullying is so common
- How you can stop bullying
- Be part of the anti-bullying effort
- A change in participants attitudes and behaviors
- Understand the effects of bullying
- Reduction of bullying
- Feel safe at school, workplace and home



# Bullying Is Costly

- Workplace bullying is also costly for employers. A workplace bully could be an acid-tongued boss or a scheming coworker and is as likely to be a woman as a man. Such ones overcontrol, micromanage, and put others down with negative remarks and constant criticism, often humiliating their target in front of others.
- Bullies rarely recognize their impoliteness or apologize for their behavior. They often victimize workers who are capable, loyal, and well liked by fellow employees.

## Bullying Is Costly (con't)

- Workers who experience bullying tend to work less efficiently. The productivity of coworkers who witness bullying is also affected.
- Bullying can lead workers to feel less loyal to their employer and less committed to their work. One report claims that bullies cost industry an estimated three billion dollars each year. And it is said that such behavior is responsible for more than 30 percent of stress-related illnesses.

Bullying has an impact on society worldwide. The question is, will you do what it takes to curb the problem and eliminate it?



# The key to any bullying situation:

- "The key to any bullying situation isn't the bully or the victim. It's the witness. When witnesses stand up, step in, say — in word or deed — that nastiness won't be tolerated in this crowd, then bullying stops." ~Carolyn Hax, Columnist

Do the right thing!©

Sometimes you just need to do the:  
“Right Thing!” ©