***“Nobody Likes a Bully”***

**Summary for Teaching**

The presentation explains what bullying is, the different types, who is involved, why it happens, its effects, and how to respond. It emphasizes that bullying is not just a school issue but can happen anywhere, including online and in adulthood. It also highlights the connection between bullying, trauma, and long-term impacts, and stresses the importance of prevention, adult involvement, and creating safe, supportive environments.

**Key Points:**

1. **Definition of Bullying** – Unwanted, aggressive, and repeated behavior with a power imbalance.
2. **Types of Bullying** – Verbal, social (relational), and physical.
3. **Frequency** – Around 1 in 5 students report being bullied.
4. **Roles Kids Play** – Those who bully, those who are bullied, assistants, reinforcers, outsiders, and defenders.
5. **Why Kids Bully** – Peer pressure, family environment, emotional struggles, school climate.
6. **Who Is at Risk** – Children perceived as “different,” socially isolated, with disabilities, or with low self-esteem.
7. **Warning Signs** – Injuries, missing belongings, avoiding school, changes in eating/sleep, aggression, and social withdrawal.
8. **Effects of Bullying** – Depression, anxiety, poor academics, risky behaviors, substance use, and possible suicidal thoughts.
9. **Bullying & Trauma** – Considered an Adverse Childhood Experience (ACE) with lasting mental health effects.
10. **Prevention & Response** – Adults, schools, and peers must respond quickly, avoid harmful labeling, and adopt trauma-informed approaches.

**Questions & Answers for Teaching**

**Understanding Bullying**

**Q1:** What makes behavior bullying instead of just being mean?
**A1:** It must be aggressive, involve a power imbalance, and be repeated or have the potential to be repeated.

**Q2:** What are the three main types of bullying?
**A2:** Verbal, social (relational), and physical.

**Statistics & Impact**

**Q3:** How many students report being bullied in U.S. schools?
**A3:** About 1 in 5 students (around 19%).

**Q4:** Where does bullying happen most often?
**A4:** Mostly in schools, but also on playgrounds, buses, neighborhoods, and online.

**Roles in Bullying**

**Q5:** Besides the bully and the bullied, what other roles can kids play?
**A5:** Assistants (help the bully), reinforcers (encourage the behavior), outsiders (watch but don’t act), and defenders (stand up for the bullied).

**Q6:** Why should we avoid labeling kids as “bullies” or “victims”?
**A6:** Labels suggest behavior cannot change and ignore the fact that kids may play multiple roles.

**Why Kids Bully**

**Q7:** What are some reasons kids might bully others?
**A7:** To gain social power, fit in, copy family behavior, deal with low self-esteem, or because the school doesn’t address bullying properly.

**Risk & Warning Signs**

**Q8:** What makes a child more likely to be bullied?
**A8:** Being seen as different, weak, unpopular, anxious, or socially isolated.

**Q9:** What are warning signs a child is being bullied?
**A9:** Injuries, lost belongings, avoiding school, changes in eating or sleeping, declining grades, or self-destructive behavior.

**Q10:** What are signs a child might be bullying others?
**A10:** Frequent fights, aggression, blaming others, new unexplained belongings, or obsession with popularity.

**Effects & Prevention**

**Q11:** How does bullying affect mental health?
**A11:** It can cause depression, anxiety, loneliness, low self-esteem, and increase suicide risk.

**Q12:** What role do schools and adults play in preventing bullying?
**A12:** By responding quickly, creating safe environments, teaching coping skills, and using trauma-informed approaches.

**Bullying Beyond Childhood**

**Q13:** Where else can bullying happen besides school?
**A13:** In college, workplaces, bars, at home, and online.

**Q14:** Why is it important to teach students about bystander roles?
**A14:** Because most kids witness bullying, and their response (encouraging or stopping it) can either make it worse or help end it.

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