

# Brochure

## against violence



### 1 What is Bullying?

- ..it is a **serious problem** that can happen anywhere
- ..it is **not** "just messing around"
- .. it is **not** something you have to **wait to grow** out of
- .. it is when someone uses their **power to hurt** or upset someone else



## 2 Who is a bully?

- Bullies can be **boys** or **girls**, **big** kids or **little** kids, **smart** or **not** so smart kids.
- They often **talk loudly**, and don't give others a chance to speak.
- They try to be **super cool**.
- They often **pick on** younger or smaller kids, kids who might be **different in some way**, or kids who don't have many friends.



## 3 What do bullies do?

- Some bullies use words to hurt people's **feelings** and some like to hurt people's **bodies**.
- They like **embarrassing** or **hurting** people.
- They **feel better** about themselves if they can **make others feel worse**.
- They often have 1-2 people who **hang around** with them to help them '**gang up**' on a kid.



## 4 Who gets bullied?

- **Anyone** can be the victim of bullying at **any time**.
- It can be simply a matter of being in the **wrong place** at the **wrong time**.
- People who are **different** in any way.
- Anyone who seems like an **easy target** (easy to scare).
- People who are **sensitive**, who may **cry** or get **upset**.



## 5 Forms of bullying

- **VERBAL**: name-calling, teasing,
- **SOCIAL**: spreading rumours, leaving people out on purpose, ignoring people, breaking up friendships,..
- **PHYSICAL**: hitting, punching, shoving
- **OTHER**: damaging or stealing people's things
- **CYBERBULLYING**: using the Internet, mobile phones and other digital technologies to harm others



## 6 How to stop bullying

- Speak up against bullying!
  - Say something simple without emotion.
- Walk away!
  - Act like you don't care (even if you really do).
- Tell an adult who you trust!
  - They might have ideas about what you can do.
- Stick together!
  - Staying with a group of friends might help.



## 7 Always remember

- You are not alone.
- It is not your fault. Nobody should be bullied!
- Do not hurt yourself.
- Do not bully back. It doesn't end things.
- Do not let the bully stop you from being yourself.
- Keep doing what you love to do.



## 8 You have a choice!

When bullying is happening and you are there, then you have four choices:

### a) Stand and watch

*Standing and watching someone get hurt puts you on the same side as the bully. If you are not helping the victim, then you are giving your support to the bully. Do you want to do that?*

### b) Support the bully

*Everyone likes to feel powerful at times, but supporting a bully is not the way to go. Helping a bully to hurt someone is misusing your power. How would you feel if you were the victim?*



### c) Get away from there

*It is normal to think „I don't want to get involved“, „I don't want to be hurt“, „They probably deserved it anyway“, „Keeping out of trouble is best“. Getting away from bullying will keep you safe. Once again, it is the bully who wins. By going away you are, in fact, telling the bully that what he is doing is OK with you – that you don't care if the victim is being hurt. Is that what you believe? What if next time the victim is you?*



### d) Be an active bystander

## 9 What is a bystander?

- He/she is someone who is there when something unfair is happening.
- He/she is someone who uses their power to let others know that bullying is not OK.
- If they see someone being bullied, they get involved and try to help.
- If someone is being hurt, it is normal to want to help that person.



## 10 What can a bystander do to help?

- He/she may try say something OR get others to say something.
- He/she may go to help the victim.
- He/she may try getting help (e.g get a teacher)
- He/she may offer to act as a mediator – someone who listens to both sides and tries to help resolve the conflict.



## 11 Useful tricks to help a victim

- Say in a loud voice to everyone, "Come on guys, we're not watching this bullying"!
- Get the victim out of there = say things like, "Oh, there you are, someone is looking for you".
- Use humour. Say things to the bully like, "Hey couldn't you find anyone smaller to pick on?", then laugh and encourage others to join in.
- Get your friends to come and help stop the bullying.

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