

What is Bullying?

Oso Grande Elementary, Grades 3-5
Presented by Ms. Todd, School Counselor





Defining Bullying

- Hurtful Behavior
- Ongoing
- Long-lasting
- Affects many people
- Can be physical, verbal, social or cyber



Types of Bullying Behavior

- Physical - hurting someone else's body or belongings
- Verbal - using your words to hurt someone through speaking or writing
- Social - hurting someone's reputation or relationship
- Cyber - outside of school; social media



Using the right words!

- Rule #1 - Try not to call anyone a “Bully”!
- Focus on the behavior, not the person
- Stay away from calling people “victims”
- Labels can sometimes hurt more than help



Roles you can Play

- Assistant - help the student who is bullying, hoping to not get bullied themselves
- Reinforcer - does not participate in the bullying but laughs so it continues
- Outsiders - bystanders who take no part in the action
- Defenders - students who recognize the behavior as bullying and intervene!



How to Intervene

- Stand between the student bullying and the student he or she is bullying
- Support the student being bullied by standing with them
- Help the student walk away from the student who is bullying
- Be assertive!



How to fight against Bullying

- Self-esteem: focus on your strengths, try many things
- Manage your feelings: coping skills, staying calm
- Communication skills: use your words, talk it out



Final Words

- Most important thing you can do is recognize bullying and call it out when you see it!
- Once you do, you can intervene appropriately
- Pay attention to what role you play and why
- Think about what needs to happen for you to become a Defender