

## **Bullying Can Take Many Forms**

In addition to being physical, bullying can also be verbal and psychological in nature. Bullies may:

- Taunt, ridicule or make offensive comments to their classmates
- Spread rumors about other classmates
- Play mean practical jokes on peers
- Intentionally leave other students out of activities
- Persuade their peers to reject other students
- Write nasty things about classmates
- Send offensive or threatening messages to others through their computer or cell phone (called cyberbullying)
- Intimidate or threaten other students
- Take or damage other classmates possessions
- Hit, push, trip, kick or pinch other classmates



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be a Sanderab!



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## ARE YOU A BULLY?

Hey—let's face it, hurting and making others feel bad is NEVER cool. Just admitting that you are doing things to harm others takes some guts. But that's not enough. Trying to find out what you should do to change the way you're acting... now that's a step in the right direction! So check out these tips... they'll help you to start treating others with the respect they deserve.

**Think about what you're doing... and how it affects others.** If you think calling other names is really harmless, or if you think pushing, hitting, or stealing from other kids is funny, you've forgotten what it feels like to be hurt yourself! Teasing, hitting, keeping others out of a group—all of these things harm someone. All of us have been hurt at some time or another and we all know how it feels—awful! So the next time you are about to bully someone:

- Put yourself in their shoes
- Think about how it must make them feel

And just don't do it.

**Talk to an adult.** Making other people feel badly should never make you feel good. If it does, or if you're not really sure why you bully other kids, you need to talk to an adult about it. Even though you might think an adult won't understand, or that you'll get yourself in trouble, they can help! Whether it is your parent, a teacher or another trusted grown-up, you should tell an adult how you've been acting so that they help you deal with it. School counselors are also great people to talk to about how you feel and how to change the way you treat others.

## Do You Bully?

**RESEARCH** has found that:

- 15%-20% of all students are victimized by bullies at some point in their school career.
- Almost one in three children nationwide is involved in bullying, either as a bully or victim.
- About 10% of students are afraid during much of the school day.
- 160,000 children miss school everyday in the U.S. for fear of being bullied.
- 71% of teachers or classroom aides either do not know about or ignore bullying incidents in their classes.
- Bullying will typically stop in less than 10 seconds if there is intervention
- Bullying incidents can be cut in half by implementing a school wide bullying prevention policy.



Some bullies are looking for attention.

They might think bullying is a way to be popular or to get what they want. Most bullies are trying to make themselves feel more important. When they pick on someone else, it can make them feel big and powerful.

Some bullies come from families where everyone is angry and shouting all the time. They may think that being angry, calling names, and pushing people around is a normal way to act. Some bullies are copying what they've been taught by being bullied themselves.

Sometimes bullies know what they are doing or saying hurts other people. But other bullies may not really know how hurtful their actions can be. Most bullies don't understand or care about the feelings of others.

Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have power they want.

Sometimes bullies pick on someone who is smarter than they are or just different in some way. Sometimes bullies pick on a kid for no reason at all.