3 B’S

• PROBLEMS OF THE BULLY

• PAIN OF THE BULLIED

• POWER OF THE BYSTANDER
Your Vacation
Traditional Bullying
How should we address Bullying?
Bullying

Unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious lasting problems.
WHY

Bullying takes many Forms:

- Physical violence
- Verbal taunts, name-calling, and put-downs
- Threats and intimidation
- Spreading rumors, stealing or taking of possessions
- Harassment via technology (email, text messaging, etc.)
Physical Signs

- Cuts, bruises, scratches
- Headaches, stomachaches
- Damaged possessions
- “Missing” possessions that need to be replaced
Academic Signs

- Not wanting to go to school
- Changing routes to school (e.g., changing walking route, wanting to be driven instead of riding the bus)
- Drop in grades
• **Personal Attitudes/Behaviors**

Children who bully may

- Want power
- Have a positive attitude toward violence
- Have quick temper
- Have difficulty conforming to rules
- Gain satisfaction from inflicting injury and perceive “rewards” (prestige, material goods) from their behavior
- Have positive self images
Behavioral/Social Signs

• Changes in eating or sleeping habits (e.g., nightmares)
  No longer wanting to participate in activities once enjoyed
  Beginning to bully siblings or mistreat family pets
  Hurting self, attempting or threatening suicide
  Suddenly changing friends
Profile of a Bully

What does a Bully look like?
• When peers intervene, bullying stops within 10 seconds, 57% of the time.
Prevention Strategies

• Tell an adult.
• Talk it out.
• Walk away.
• Distract the bully with a joke.
• Avoid the bully.
• Hang out with friends.
Potential Long-Term Implications of Being Bullied

• Children who are bullies likely experience legal or criminal problems as adults
• Children can carry bullying behaviors into adulthood and experience difficulty in forming and maintaining relationships
3 C’s

• Compassionate

• Caring

• Comforting
The Bully
1. CALM DOWN

2. THINK BEFORE YOU ACT
F.A.B.B.
"Friends Against Bullying Behaviors"

A Positive Epidemic

They said I hope she sees this and kills herself.
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BE A HERO

TAKE A STAND

Bullying Prevention & Intervention Project

OLE PETE KEY • ANTHONY BROOKS

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