

Bullying

**Perry Meridian Middle is
Rebelling Against
Bullying!**

What is Bullying

- It is an overt, unwanted, aggressive behavior that has a real or perceived power imbalance and is repeated over time
- **Can include:**
 - threats
 - spreading rumors
 - attacking someone physically, verbally and/or excluding someone from a group on purpose.
- **Things to consider:**
 - History between the two individuals
 - Power differences
 - Repetition

Types of Bullying: Verbal

- You tube segment:
<https://www.youtube.com/watch?v=lyOmamIxEeY>
- Involves saying mean things.
- Includes:
 - teasing
 - name-calling
 - inappropriate sexual comments
 - taunting
 - threatening to cause harm.

Types of Bullying: Physical

- Christmas Story:
<http://www.youtube.com/watch?v=Z2l6RnWM2tU>
- involves hurting a person's body or possessions.
- Includes:
 - Hitting -- Kicking
 - Punching -- Spitting
 - Tripping -- Pushing
 - taking or breaking someone's things
 - making mean or rude hand gestures.

Types of Bullying: Social/Relational

- Mean Girls
https://www.youtube.com/watch?v=MGviz_bpRDE
- Involves hurting someone's reputation or relationships.
- Includes:
 - telling others not to be friends with someone
 - leaving someone out on purpose
 - spreading rumors about someone
 - embarrassing someone in public

Types of Bullying: Electronic/Written Communication

<https://www.youtube.com/watch?v=v4gitDm3byQ>

- Involves cyber-bullying, collective or group note writing, any bullying undertaken through the use of electronic devices.
- Includes:
 - Computer
 - cell phones
 - Notes

Those Involved in Bullying

- Witness – Back to the Future:

<https://www.youtube.com/watch?v=HexRgnEEazU>

- Victim – Friends:

http://www.youtube.com/watch?v=_RldXCWRQ_Q

- Bully -

Bullying Effects

- Ant Bully:

<https://www.youtube.com/watch?v=FiCh7zx5g68>

- Often the bullied can turn into the bullies
- Anger – bottled up emotions
- Depression
- Self Harm- cutting
- Extreme cases - Suicide

How to Report Bullying

- Talk with an adult that you trust
 - i.e. teacher, principal, janitor, counselor, etc
- Fill out Harassment/Bullying form and place in the anonymous reporting box located in the entrance hallway.
- Go to reportabully.com to report anonymously online
- Email
 - Mr. Criswell dcriswell@perryschools.org
 - Mrs Springer aspringer@perryschools.org
 - Mrs Markle jmarkle@perryschools.org
 - Mrs Reuter sreuter@perryschools.org

Conflict or Bullying?

- Normal Peer Conflict:
 - Equal power of friends or friendship
 - Happens occasionally
 - Accidental
 - Equal emotional reaction
 - Act wasn't to seek attention or power
 - Remorse
 - Shows effort to resolve problem or issue

Conflict or Bullying?

- Bullying:
 - Imbalance of power
 - Repeated negative actions
 - Intentional
 - Strong or emotional reaction from target and little reaction from the bully
 - Act is intentional to gain power and/ or attention
 - There is no effort to solve the problem/issue