



KNOW!TM

More

Know More About
BULLYING



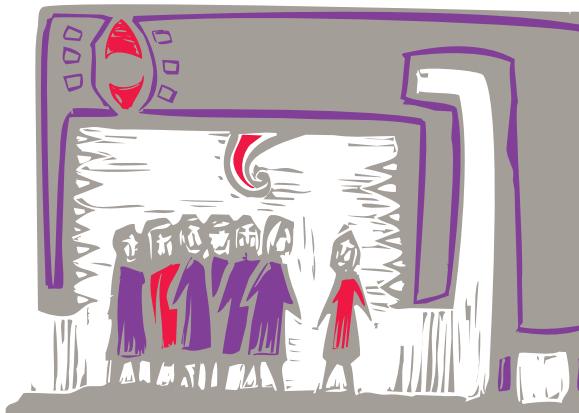
KNOW More™

BULLYING IS A BIG PROBLEM

As we grow up, we all experience some differences with other kids. But when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing, it can have devastating effects.

Mean behavior can hurt. It can hurt even if the people doing it think they are only joking. It can hurt even if the people doing it are your friends, or your boyfriend, or your girlfriend.

Lots of kids are bullied and none of them deserve it. Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried; not just the kids on the receiving end. Bullying is never okay, cool or acceptable. No one EVER deserves to be bullied and some forms of bullying may be a CRIME.



WHAT IS **BULLYING?**

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ullying is ANY 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. Bullying is also intentional. The behavior hurts or harms another person physically or emotionally, and the targets have difficulty stopping the behavior directed at them and struggle to defend themselves.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying hurts and it is hard to stop.



TYPES OF BULLYING

Bullying includes behaviors that focus on making someone else feel inadequate, or focus on belittling someone else. Bullying includes harassment, physical harm, repeatedly demeaning speech and efforts to push someone out of a group or be ignored. Bullying is active, and is done with the intention of bringing another person down. It is important to realize that there are different kinds of bullying:

- Physical
- Verbal
- Social or Emotional
- Cyberbullying



TYPES OF BULLYING

PHYSICAL:

Physical bullying may be the most obvious form of bullying. Some bullies attack their targets physically, which can mean anything from shoving or tripping to punching or hitting, or even sexual assault. Those kinds of behaviors are purposefully designed to instill fear in the one being bullied.

VERBAL:

When someone verbally bullies another, he or she uses demeaning language to tear down another's self-image. Name calling, teasing, making fun of someone, gossip, starting rumors or telling lies about someone are a few examples of verbal bullying. The intent is usually to hurt the other person's feelings or humiliate the other teen in front of others.

SOCIAL OR EMOTIONAL:

This is even more subtle than verbal bullying. Teenage bullying that includes emotional threats aims at getting someone else to feel isolated, alone and may even prompt depression. Leaving someone out on purpose, telling others not to be friends with a person or embarrassing someone in public are only a few examples of social or emotional bullying. This type of bullying is designed to get others to shun the person being bullied.



TYPES OF BULLYING

CYBERBULLYING:

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of Cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Cyberbullying also includes photos, messages, or pages that don't get taken down, even after the person has been asked to do so. In other words, it's anything that gets posted online and is deliberately intended to hurt.

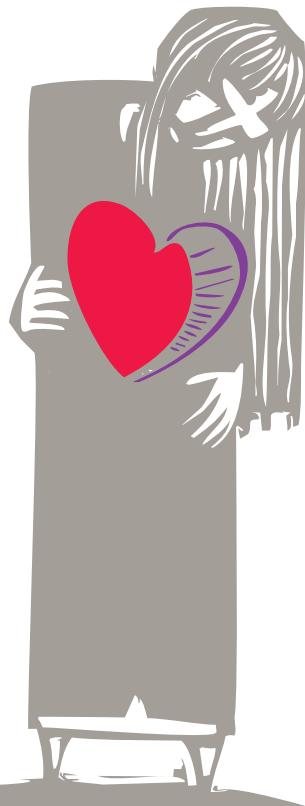
Online bullying can be particularly damaging and upsetting because it's usually anonymous or hard to trace. People can be tormented on a 24/7 basis – anytime they check their phone or computer. Sometimes, they might not know what's being said behind their backs or where the meanness is coming from.

Online bullying and harassment can be easier to commit than other acts of bullying because the bully doesn't have to confront his or her target in person. This can be especially devastating to the people being bullied, since they cannot even find a safe place in the virtual world.

HOW DOES BULLYING MAKE PEOPLE FEEL?

One of the most painful aspects of bullying is that it is **relentless**. Most people can take one episode of teasing or name calling or being shunned at the mall. However, when it goes on and on, bullying can put a person in a state of constant fear. Guys and girls who are bullied may find their schoolwork and health suffering.

Kids who are bullied can feel like they are different, powerless, unpopular, and alone.



Kids who bully are at risk of having problems too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school.



Kids who are bullied have a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. Bullying can make them feel sad, lonely, or nervous, feel sick and have problems at school.

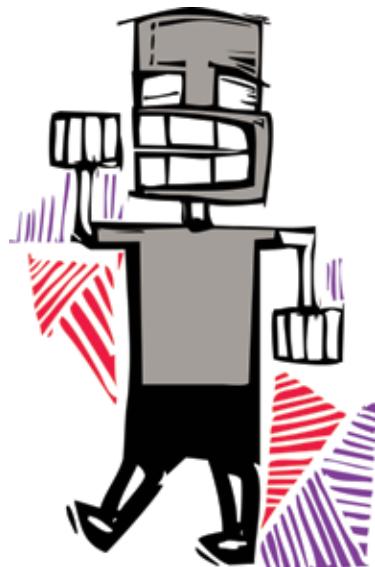
Kids who bully are at risk of having problems too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school. Bullying is VIOLENCE, and it often leads to more violent behavior over time. Some teen bullies end up being rejected by their peers and lose friendships as they grow older. Bullies may also fail in school and not have the career or relationship success that other people enjoy and many will have a criminal record at a very young age.



WHO BULLIES?

Both guys and girls can be bullies. Bullies may be outgoing and aggressive. Or a bully can appear reserved on the surface, but may try to manipulate people in subtle, deceptive ways, like anonymously starting a damaging rumor just to see what happens.

Many bullies share some common characteristics. They like to dominate others and are generally focused on themselves. They often have poor social skills and poor social judgment. Sometimes they have no feelings of empathy or caring toward other people.



Some bullies actually have personality disorders that don't allow them to understand normal social emotions like guilt, empathy, compassion, or remorse.



Although most bullies act like they're hot stuff and think they have the right to push people around, most bullies are actually insecure. They put other people down to make themselves feel more interesting or powerful. And some bullies act the way they do because they've been hurt by bullies in the past – maybe even someone in their own family, like a parent or other adult.

Some bullies actually have personality disorders that don't allow them to understand normal social emotions like guilt, empathy, compassion, or remorse. These people need help from a mental health professional like a counselor, social worker, psychiatrist, or psychologist.

Bullies might think it's okay. They might think it will help them fit in, or they might want to feel powerful or in control.



WHAT CAN YOU DO?

DO! Speak up against bullying and get involved.

DO! Report it to an adult—
remember telling is not tattling.

DO! Stand up for others that are bullied.

DO! Be a friend whenever you see bullying
and find your true friends.

DO! Write down how you feel or talk about it .

DO! Learn to say and believe good things
about yourself and your personality.

DO! Speak confidently to the bully
and practice your confidence.

DO! Walk or run away if a bully tries to hurt you.

WHAT NOT TO DO?

DON'T!

Get into a physical fight with a bully or try to retaliate.

DON'T!

Believe the insults about you.

DON'T!

Waste time in a place where a bully might target you, including physical locations as well as online.

DON'T!

Believe you deserve to get picked on.





To KNOW More about bullying visit these websites:*

- www.kidshealth.org
- www.bullyingstatistics.org
- www.ncpc.org (NATIONAL CRIME PREVENTION COUNCIL)
- www.pacerkidsagainstbullying.org
- www.pacer.org/bullying (NATIONAL PREVENTION BULLYING CENTER)
- www.stopbullying.org

**Parts of this booklet were taken from the websites listed above.*

REMEMBER
bullying may be a crime
and it hurts.

If you or someone you know
is being bullied

tell someone!

NO ONE DESERVES TO BE HURT.





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