



Dedicated to all of the children whose lives were cut short or who suffered at the hands of bullies.
May no more children ever have to suffer that pain and isolation
and no other parent suffer that loss.

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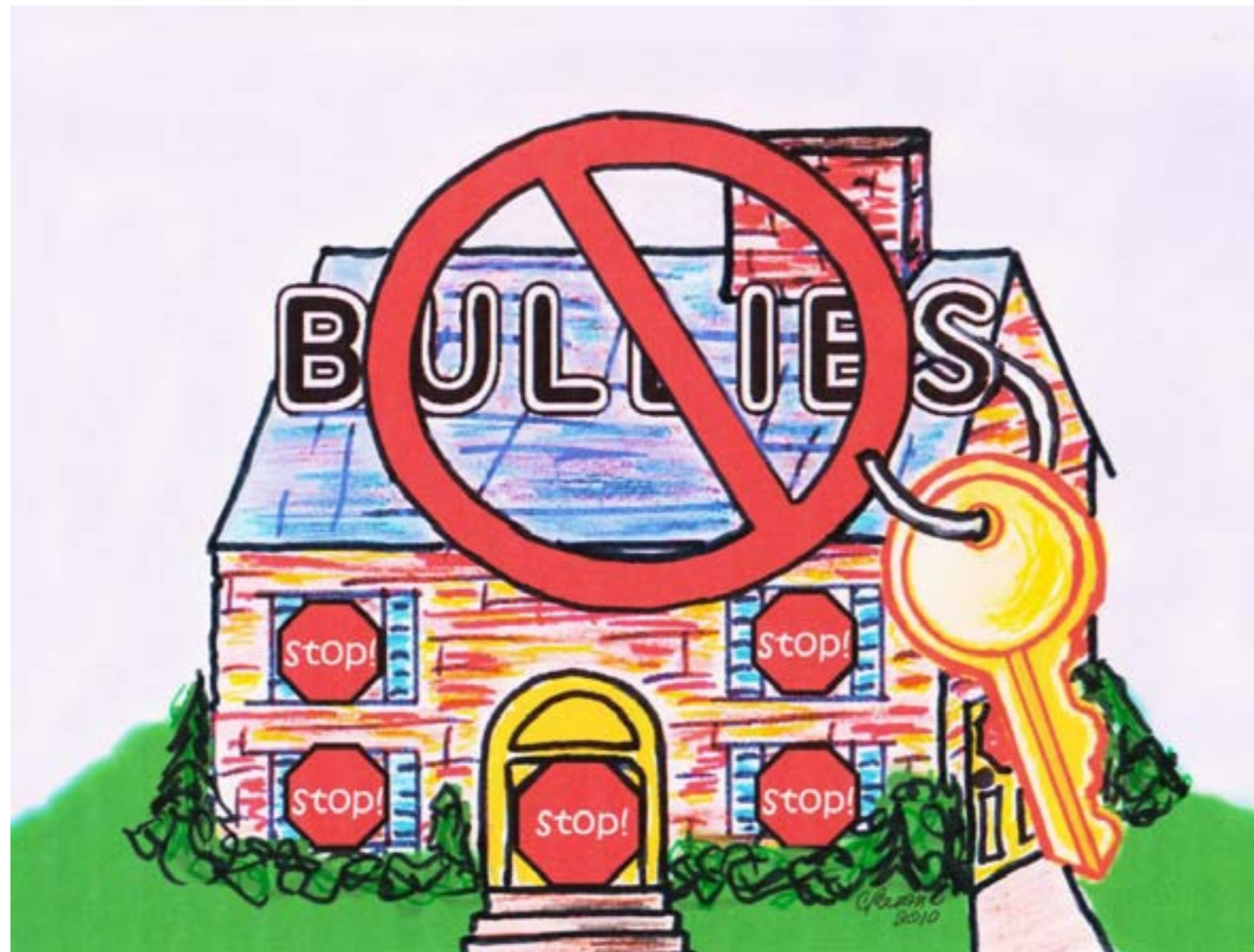
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BULLIES

A bully is an aggressive person or a group who -unprovoked- repeatedly tries to harm, intimidate or mistreat a weaker and more vulnerable person.

Bullies come in all shapes, sizes, races, colors and creeds. They are male and female and bully in many different ways.



The Key:

The key to reducing the number of bullies is to deal with them by coming in through the front door, the windows and the back door...all at the same time. Why? If any exit is not protected, the bullying will continue and any child, even your child, could be one of the casualties. This is real. This is a danger. No child is safe without your help.



The Front Door:

The specific, consistent and age appropriate consequences for the bullies that will help them understand that bullying is not funny or cool and will not make them popular. They will learn that bullying is not fun or entertaining since they will pay the price for the victimizing of others.

There must be a zero tolerance for bullies.



The Windows:

The education, required consequences and motivation for the bystanders who *can and must support the targets* and show the bullies they are alone in the bullying events.



The Bulls Eye



The Bully
can't be addressed
without setting sights
on whole target.



The Foundation:

Adults who are approachable and willing to take consistent and appropriate action when advised of or witness bullying. There must be homes and schools that foster positive, kind and caring behavior and offer ongoing education that requires a specific code of conduct regarding bullying behavior.



The Mortar for the Foundation: **THE SCHOOL**

1. The school's handbook must include a code of conduct that includes the fact that the school has a zero bullying tolerance. The code of conduct must specify the consequences of bullying with no exceptions. In addition, the code of conduct must state the requirements for all who witness any bullying event.
 - Students must report each bullying event they witness.
 - Staff must report each bullying event witnessed or reported to them.



2. All parents, students and staff must sign a statement indicating that they read the handbook code of conduct regarding bullying.

3. There must be an assembly at the beginning of the year that explains the bullying code of conduct and consequences.

4. There must be continuing education via assemblies and class room activities that remind students about the school's bullying code of conduct and reinforce kind and caring behavior among students and staff. There must be entertaining and informative assemblies that educate potential bystanders and targets in the ways that they can help bullying situations.



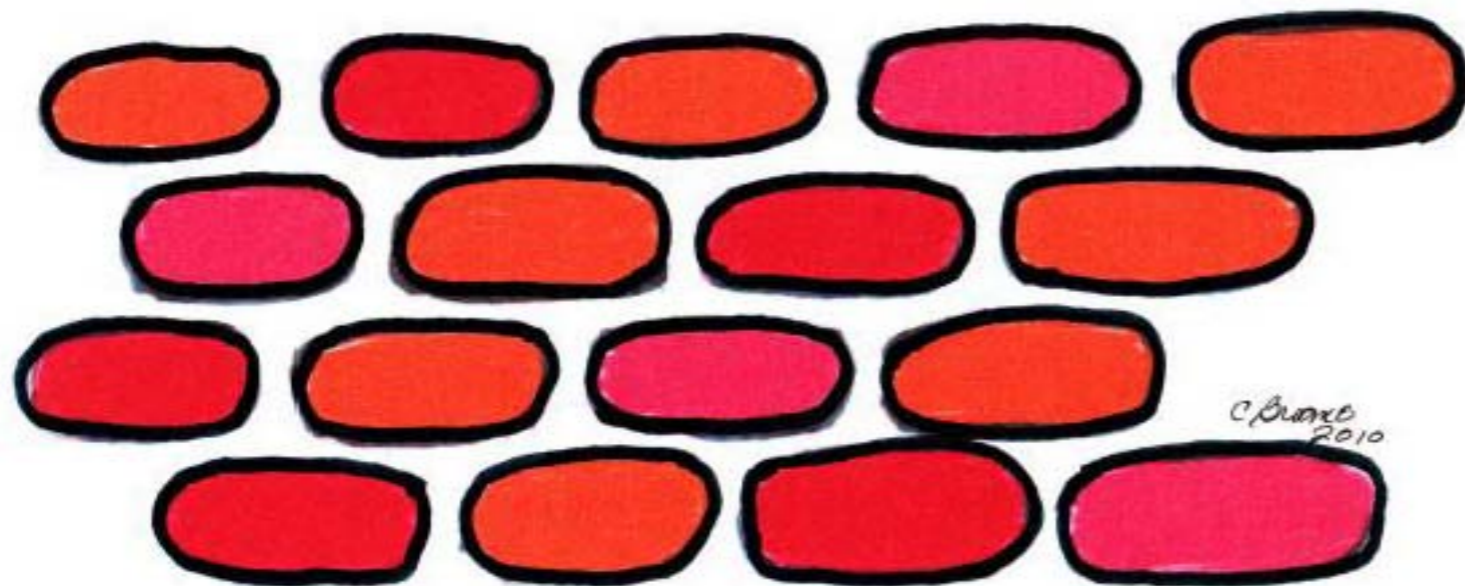
Schools should offer an oath to be signed by parents, staff and students.

I _____ will not be a bully. I will not laugh at a kid who is being bullied and I will tell other kids not to laugh either. I will tell an adult about the bullying incident. If a kid makes me feel sad or afraid, I will tell an adult. I will not let anyone do things to me that make me feel sad or cause other kids to laugh at me. I will remember that I am very special and should be treated with kindness. I will treat the other kids with kindness too.

The schools must be filled with an atmosphere that encourages AND rewards positive behavior and camaraderie among the students and staff.



The Bricks for the Foundation: **THE PARENTS**



The Questions ~ Fact or Fiction?

Parents: Answer these questions with your children.
This is an easy way to bring up the subject of bullying.

1. Bullying is like any other dispute or argument.
2. Bullied children usually tell an adult.
3. Bullies are loners with poor social skills.
4. Bullying takes place mainly in urban schools.
5. Bullying is usually physical.
6. Dealing with Bullies is just part of growing up.
7. "Sticks and stones can break bones but words can never hurt you."
8. Children don't want to get involved when they observe a bullying event.
9. Most bullying occurs on the bus.
10. Bullied children need to figure out how to deal with bullies by themselves.
11. There are no bullies in my children's school.
12. My child isn't bullied.
13. My child isn't a bully.
14. Bullying is not very common.
15. Kids with special needs are not usually bullied.



How much do you know about your children's lives when they are not with you?

After reading the next few pages, you will be more accurate in your answer.

THE ANSWERS:

1. *Bullying is like any other dispute or argument. False!*

Bullying involves conflict among or between one weaker person and one stronger person. Bullying takes place when the same person repeatedly torments a targeted child or it can take place when more than one person is attacking the targeted child.

2. *Bullied children usually tell an adult. False!*

In far too many cases, adults are unaware of bullying incidents. According to many different studies, fewer than 50% of the bullied children report their experiences. Some fear retaliation from the bully and others fear an inappropriate reaction by the adult. Younger children and girls are more likely to advise an adult about bullying situations.

3. *Bullies are loners with poor social skills. False!*

Recent studies show that bullies usually have more friendships than the targets



of their bullying. In addition, they have more leadership skills than the bystanders or targets. They also have a group of friends that support their bullying and even encourage it.

4. ***Bullying takes place mainly in urban schools. False!***

Bullying occurs everywhere. Bullying takes place in all schools, no matter what the economic levels are, no matter what races are involved and no matter what area of the country the school is located.

5. ***Bullying is usually physical. False!***

In the lower grades bullying is usually physical with both boys and girls. Usually it is an older child targeting a younger one or a bigger child targeting a smaller child. In middle school the bullying takes on more verbal or emotional abuse. Boys and girls are both involved in spreading rumors about the target or intentionally isolating the target from others. Cyber bullying or

internet bullying has grown tremendously and studies show that 42% of kids surveyed have been bullied on line and 25% have been bullied more than once. 35% of surveyed kids have been threatened on line and 58% of the surveyed kids have not told their parents about mean things that have happened to them on line. The fact that the bullies can attack anonymously is related to the increasing numbers.

6. ***Dealing with Bullies is just part of growing up. True and False!***

Bullying is abuse and abuse of any kind should never be tolerated by anyone. In the most severe of cases, the targets of bullying have taken their own lives or the lives of the bullies in an effort to free themselves from the pain and isolation. Bullied children often suffer from low self esteem, depression, anxiety, poor concentration, illnesses, headaches, difficulty in sleeping and absenteeism.

7. ***“Sticks and stones can break bones but words can never hurt you.” False!***

Some of the most harmful bullying is verbal or emotional and the internet



and cyber bullying has caused the suicides of many children.

8. *Children don't want to get involved when they observe a bullying event.* **False!**

Recent studies have shown that over 50% of the children who witness bullying try to do something to stop it. These bystanders are one of the strongest tools that can effectively lower the numbers of bullying incidents.

9. *Most bullying occurs on the bus.* **False!**

Bullying does occur on the bus but students who have been surveyed indicate that the classroom, playground, cafeteria, bathrooms and halls are more likely to be the locations for bullying.

10. *Bullied children need to figure out how to deal with bullies.* **True and False!**

Bullied children and all children need to be taught how to deal

with bullying situations. They can do a lot to help themselves. They must understand bullying behavior and learn how their reactions might help them to avoid being targeted.

11. *There are no bullies in my children's school.* **False!**

No school is without bullies. Some schools however, are implementing means by which the bullying numbers are decreasing.

12. *My child isn't bullied.*

Hopefully this is true but you must ask your child to answer this one. In addition, you must look at the possibility that he or she is not telling you everything.

13. *My child isn't a bully.*

Hopefully this is true but you must be open to the fact that he or she might be. Ignoring the signs could lead your children toward a future of anti social or violent behaviors. Teen bullying is a warning sign that children and teens



are heading for trouble and are at a higher risk for serious violence.

14. *Bullying is not a common event.* False!

Almost 30% of teens in the United States or over 5.7 million are estimated to be involved in school bullying either as a bully, a target or both. Surveys have indicated that about 75% of teens have visited a website that is bashing a targeted student. 58% of cyber bullying takes place in chat rooms. Since 1992, there have been 250 violent student deaths due to bullying. Cyber bullying has become a Pandemic.

15. *Kids with special needs are not usually bullied.* False!

Children with learning disabilities and special needs are often at an increased risk of being bullied. In addition the type of disability a child has may cause him or her to be unable to identify the bully.

Kids need to understand that bullies
come in all shapes and sizes
and that they can be boys or girls.

They can be on the bus,
in their schools or in their neighborhood.

Bullies can be anywhere.



If you have a child with special needs ask him or her questions like these to help identify a potential bully:

- Is there someone who gets other kids to laugh at you?
- Is there someone who wants you to give him or her your money?
- Is there someone who hurts your feelings or your body?
- Is there someone who calls you names or writes mean things about you?
- Is there someone who takes your things?
- Is there anyone who destroys your clothing or your possessions?
- Is there anyone who tells you to do things that don't feel right or good?

Remind him or her that real friends don't do things that will make him or her sad.

What Can Parents Do?

Parents should be open to the fact that bullying does exist and that their child might be a target, a bully, a bystander or a combination of the three. Since bullying takes on all forms and attacks all kinds, parents should keep communication open and watch for the signs that might indicate that their child could be a target or a bully or both.

They need to communicate with the schools and make sure that the schools have a bullying code of conduct that maps out the specifics regarding bullying behavior and consequences. They must let schools know that they want and need to be advised of any involvement their children have in bullying events no matter how insignificant it appears to be.



To be proactive parents must:

1. Consistently attempt to help your children with honest, deserved and increased self worth.
2. Talk and listen to your kids about bullying. Often if they question their kids about their friends' on line activities, the kids might be more apt to share information.
3. Set firm limits for time on the cell phone and internet and follow through.
4. You can't assume that a software package adequately filters your kids' online activities. There is no easy way to monitor activities. You must physically check their computers and cell phones.
5. You shouldn't succumb to, "but Mary's mother lets her."
6. Make your children aware of the fact that cyber bullying and other forms of bullying are not funny and could have devastating effects. Don't be afraid to bring up the terrible suicides that have take place because kids were bullied.
7. Make sure your child understands specific consequences if he or she is involved in bullying. Fill them in on the fact that bullying is not funny and that it is a big deal. Share with them the fact that "everyone doesn't cyber bully" and that if caught there will be major consequences.



8. Make sure your children understand that if they are the targets of bullying that you must be advised. Help them understand that you will not over react or under react. Teach them the importance of:

- Not deleting a bullying message
- Not responding to a bullying message
- Saving any evidence of bullying.
- Not sharing personal information or passwords.
- Not meeting an internet acquaintance in person.

9. Call the school and request what programs they have in place.

10. Inform your children about the ways that children are cyber bullied and keep in mind that they might already know more than you do:

- Bullies pretend they are other people to fool the target.
- Bullies share pictures without the consent of the target.
- Bullies spread untrue rumors about the target.
- Bullies trick kids into revealing personal information.
- Bullies send or forward unkind messages.

11. If you learn that your child is the target of bullies, help him or her understand that it is the bully's issue but then arm him or her with the tools that will help to deal in a more effective way with the bullies.

- Find out the things that are being said or done to your child.
- Explain that the bully has figured out your child's weak area and is using that to be hurtful. What he or she is saying may not be even close to the truth but since your child reacts, the bully continues. As an example, if your child is being called 4 eyes because of wearing glasses, ask him or her if other kids who wear glasses get called mean names. When he or she says "no," explain



that he or she is reacting to the teasing which gives a bully reason to continue. Bullies take pleasure in bothering you and getting a reaction. Suggest that they watch how the kids who are not being bullied respond to the bully. There is a huge lesson to be learned from them.

- If there is any possibility that there is a danger with bullying such as physical, the appropriate measures must be immediately taken.
- Don't wait if you see any of the warning signs mentioned previously. If your child doesn't want to go to school or becomes anxious or has trouble sleeping, etc. you need to seek help immediately.

Everybody, Somebody, Anybody, and Nobody

There were many students in a school. They all shared similar names. Some of them were named Everybody. Some of them were named Somebody.

Some were named Anybody and some were named Nobody.

When the students, teachers and parents found out that there was bullying going on in the school,

Everybody was sure that Somebody would do something about it.

Anybody could have helped the situation but Nobody did.

Somebody got angry about the bullying going on because it was up to Everybody to do something to help the kids being bullied but Nobody did.

Everybody did absolutely nothing because they thought that Anybody could have helped to solve the problem.

Everybody thought that Anybody would help Nobody realized that Everybody would do nothing to help.

As it happened, Everybody blamed Somebody when Nobody did what Anybody could have done to stop the bullying.



Join the Rugby Jones Anti-Bullying Team
At
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RUGBY JONES: NO BULLY ZONES
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