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Bullying

“Pulling someone
down will never help
you to reach the top.”
- KUSHANDWIZDOM

STOP
BULLYING
STAND UP. SPEAK OUT.

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Did you know?

- The word “bully” used to mean the total opposite of what it means now.
- Five hundred years ago, it meant friend, family member or
- The root of the word comes from the Dutch boel, meaning lover or brother.

Bullying can be...

- One person making fun of another.
- One person trying to beat up another.
- A group of people ganging up against others.

What is bullying?

Bullying is the use of
force, threat,
or coercion to abuse, intimi-
date, or aggressive-
ly dominate others. The be-
havior is often repeated
and habitual.



BULLYING:

All bullies have one thing in common:

- Something or someone is making them feel insecure.
~Therefore they bully to make themselves feel better.
- They could have something going on in their family.
- They might not feel like they are getting enough attention from parents or teachers.
- They might have watched their parents or older siblings get their way by being angry and pushy.
- Maybe they are also bullied.
- They might be spoiled by their parents.



Types of Bullying:

1- Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Taunting
- Threatening to cause harm

2- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
- Embarrassing someone in public

3- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Some things you can say if someone is getting bullied.

"That's Not Funny"

"How would you like it if someone did that to you?"

"Cut it out"

Remember the golden rule:

Treat others the way you want to be treated. Stand up for someone when he or she needs it, and when you need it, someone will stand up for you.