

WHAT IS BULLYING'?



Over the years, bullying has become a bigger problem than people think. Bullying can happen [and often will] in many places including school, at home, in the playground, on the streets, or even in the work place.

Anyone can be bullied, by any person or group, and it doesn't matter what your age, sex or cultural background is.

A bully can be an individual, or group of people and can either be someone your own age, an older person, or someone in a position of power such as a teacher, parent or

boss.

When you are a victim² of bullying it can lower your self-esteem³ and make you feel alone, sad, depressed, angry, scared or confused. If you are victim of bullying, it is not your fault and there is nothing wrong with you. Don't be afraid to let someone know that you are being bullied they may be able to help you.

THE MANY WAYS WHICH YOU MAY BE BULLIED

Verbal - such as name calling or put downs, threats

Physical - being punched, tripped, kicked or having your belongings stolen or damaged.

Social - Being left out, ignored or having rumours spread.

Psychological - you are given dirty looks or stalked.

WHAT CAN I DO IF I AM BULLIED?

Below are a few suggestions⁴ of different things you may be able to do if you are being bullied. The most important thing to do if you are being bullied is to tell someone that may be able to help or protect you.

Tell someone else - To stop the bullying it can be helpful to tell someone that you are being bullied. This may seem scary at first but this should be your first step. Friends, teachers, a school counselor⁵ or parent may be helpful people to tell. If you feel more comfortable take a friend with you to chat to these people.

Be confident⁶ - Bullies usually pick on people that they think are weaker than they are so it may help if you stand up to them. Some suggestions are:

- telling them to leave you alone may get a bully of your back.
- turning around and being nice to them may throw them right off.
- using humour may also throw the bully off track.
- use positive self talk - saying to yourself something like "I know I am better than that, I don't have to pick on other people to know that I am good."
- remember that your friends accept you for who you are.

Keep out of their way - It may be possible for you to avoid the bully. This can mean travelling a different way to school, hanging around with other people or avoiding the places that they hang out. This is not giving in to the bullying rather it is looking after yourself and ensuring you are happier and more comfortable.

Stay positive - It can be hard to remember all your good points when someone is doing their best to be negative. However try to think of all the things you do well and that you are a valuable person. Thinking of how bad the bully must be feeling may also help you to stay positive.

<http://teenshelp.faithweb.com>

¹ bully (noun) – Tyrann, Rabauke, Schläger

bully (verb) - tyrannisieren, schikanieren, mobben

² victim - Opfer

³ self – esteem – Selbstbewusstsein, Selbstachtung

⁴ suggestion - Vorschlag

⁵ counselor – Berater, Ratgeber (Beratungslehrer in der Schule)

⁶ confident – zuversichtlich, selbstbewusst

WHAT IS BULLYING?

True or false?

true/false

1. Bullying was a bigger problem some time ago.
2. Only young people are bullied.
3. A bully can be a group of people.
4. Being bullied is bad for your self-esteem.
5. Don't tell anyone that you are bullied.
6. Sometimes it helps to be nice to the bully.
7. Always be nice to a bully.
8. Use humor on the bully.
9. Do what the bully tells you to do.
10. Think of everything you have done wrong in your life.

Answer the questions

1. Where can bullying happen?

2. Who can be a bully?

3. Who can be bullied?

4. How do people who are bullied feel?

5. What are the four forms of bullying?

6. Who can you talk to when you are bullied?

7. How can you keep out of the bully's way?

8. Why are self-esteem and positive thinking important?
