

# WHAT IS BULLYING?

Bullying is defined as an individual using consistent or reoccurring behavior, i.e., teasing, name calling, or physically (poking, pushing, etc.) to intimidate someone. The intent of these actions is to force the individual to do what you would want them to do.

The example below provides an example of NON-Bullying scenario.

## Scenario: (NON- Bullying)

- Target: "... a girl at school today told me I'm ugly."  
Support: "Is this the first time she's made fun of you?"  
Target: "Yes! And I feel really sad because she is bullying me."  
Support: "This is not the meaning of bullying. Someone saying you're ugly once or twice in passing is not a case of bullying".

REFERENCE THE DEFINITION

- Target: "Oh, well what is it?"  
Support: "It's someone's opinion – you will always face people's opinions. What you need to understand is that an opinion doesn't define you."

NEXT STEPS – YOUR CHECK LIST

The example below is an example of BULLYING in action.

## Scenario: (BULLYING in action)

- Target: "... every day at lunch the same boy comes over to my table to make fun of my clothes and calls me ugly."  
Support: "Is this the first time he's made fun of you?"  
Target: "No it's not! ... He does it every day and the other kids are laughing at me!"  
Support: "How long has this been going on?"  
Target: "It's been going on for over a month now!"  
Support: "The fact that he teases you every day and it's consistent, this is definitely the case, you're being targeted and being bullied."  
Target: "I thought so."  
Support: "I'd like to help you learn how to be able to have resolution yourself..."  
Target: "Me too, but how?"

NEXT STEPS – YOUR CHECK LIST



For more information on how to host an assembly please call: 954.246.5852  
For more information: [bestrong.global](http://bestrong.global)

# ✓ RESPONDING TO CYBERBULLYING CHECKLIST

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**1. Talk about it.** Tell someone if you're the target of cyberbullying. Whether it's your parents, a teacher, or another trusted adult, or even your best friend, never keep the fact that you're being bullied to yourself. We know it's not fun and it's hard to talk about it, but you should give others a chance to come through for you. It could help make the problem go away, which is the ultimate goal.

**2. Ignore them.** If there is an isolated incident where you are being bullied, don't respond to the instigator. Cyberbullies who do not get a response from their target may just move on. They are looking for a response—don't give it to them!

**3. Never retaliate.** Be the bigger person and never retaliate against someone who cyberbullies. Retaliation only further perpetuates the cycle of violence, and does nothing to solve the problem. Plus, if you retaliate you could get into trouble for what you are doing or saying to them!

**4. Tell them to stop.** For repeated bullying, if ignoring the bully doesn't work, tell them to stop. Let them know that what they are doing is hurtful and, more importantly, lame and uncool. Be respectful in approaching them and never come off in an aggressive manner.

**5. Laugh.** If someone says something funny about you, try to laugh it off. Maybe they really are just trying to be funny and not hurtful. Sometimes we say funny things or make fun of a friend as a way of fitting in. Of course this can be taken too far. If it is not funny at all, and you really are hurt by what was said, try one of the other responses listed here.

**6. Save the evidence.** Record all instances of cyberbullying. Print out messages and emails, save text messages, and capture screen shots when cyberbullying occurs. Then turn these documents over to an adult who you believe can help.

**7. Block access to cyberbullies.** Block cyberbullies from contacting you. Most websites and software programs have the ability for you to block certain users from messaging you or even being able to "see" you online. Newer phones have the capability to block preset phone numbers, and you can also contact your cell phone service provider (for example, AT&T or Verizon) to help. If certain people simply cannot reach you, it will be more difficult for them to bully you.

**8. Report it to the content provider.** If you don't know who the cyberbully is, contact the content provider of the site where the cyberbullying is occurring and make a report. The most popular web sites (like Tumblr, Snapchat, Facebook, Twitter, Instagram, YouTube, and Google) make it pretty easy to report cyberbullying. Harassment is a violation of the terms of service of all reputable web sites.

**9. Never pass along messages from cyber-bullies.** If you receive a hurtful or embarrassing messages or photos of someone else, delete it and refrain from forwarding it to others. Don't be part of the problem, be part of the solution. You can stop cyberbullying by letting your friends know that is simply isn't cool.

**10. Call the police.** If you feel your safety (or the safety of someone else) is in danger, call the police immediately. Any time there is a threat, tell an adult. They can help you make sure that your safety is protected.

# PARENT CHECKLIST

## What You Need to Know – Assess – **STEP 1**

We all **must** ensure children are aware of the TRUE meaning of bullying.  
*(Please reference scenario on the next page)*

## How to Engage – Connect – **STEP 2**

Parents must prioritize the time to sit with their children and discuss the day's activity at school, church, and online. Promote children to speak openly, while ensuring communication is being done calmly & respectfully.



### **ACTION STEP**

Sit down, grab a bag of popcorn, and watch the **Be Strong Documentary** for forty-five minutes.  
FREE Be Strong Documentary:

<https://bestrong.global/event/strong-documentary-national-screening-102617-830am/>

## What's at Your Fingertips? – Intervention – **STEP 3**

**ACTION STEP** - Download the *Be Strong App* - The Be Strong app unites power with choice that saves & changes lives. You'll find resources, support, and intervention for those who are affected by bullying, depression, or suicide and best practices on combatting many adversities. We know this generation is facing issues and disadvantages that result in bullying and we want to help. If you have friends who are struggling with hunger, housing, escaping violence and much more, sit down with them and put your zip code in the local support section of the app – Help is at your fingertips, including one-touch resources, such as suicide lifeline, text help line, and trusted friend alert.

**Request information cards for your school: [info@bestrong.global](mailto:info@bestrong.global)**



### **We are Stronger Together**

Download the FREE Be Strong app TODAY!



## What's Your Power? – Strengthen – **STEP 4**

**ACTION STEP** - Encourage your child to stand strong and become a leader, and to be assertive in a healthy way; don't be a victim, be the victor. Help your child get a nomination to become a **Be Strong Student State Representative**, participating in annual meetings and quarterly meetings with their fellow region leaders and monthly challenges in four (4) key areas:

**resilience training, acts of kindness, awareness & advocacy.**

## How to Become a Champion of Change – **STEP 5**

**ACTION STEP** - Host/volunteer for an assembly at your child's school, showing the Be Strong Documentary to create a school wide discussion and safe place for other students to connect to help, create accountability, and momentum. Keep up-to-date on Be Strong's events, to help raise awareness and continued support. Sign-up for our newsletter, a "Monthly Guide to Resilience."

## How to Create Change – Implement – **STEP 6**

**ACTION STEP** - Use SEL (Social Emotional Learning) tools to teach your child resiliency. Learn more about Be Strong's high-impact "Resiliency Curriculum" that is available to schools, non-profits, companies and religious groups. For more information on the curriculum email: [info@bestrong.global](mailto:info@bestrong.global)

For more information on how to host an assembly please call: 954.246.5852

For more information: [bestrong.global](https://bestrong.global)



AROUND HERE  
**TEAMWORK**

IS PICKING  
EACH OTHER

**UP**

NOT PUTTING  
EACH OTHER

**DOWN**





**RICK SCOTT**  
GOVERNOR

***BULLYING PREVENTION MONTH IN FLORIDA***

**WHEREAS, thousands of Florida children and adolescents are affected by bullying annually; and**

**WHEREAS, targets of bullying are more likely to develop physical, emotional, and learning problems, and students who are repeatedly bullied often fear such activities as riding the bus, going to school, and attending community activities; and**

**WHEREAS, children who bully are at greater risk of engaging in more serious violent behaviors; and**

**WHEREAS, children who witness bullying often feel less secure, more fearful and intimidated; and**

**WHEREAS, Florida school districts have developed anti-bullying policies and procedures to encourage positive behaviors and to address bullying behaviors; and**

**WHEREAS, National Bullying Prevention Month encourages parents, students, teachers and school administrators to be aware of when bullying occurs and to work together to increase awareness about bullying and how to prevent it; and**

**WHEREAS, schools that focus on teaching kindness can reduce bullying, and have multiple positive outcomes for students, including a greater sense of belonging, improved self-esteem, improved mental and physical health, increased feelings of gratitude, and better concentration to improve academic achievement;**

**NOW, THEREFORE, I, Rick Scott, Governor of the State of Florida, do hereby extend my support to all observing October 2018 as *Bullying Prevention Month in Florida* and urge all Floridians to support activities that promote healthy child, youth and character development.**

**IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 11th day of September, in the year two thousand eighteen.**



  
Governor