



Bullying is Never Okay



**MIRACLE**  
**FOUNDATION**



# What is Bullying?

Repeated, aggressive behavior intended to hurt another person physically, mentally, or emotionally.



Three key characteristics:

- **Intentional/deliberate** – intending to hurt someone
- **Repeated** – a pattern of behavior
- **Power Imbalance** – victim is perceived as weak or vulnerable



# Forms of Bullying

- **Physical Bullying** – hitting, pushing, kicking, any form of violence or threats
- **Social/Emotional Bullying** – leaving someone out on purpose, spreading rumors or gossip, trying to break up the friendship of others, peer pressure, embarrassing someone
- **Verbal Bullying** – Name-calling, teasing, threatening, inappropriate sexual comments
- **Cyberbullying** – using technology (internet, email, cell phones, social media, etc) to harass, threaten, ridicule, or embarrass someone
- **Material Bullying** –stealing, damaging, or destroying belongings
- **Sexual Bullying** – inappropriate sexual acts such as touching private parts



# Why do Children Bully?

- May have witnessed physical and verbal violence or aggression at home
- Are often physically strong
- May or may not be popular with other children around of their same age
- May use bullying as a tool to conceal shame or anxiety or to boost self esteem
- Have trouble following rules
- Bullies may bully because they themselves have been bullied in the past
- Lack empathy - "show little concern for feelings of others"
- May do it because others around them are doing it and getting pleasure

# Avoid Bullies



- Stay away from kids you know are bullies
- Stay with a group and use the buddy system
- Walk away. Go to a safe place







# Stand Tall and Show Confidence

- Show confidence – don't cry, get angry or show that you're upset. Say "No" firmly.
- Act brave, even if you don't feel that way.
- Ignore the bully – pretend you didn't hear them. Don't even look at them.
- Keep cool and act as if you don't care.
- Don't fight back or stoop down to the bully's level.

Confidence is the bully's biggest enemy.



# Tell Someone You Trust

- Don't just keep to yourself and hope the bullying will go away on its own
- Don't think it's your fault. Don't keep your feelings inside. Talk about it
- Tell a friend or an adult what has happened (parent, social worker, teacher, etc.)

Nobody deserves to be bullied.

**Thank you!**

