

## Bullying and Cyberbullying

What is bullying? Bullying is any unwanted, aggressive behavior that involves a real or perceived power imbalance. In other words, bullying is any type of aggressive behavior that is continued and places unequal power between two people. For example, if someone is continually telling you that you aren't smart in an angry or forceful tone – that is considered bullying.

### Types of Bullying:

**Verbal** –verbal bullying may include teasing, name-calling, taunting or threatening.

**Social** –social bullying may include purposefully leaving someone out of a situation, spreading rumors about another person or embarrassing others in a public place.

**Physical** –physical bullying include tripping or pushing, making mean or rude gestures toward another person, or physically hitting or kicking someone.

**Cyberbullying** – this type of bullying happens while using electronic devices or technology including cell phones or computers. Examples of cyberbullying include verbal bullying through social media sites, text messages, group chats or other websites. This type of bullying can happen 24/7.

*None of these types of bullying is okay to do to someone else in any type of situation. Others may not have the courage to stick up for themselves (respect themselves) and tell you to stop bullying them. Even if you think it's a joking situation, someone could be hurt from one of these types of bullying.*



### What to do in a Bullying Situation:

Sometimes it's difficult to stand up for yourself when you're the victim of bullying or help someone else when they are being bullied. Here are some tips to think about when you're the victim of a bully or when you see someone else being bullied:

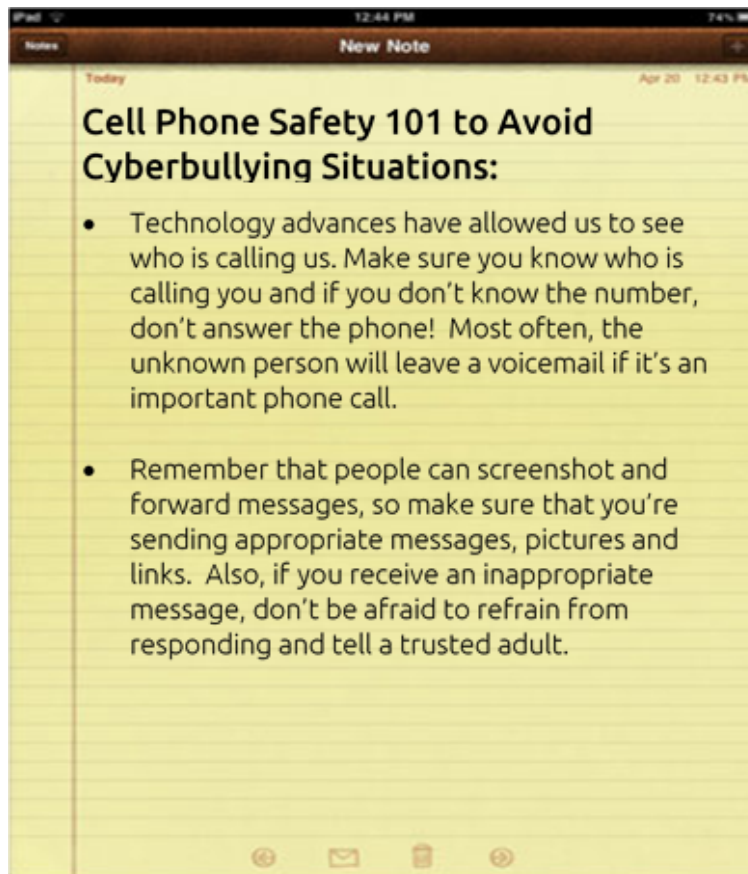
- When you see someone else being bullied, contact another trusted adult or person of authority to help intervene in the situation and resolve the conflict in a positive way (**OR** use your knowledge of resolving conflict in a positive way to help intervene!)
- Be a model of respectful behavior! If you don't want to be bullied, then don't bully others. If you would want someone to help you if they saw you being bullied, then show others by helping them if they are being bullied.
- Be someone's friend. Sometimes, people just need a friend to look out for them or to confide in.



## What to do in a Cyberbully Situation:

Cyberbullying is difficult because most of the time it's only seen between the one who is bullying and the victim of the cyberbullying. So, what should you do if you're the victim of cyberbullying?

- **Save the evidence!** Since cyberbullying happens behind the scenes and not in front of other people that can witness the bullying, it's important to get the evidence to show a trusted adult or person of authority.
- **Be relentless.** Reporting the cyberbully one time may not mean that the bullying will stop. It's important to continually report each act of bullying until the person stops.
- **Block the cyberbully!** A convenient setting about electronic devices and modern technology is the ability to block people on social media, through e-mail or their cell phone number. To stop the bullying from continually happening, blocking the person is an option!
- **Being bullied by someone is not your fault!** Don't blame yourself for being the victim of bullying or cyberbullying. Instead, try finding activities that you enjoy doing in your leisure time instead of spending time on the Internet or social media sites.



## Activity - Body Language:

Your body language is as important as our verbal language. If we stay "stop" with our words, we need to show it with our body language as well. If your body language says, "Keep going, I'm having fun," it's confusing.

Have athletes practice saying "stop" with their words and their body - and mean it.

