

# DEALING WITH BULLYING

## FACTS

### FORMS OF CONFLICT

1. CYBER
2. VERBAL
3. PHYSICAL

**75%**

of bullying is not recognised as bullying. People often think they are having fun or teasing. Also they may be reacting to something you've done to annoy them.

60% OF BULLYING IS CYBER

**84%**

of Australian students will experience bullying in their high school career. 27% experience frequent bullying.

### TOP 3 AREAS BULLIES TARGET

1. APPEARANCE
2. SEXUALITY
3. DISABILITY

Over **70%**

of bullying stops when bystanders speak up

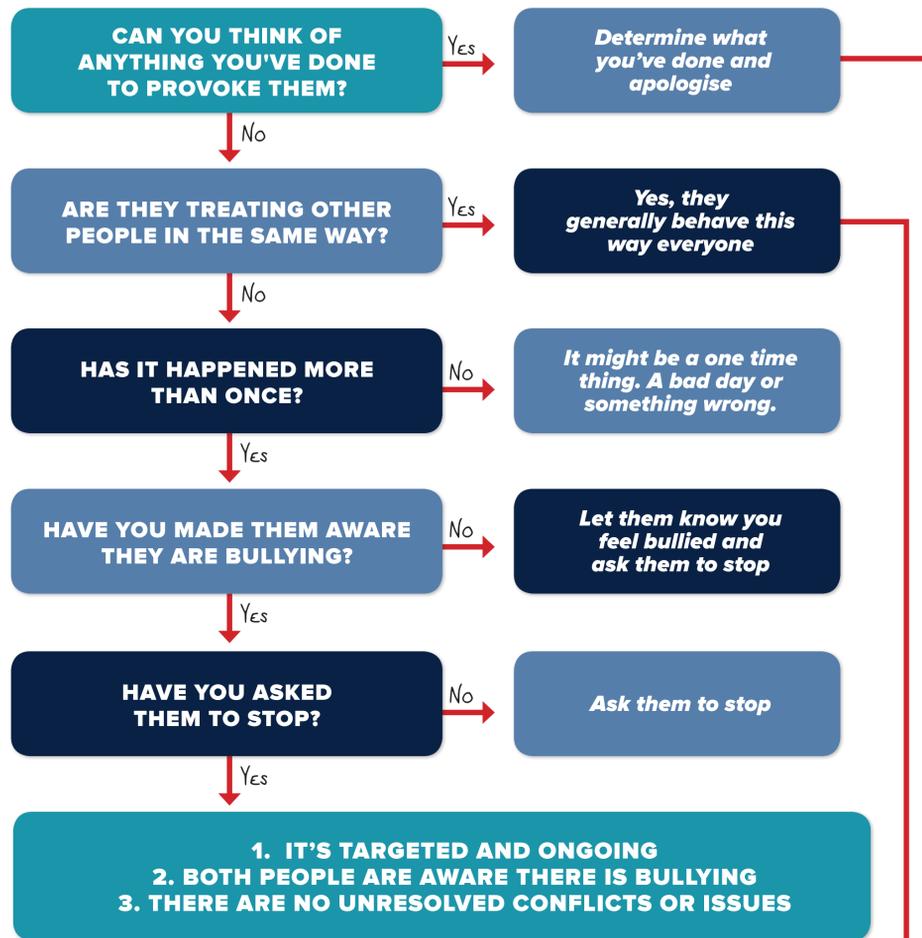
### MISSION: NOT TO REACT 3 TIMES.

95% OF BULLYING STOPS AFTER THREE TIMES WITH NO REACTION

In **76%**

of cases, blocking a bully through social media, phone or text messaging helps the situation.

## STEPS



### KEY IS NOT TO REACT

#### 1. BECOME SECURE IN YOUR INSECURITIES

Key is to become secure in your insecurities. Bullies look for areas of sensitivity and incite a reaction. Acknowledging your weaknesses and strengthening your insecurities will extinguish any sensitivities a bully might look for.

#### 2. DON'T TRY TO BE PERFECT

Everyone has things they don't like about themselves. Don't try to be perfect. Some of the most loved people in the world don't have it all together. You don't have to be perfect to be loved or accepted.

#### 3. HURTING PEOPLE HURT PEOPLE

Remind yourself it's most likely not your fault. "Hurting people hurt people." Some people are offended if you look in their direction. You may have nothing to do with the reason they are bullying. If you can learn to feel sorry for them, you won't be hurt by them

#### 4. RESPOND WITH RESPECT

Often bullying happens because a person believes they have been hurt or disrespected by someone else. The fastest way to stop them is not to continue to disrespect them with comebacks or threats but rather to respect the person.

#### 5. TRY BEING NICE TO THEM

Try being nice to them. Surprisingly complementing them, perhaps even on the very thing they are bullying you about can disarm the bully. It's hard to be mean to someone who is only nice to you.

#### 6. SHOW THEM CONSEQUENCES

If they continue to bully, let them know there are consequences.

### OTHER PRACTICAL STEPS

#### CYBER BULLYING

- 1) Make your profile private
- 2) Only accept and keep friends that treat you well.
- 3) Screenshot any situation and keep records.
- 4) Don't post or share images that may be used against you.
- 5) Most smartphones have options where you can block people.
- 6) Don't respond to texts more than 3 times and you can report them to your provider.

Connect to like minded people. Bullies often single you out for being different. Find people with similarities to make you feel included and not alone.

Making friends in general helps. Bullies are less likely to pick on you if they're out numbered or feel like they are left out. Ask your friends to stand up for you.

## ACTIVITES

### MAKE A LIST

List some things you are insecure about into 3 different categories.

1. Things you can change

2. Things you can change in the future

3. Things you need to change your mind about

### ASK THEM

"Have I done anything to offend you? If I have, I apologise and will do my best not to again."

### LET THEM KNOW

"Hey, I've asked if something I've done has offended you and you said I hadn't. You continued being aggressive towards me. I've been nice to you and still you continue. Just to let you know I've written down 4-5 situations of dates and times you have done and said things and if it happens once more I'll be forced to bring it up with teacher/management. I'm sorry to do this but if feels like you have something against me and it needs to be sorted out."