



# MSD of Martinsville

## ANTI-BULLYING CAMPAIGN

October 2024

### WHAT IS BULLYING?



***Bullying is aggressive behavior that is intentional and involves an imbalance of power and strength.***

Bullying can take many forms such as hitting, threatening, teasing, name-calling, excluding from a group, sending mean notes, emails, texts, or Facebook messages.

Verbal bullying is the most common. Boys are likely to be physically bullied, and girls are more likely to be the targets of rumor spreading and sexual comments.







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# STOP BULLYING

## WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

- Talk to an adult you trust.
- Walk away confidently.
- Make eye contact.
- Try to make friends with other students.
- Get involved in activities you enjoy. Bullies tend to not pick on people in groups.
- Don't fight back. Doing so can sometimes make it worse.

*"Knowing what's right doesn't mean much unless you do what's right."*

*- Theodore Roosevelt, U.S. President*







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### DEALING WITH A BULLY

- Talk to an adult you trust.
- Hold your head up straight.
- Make eye contact, and walk away confidently.
- Try to make friends with other students.
- Get involved in activities you enjoy. Bullies tend to not pick on people in groups.
- Don't fight back. Doing so can sometimes make it worse.



### MYTHS & FACTS

**Myth:** Children who bully are loners.

**Fact:** Bullies tend to have a following of peers who approve of their behavior and go along with it.

**Myth:** "Sticks and stones may break your bones, but names can never hurt you."

**Fact:** Verbal and emotional bullying does hurt.

**Myth:** Only a small number of children are affected by bullying.

**Fact:** Just about every student in a school is affected. They are either the victim, the bully, or a witness.



### WHAT CAN YOU DO IF YOU SEE BULLYING?

*Lots of things! Think about what may work for you.*

- Refuse to join in.
- Walk away when bullies begin. They thrive on attention, and if you refuse to give it to them, they often stop.
- Report bullying to an adult.
- Speak out, "Leave her alone."
- Say something! Say you don't like it and that it isn't funny.
- Don't bully back! It won't help if you use mean names or actions. It could make things worse.







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### EFFECTS OF BULLYING



Children who are bullied are more likely to have low self-esteem, feel sick, have migraine headaches, and have negative thoughts. They are also more likely to be depressed, lonely, and anxious.

### WHAT IF THE BULLYING DOESN'T HAPPEN AT SCHOOL?

- If there is an adult around, report the bullying to an adult (your youth group leader, minister, coach, teacher, etc.)
- No matter where the bullying happens, you should talk to your parents about bullying that you see or know about. Ask them for their ideas about how to help.
- We ALL must do our part! All students deserve to feel safe and welcome at school and in their neighborhoods. All kids do!

**TAKE A STAND. LEND A HAND. STOP BULLYING NOW!**







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### 4 Types of BULLYING

#### PHYSICAL Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted & inappropriate ways

#### VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

#### SOCIAL Bullying

Lying & spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

#### CYBER Bullying

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors



#### INDIANA CODE REGARDING BULLYING (IC 20-33-8)

IC 20-33-8 Chapter 8. Student Discipline IC 20-33-8-0.2 "Bullying" Sec. 0.2. (a) As used in this chapter, "bullying" means overt, unwanted, repeated acts or gestures, including verbal or written communications or images transmitted in any manner (including digitally or electronically), physical acts committed, aggression, or any other behaviors, that are committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the targeted student and create for the targeted student an objectively hostile school environment that: (1) places the targeted student in reasonable fear of harm to the targeted student's person or property; (2) has a substantially detrimental effect on the targeted student's physical or mental health; (3) has the effect of substantially interfering with the targeted student's academic performance; or (4) has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school.





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### HOW ELSE CAN YOU LEND A HAND?

- Say **kind words** to the person who is being bullied, such as, "I'm sorry about what happened," and "I don't like it!"
- Help them understand that it's not his or her fault. Be a friend. Invite that student to do things with you, such as sit together at lunch or work together on a project. **Everyone needs a friend!**
- Tell the student who is being bullied to talk to someone about what happened. Offer to help by going along.
- **Pay attention** to the other kids who see the bullying. (These people are called, "bystanders.") Are any of them laughing or joining in with the bullying? If yes, these kids are part of the problem. Let those students know that they're not helping! **Don't be one of them!**
- **Tell an adult.** (This is important!)
- Chances are, the kid who is being bullied needs help from an adult. The kid who is doing the bullying probably does, too. Often, the bullying does not get reported.

STAND UP



SPEAK OUT



**STOP  
BULLYING**

### LEND A HAND, YOU CAN HELP!



*Ask yourself, "Is it my job to help?"*

- Think about how YOU might feel if the bullying was happening to you.
- You and other kids can lend a hand, even when you aren't close friends with the kids who are bullied.
- Your school will be a better place if you help stop bullying
- Making your school a better place is **EVERYONE'S job!**

*But what if I don't feel safe telling a bully to stop?*

- That's OK. No one should put themselves in an unsafe situation.





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## PLEDGE TO STOP BULLYING

This contract will be a record of your commitment to reduce bullying at school. Read each item carefully. Then choose whether you want to sign this pledge. If you decide that you want to help stop bullying, print your name on the line below and then sign the bottom of the sheet in the space provided. By doing so, you are making a promise to your peers and your school. We congratulate you on this important decision!

I, \_\_\_\_\_, wish to do my part to keep bullies out of our school.  
(Print your first and last name here.)

**I agree to:**

- Do my best to treat ALL my peers with respect and dignity.
- Not isolate, threaten, or harm my peers, or hurtfully tease, exclude, insult, or mock them.
- Try to prevent or discourage my peers from humiliating, threatening, isolating, or harming others.
- Try to assist any student who is being mistreated, for the simple reason that it is wrong to be unkind to another human being.
- If I am comfortable doing so, inform my parent/guardian, teacher, or school administrator when I learn about or see hurtful behavior.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Today's Date



**STOP**  
  
**BULLYING**  

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**STANDUP.SPEAK OUT**

