

Anti-Bullying Fact sheet
PBIS January 4th, 2007 Lesson

**Please read through this fact sheet with your planning room. Use the facts as possible discussion topics. Feel free to extend this lesson into next week if need be.*

**If time, there is a “quiz” on the back. Use this opportunity to have an open discussion with your planning room about the reality of bullying.*

The offense:

- Bullying is a behavior that annoys alarms or is abusive to another person.
- Bullying can be physical, verbal, or non-verbal.
- It can take place face-to-face, on the telephone, and also on the internet.
- Threatening another person is also a form of bullying.
- Simply continuing to do something to a person when they have asked it to stop can be considered bullying.

The impact

...on victims:

- Serious impact on victims
 - Possible physical injury
 - Must overcome any emotional damage
 - Very annoying
 - Might develop low sense of self-esteem
 - Might seek more retaliation that can lead to more violence

...on the community:

- Teachers and students are more aware
- Friends and family of the victim and the bully can suffer
- Extensive bullying can lead to more serious crimes

...on the offender:

- Known as a bully or a nuisance
- Don't make strong leaders
- Harder to make friends and keep friends
- Get involved in a cycle of bullying that is hard to break
- Emotional stress
- Trouble with authorities

The Quiz

There may be more than one possible correct answer.

1. What do bullies do?
 - a. Pick on people weaker than themselves
 - b. Help the school
 - c. Tease people
 - d. Threaten people
 - e. Hit and kick people

2. What can happen to kids who are bullied?
 - a. Nothing. It usually does not bother them.
 - b. They get depressed.
 - c. They miss school
 - d. They get low self-esteem
 - e. They get angry and lonely

3. Some kids become bullies because...
 - a. They have low self-esteem and need attention
 - b. They are bullied at home
 - c. They are strong and confident
 - d. They feel powerless in part of their life and need to show their power.
 - e. They want to feel "big"

4. Which of these should a person do if he or she is being bullied?
 - a. Bring a weapon to school
 - b. Run
 - c. Ignore the bully
 - d. Tell a teacher, counselor, police, or any adult.
 - e. Challenge the bully to a fight

5. If you see a bully punching someone, which of the following would you do?
 - a. Shout "hit him harder"
 - b. Ignore the incident
 - c. Walk over and pull the victim away from the bully
 - d. Go over and punch the bully
 - e. Report the incident to a teacher

Thank you for taking this opportunity to talk with our students!!!!!!