

What is an Active Bystander?

If you see trouble and don't know what to do, here are some tricks that might help you.

An active bystander is someone who sees a bullying or teasing situation, and steps in. It's important to be an active bystander because if you don't help the victim, they may become physically or emotionally hurt. If you, as an active bystander, don't stop the bully, you are just as responsible as the bully. Here are some tips for those who are or who want to be active bystanders.

Bag of Tricks

- Don't encourage the bully in any way
 - Try becoming friends with the victim
 - Tell a responsible adult or write a note
 - If you need a friend to help you stop the bully do it!
 - picture the victim as a close friend to get the motivation to tell someone
 - If you speak with an adult, you could ask them not to tell who you are
 - If you're not sure whether you want to step in or not, put yourself in the victim's shoes.
- Now you know what to do,
instead of before
when you didn't have a clue.*

4 Principles of Bullying & Teasing

- 1) We won't bully or tease others.
- 2) We will try to help victims of bullying and/or teasing.
- 3) We'll include others who are left out.
- 4) When someone is being teased or bullied we'll tell a responsible adult!

Bullying and Teasing Quiz

Test your knowledge with our very own teasing and bullying quiz! Answers are listed below.

1. A new kid comes to school and they look different from you. What is your reaction?
(a) tease them (b) try to be their friend
(c) ignore them (d) beat them up
 2. You are on the playground and see someone being bullied. What do you do?
(a) walk away (b) beat up the bully (c) tell the bully to stop (d) encourage them
 3. A person comes up to you and demands to copy your homework. Is this person a bully?
Yes No
 4. If you are a victim of bullying and teasing, what should you do?
(a) tell a responsible adult (b) say "that's not right!" (c) ignore them (d) all of the above
 5. If someone is ignoring you, they are a bully.
True False
 6. Bullying and teasing happen only outside of school.
True False
 7. Bullies are always boys who are older & bigger.
True False
1. B 2. C 3. Y 4. D 5. F 6. F 7. F

Everything You Want to Know
about Bullying & Teasing...
And More!



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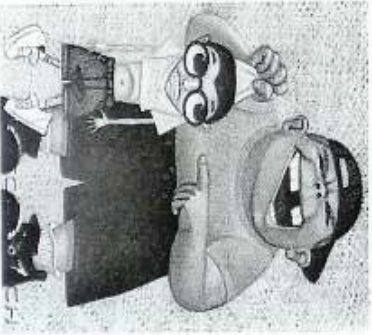
What's the Difference Between Teasing & Bullying?

Are you being teased or bullied? Do you know the difference between the two? Well, if you want to find out which is which continue reading for more info!!!!

There are multiple ways to determine the difference between teasing and bullying. In teasing situations, the teaser wants attention and wants the victim to feel embarrassed. Teasing may include gossiping, name calling or taunting. If teasing occurs repeatedly, it can turn into bullying.

Bullying is usually physical. The behavior can be either dangerous or destructive (Double D's). If someone is constantly hurting you, it crosses the line between teasing and bullying. Bullies want power and want to crush the victim's self-confidence. Victims often feel scared or afraid every day in a lot of situations.

No matter if you are being teased or bullied, you should always tell a responsible adult and get help.



Examples of Teasing and Bullying

"You're such a loser! Beat it before I punch your lights out." Have you ever heard something like this? Have you ever been bullied, teased or witnessed it happening to someone else? Here are some specific examples of bullying and teasing that will help you figure out which is which!

B= Bullying T= Teasing

- B or T Making fun of someone for their fears and beliefs.
- B or T Name-calling
- B or T Hitting, kicking, etc.
- B or T Excluding from activities
- B or T Making fun of sports skills
- B or T Family insults
- B or T Stereotyping and racism
- B or T Focusing repeatedly on the weaknesses of others
- B or T Stealing other's belongings
- B or T Threats

Some of these examples can be either bullying or teasing depending on the situation, but the important thing to remember is that bullies need to be stopped! These behaviors are NOT OK. Those people who are bystanders need to take action and victims need to speak out.

GET INVOLVED!

Why Does This Happen?

Why does bullying and teasing happen when it's so obviously not ok? Do bullies think it's fun or have other problems that make them angry? One of the reasons why bullying occurs is the bully cycle.

Bullying and teasing start a cycle of events that sometimes creates another bully. After a bullying episode, the victim may feel angry which may affect his/ her home life or performance in school. The victims may then turn around and bully someone else who they have power over. This cycle can go on and on unless someone stops it.

Another reason why bullying and teasing happens is that bullies want a reaction from other people. They want their victims to be scared and humbled but bullies want others to think of them as tough or popular. When bullies bully weaker kids, they get the reaction that they're looking for and continue to act this way.

The best way to stop bullies is to learn about it. You can always tell a responsible adult if you are being bullied or see it happening.

Bullying episode



Angry & embarrassed

Gets desired reaction & makes it a habit

Becomes a bully