

Student Guide

CAP's Bullying Prevention Program



**You have the right to be
Safe, Strong & Free!**



A Project of the New Jersey Department of Children & Families

CAP's DEFINITIONS

Bullying (Grades 3-8) happens when someone who acts stronger or more powerful takes away a person's rights by hurting, scaring, or making the person feel weak. It can happen more than once and may get worse.

Bullying (Grades K-2) is about **power and control**. It takes away people's rights— the person who is bullied, witnesses to the bullying and also the person who is bullying.

Conflict is a normal part of life and occurs when people have different opinions. In a conflict, both people involved have equal power and usually are willing to work towards solving the conflict during which each retains their power and their right to be safe.

TYPES OF BULLYING

VERBAL BULLYING may include name-calling, "put-downs," or hurtful words.

PHYSICAL BULLYING may include hitting, pushing, tripping or kicking.

EMOTIONAL BULLYING may include being left out, scared, threatened, or humiliated.

CYBER BULLYING may include being bullied on the computer and/or cell phone.

RACIAL/ETHNIC BULLYING may include saying or doing hurtful things about a person's race or ethnicity.

RELIGIOUS BULLYING may include saying or doing hurtful things about a person's religion.

SEXUAL BULLYING may include saying or doing sexual things that hurt or make a person feel uncomfortable.

TEASING may or may not be hurtful. It depends on the feelings of the person who is being teased. Sometimes teasing can be bullying.





DIFFERENCE BETWEEN TATTLING AND TELLING

TATTLING is telling just to get someone in trouble.

TELLING is when we tell because someone's rights to be *safe, strong or free* are in jeopardy and we want to help them or ourselves keep these rights.

WITNESSES are people who may see bullying happen. They usually feel worried that the bullying could happen to them, but they also may feel guilty about not helping to stop the bullying.

STRESS is often a combination of worry and guilt which can lead to people not feeling safe or comfortable.

PASSIVE responses to bullying avoid the problem and result in the person giving up rights.

AGGRESSIVE responses make the problem get worse and take away another person's rights.

ASSERTIVE responses deal with the problem in a positive way and allow everyone's rights to be respected.

ESCALATING is doing things to make it worse—for example, raising your voice, name-calling, or getting into someone's space.

DE-ESCALATING is doing things to make it better—for example being a good listener, speaking calmly or acting assertively.

Am I Bullying Someone?

A lot of times we accuse other people of bullying us, but we need to ask are there any times that we bully others. Answer the following questions as truthfully as possible.

- | | | |
|---|---|---|
| 1. Do you like to tease other people? | Y | N |
| 2. Do you like to hurt kids who are smaller than you? | Y | N |
| 3. If you tease people, do you like to see them cry? | Y | N |
| 4. Do you like to take or destroy other people's belongings? | Y | N |
| 5. Do you want other students to think you're the toughest kid in school? | Y | N |
| 6. Do you get angry a lot and stay angry for a long time? | Y | N |
| 7. If you lose at a game do you blame or hurt others? | Y | N |
| 8. Are you jealous of other people? | Y | N |
| 9. Do you say mean things to or about others and then say "I was only joking?" | Y | N |
| 10. Do you spread rumors that are hurtful to others? | Y | N |
| 11. Do you like to exclude others from your group of friends? | Y | N |
| 12. Do you make fun of the way other people look even though they ask you not to? | Y | N |
| 13. If someone asks you to stop saying mean things to or about them, do you continue to pick on them? | Y | N |

**Things People Can Say or Do About
Bullying to De-escalate or Make it Better**

1) What can the person who is bullied say or do to de-escalate or make it better?

2) What can the witnesses say or do to de-escalate or make it better?

3) What can the adults at home say or do to de-escalate or make it better?

4) What can the people in school say or do to de-escalate or make it better?

Tips for Students Who are Being Bullied

- Always remember you have the right to be Safe, Strong and Free and no one should take that right away!
- Change the subject.
- Refuse to fight. Leave any situation where you do not feel safe.
- Take a deep breath and try to stay calm.
- Act strong even though you may not feel strong.
- Make eye contact and don't look down. Stand up straight and walk with confidence.
- If you feel confident enough, say how you feel in a clear, calm voice.
- Try talking quietly. Sometimes a soft voice can de-escalate a situation.
- Tell a joke or say something funny. Make sure it is not about another person.
- Try saying something that surprises or isn't expected, like "Thanks for your opinion!"
- Talk to friends about the bullying and get their support. Nobody really wants people to be bullied.
- Tell an adult you trust if you don't feel you can stop the bullying yourself or if it is really bothering you.

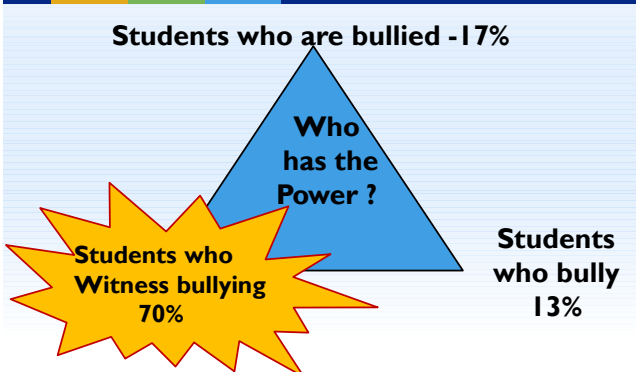


Try to Remember!

- Be brave. No one should be taking away your rights!
- Try to do activities that make you feel good about yourself.
- Try to be around people who make you feel good about yourself.
- Make a plan about what to do if someone bullies you, and practice with a friend.
- The kid who is bullying also has a problem -this isn't the way really strong people need to act.
- Being bullied is never your fault!



Victimization Triangle



What Friendship Is to Me?

During CAP's Bullying Prevention workshop, discussed the importance of standing up for the rights of others. Friends can help when someone tries to take your rights away. This is part of being a friend. After reviewing the following questions, take some time to give your opinion on the lines below.

- Why is friendship important?

- Does everyone have friends?_____ If not, why?

- What kind of things can hurt a friendship and keep people from making friends?

- How can you be a better friend?

Everyone Deserves to Have Friends!

Tips for Making Friends and Keeping Friends

1. **Reach out.** Don't always wait for someone else to make the first move. A simple "Hi" and a smile go a long way.
2. **Get involved.** Join clubs that interest you. Take special classes inside or outside of school. Be a volunteer.
3. **Let people know that you're interested in them.** Don't just talk about yourself; ask questions about them.
4. **Be a good listener.** Look at people while they're talking to you. Pay attention to what they say.
5. **Risk telling people about yourself.** When it feels right, let them in on your interests, your talents, and what's important to you. BUT...
6. **Don't be a show-off.** Not everyone you meet will have your abilities and interests. (On the other hand, you shouldn't have to hide them—which you won't, once you find friends who like and appreciate you.)
7. **Be honest.** Tell the truth about yourself, what you believe in, and what you stand for. When asked for your opinion, be sincere. Friends appreciate truthfulness in each other. BUT...
8. **Be kind.** There are times when being tactful is more important than being totally honest. The truth doesn't have to hurt.
9. **Don't just use your friends as sounding boards for your problems.** Include them in the good times, too.
10. **Do your share of the work.** That's right, work. Any relationship takes effort. Don't always depend on your friends to make the plans and carry all the weight.
11. **Be accepting.** Not all of your friends have to think and act like you do. (Wouldn't it be boring if they did?)
12. **Learn to recognize** the so-called friends you can do without. Some people get so lonely that they put up with anyone—including friends who aren't really friends at all.

CAP's Bullying Prevention

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| • PASSIVE | • AGGRESSIVE | • ASSERTIVE |
| • WITNESSES | • ESCALATE | • GUILT |
| • WORRY | • STRESS | • BULLYING |
| • FRIENDS | • RIGHTS | • RUMORS |
| • COURAGE | • DEESCALATE | • STOP |
| • SNITCHING | • TELLING | • VERBAL |
| • EMOTIONAL | • PHYSICAL | • TEASING |
| • CYBER | • RACIAL | • RELIGIOUS |

Help for Bullying

Talk to parents, teachers, and counselors about ways to stop bullying. Your school community can support you in trying to make your school a Safe, Strong, and Free place for everyone.

Books

- Babymouse: Queen of the World!*** By Jennifer and Matthew Holm Random House, (2005) Ages 8-10
- Bullies Are a Pain in the Brain*** by T. Romain; Free Spirit Publishing. (1997) Gr 3-8
- Crash*** by Jerry Spinelli; Knopf (1996). Ages 10 - 13
- Daring to be Abigail*** by Rachel Vail; Richard Jackson/Orchard (1996). Ages 8-12
- Diary of a Wimpy Kid*** by Jeff Kinney; Amulet Books (2007). Ages 10-14
- How to Be Cool in the Third Grade*** by Betsy Duffey; Puffin. (1993)
- How to Handle Bullies, Teasers, and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense*** by K. Cohen-Posey; Rainbow Books, Inc. (1995) Grades 3-8
- I Am Not a Short Adult*** by Marilyn Burns; Little Brown and Co. (1977) Gr 3-8
- Indigo's Star*** by Hilary McKay; Margaret K. McElderry Books (2004). Ages 10-14
- Reluctantly Alice*** by Phyllis R. Naylor; Aladdin Paperbacks. (2000) Grades 7 & 8
- Stick Up for Yourself*** by G. Kaufman and L. Raphael; Free Spirit Publishing. (1999) Grades 3-8
- The Bully of Barkham Street*** by Mary Stolz; Harper Collins. (1985)
- The Christmas Menorahs*** by Janice Cohn; Albert Whitman & Co. (1995)
- The Outcasts of 19 Schuyler Place*** by E.L. Konigsburg; Atheneum (2004). Ages 10 -14
- The Shorty Society*** by S.C. Sinykin; Penguin Books. (1994)
- The Yellow Star: The Legend of King Christian X of Denmark*** by Carmen Deedy; Peachtree Pub. (2000)
- Totally Joe*** by James Howe; Ginee Seo Books /Atheneum 2005. Ages 10-14
- Understanding Buddy*** by Marc Kornblatt; Margaret K. McElderry (2001). Ages 9 –12
- Why Is Everybody Always Picking on Me? A Guide to Handling Bullies*** by T. Webster-Doyle; Wetherill. (1999) Grades 3-8

Internet

You will find many sites by typing “bullying” into your search engine - The following sites are current and useful:

- www.pacerkidsagainstabullying.org www.pbskids.org
www.pacerteensagainstabullying.org www.stompoutbullying.org
www.mcgruff.org www.stopbullyingnow.com
www.stopbullying.org www.cyberbullying.org
www.athinline.org www.2ndfloor.org
www.stopbullying.gov www.netsmartz.org

Hotline Numbers

NJ Youth Hotline - 2ND FLOOR- 24 hour Hotline
1-888-222-2228

National Suicide Prevention Lifeline - 24/7
1-800-784-2433
1-800-273-8255

Runaway Hotline 1-800-786-2929

NJ Child Abuse and Neglect Hotline
1-800-652-2873



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