

# Students 3<sup>rd</sup>-5<sup>th</sup> Grade

## CAP's Bullying Prevention Program



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

International Center for Assault Prevention

## 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.

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.

Cyberbullying happens when someone uses a computer, cell phone and/or other electronic devices to harass, threaten or intimidate another person - taking away his/her rights to be "*Safe, Strong and Free.*"

Cyber Empowerment is when you make a choice to keep your rights and guard the rights of others to be "*Safe, Strong and Free*" while communicating electronically either on-line or by cell phone.

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.

## TYPES OF BULLYING

Saying mean things, teasing, name-calling, "put-downs," or hurtful words.

Hitting, pushing, tripping or kicking.

Being left out, scared, threatened, or humiliated.

Being bullied on the computer and/or cell phone.

Saying or doing hurtful things about a person's race.

Saying mean things or doing hurtful things about your religion.

Saying things about your body or doing things to your body that make you 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.

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People may choose different ways to behave in bullying situations which could result in making the situation better or worse. See chart below.

Behavior	Voice/ Words	Body Language	Rights
Passive	Quiet or mumbling, constantly apologizing	Head down, slumped shoulders, eyes down, little eye contact, avoiding,	Avoid the problem, give up your rights
Aggressive	Loud and angry, yelling, threatening	Stare or glare, pointing at, fists clenched, try to seem bigger than they are, in your space, pushing	Keep your rights by taking away someone else's rights
Passive Aggressive	Quiet or mumbling. Spreading rumor behind their back	Mixture of passive and aggressive	Give up yours rights, then take away someone else's rights
Assertive	Clear, firm and to the point, polite,	Head up, Chin up, shoulders back, confident, eye contact, pleasant	Keep your rights decided to deal with the problem

## 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.

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|---|---|---|
| 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 |

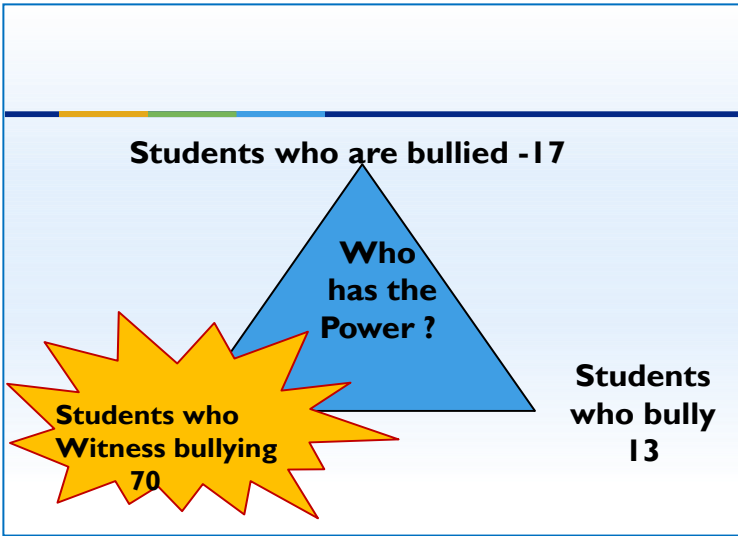
## **Tips for Students Who are Being Bullied**

- 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!

## Be an Empowered Witness - Stand up Against Bullying!



Everyone has the right to feel safe in their school and community. If you see someone being bullied, you have the power to stop it.

Remember to treat others as you would like to be treated when communicating online or in person.

- **Don't forward** messages or pictures that may be hurtful or upsetting to someone. Even though you may not have started it, you will be seen to be part of the cyberbullying cycle.
- **Don't spread rumors.**
- **Do not watch someone being bullied.** Make it clear that you do not support what is going on.



## **If you see someone being bullied, you can help:**

- 1. Call the person who is being bullied at home and offer support.**
- 2. If someone's safety is at risk, seek immediate help from an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult to discuss the problem, especially if you feel the person may be at risk of serious harm to themselves or others.
- 3. If someone is isolated from others, invite them to join you.**
- 4. Speak up and offer support by offering to go with the person who is being bullied to tell a trusted adult.** If you see or know about bullying/cyberbullying happening to a friend or acquaintance, support them and report the bullying. You'd want them to do the same for you. Tell them that you are there to help. Offer to either go with them to report the bullying.
- 5. Don't laugh or join in to encourage the bullying.**

**If you see others participating in bullying or laughing along, tell them they're making the problem worse and are also bullying. Tell them to STOP!**

### **If it is safe to do so:**

- Stand next to the person who is being bullied and invite him/her to leave with you, "Come on, let's go."**
- Assertively tell the person bullying that you don't like what he/she is doing, that it's bullying and that it needs to stop. Say, "Hey, knock it off, that's not ok."**
- Make it clear to your friends that you won't be involved in bullying behavior!**

# Cyberbullying

The same rules apply online as in real life about how to treat other people. Unfortunately, people don't always treat each other well online; and you, or a friend, may find that you are the target of cyberbullying. You might be teased or have false rumors spread about you online, receive nasty messages or even threats. It can happen in or out of school, any hour of the day, from people you know, and sometimes people you don't know. It can leave you feeling unsafe and alone. No one has the right to bully another person.

## Tips

- **Know your rights.** No one has the right to bully, humiliate or intimidate you online or elsewhere.
- **Don't respond to the bully.** If they don't get a response, they may get bored and go away.
- **Block the person.** This will stop you from seeing messages or texts from a particular person.
- **Tell someone.** Tell an adult you can trust. You may want to talk to your mom, dad, brother, sister or other adult.
- **Keep the evidence.** This can be useful in tracking the person down who is bullying. Save texts, emails, online conversations or voicemails as evidence.
- **Report it to:**
  - Your Parents/Guardians-They should talk with you about the situation.
  - Your School—They should have policies in place about bullying and cyberbullying.
  - Your Phone Provider, or the Website Administrator—There are actions they can take to help.
  - The Police—If there is a threat to your safety, the police will help.

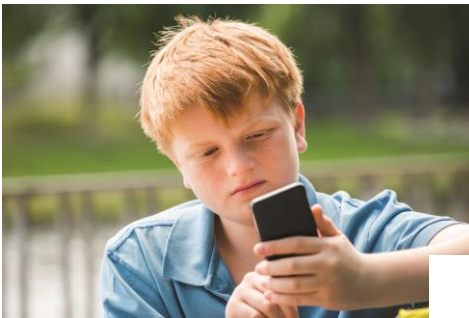


# Gaming

Playing games online and using consoles or games on a computer is great fun, but you need to be careful about how much you play and who you play with. Too much gaming can affect your school or social life. It is important that if you chat with other gamers, you protect your privacy and don't share personal or private information.

## Tips

- **Remember** to guard your rights and the rights of others while gaming.
- If another player is behaving badly or making you uncomfortable, **block them from your players list**. You may also be able to report them to the game site operator.
- **Limit your game play time** so you can still do other things like homework, jobs around the house and other activities.
- **Keep personal details private**.
- **Respect** others in the game and only say to them what you'd want said to you.
- **Remember** to make time offline for your friends, your favorite sports and other activities.



# Assertive Responses

Give assertive responses for each situation

1. A kid yells in the school cafeteria, "You're Stupid!" Everyone hears.  
You're embarrassed. \_\_\_\_\_

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2. A kid cuts in front of you in the lunch line. \_\_\_\_\_

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3. You want to join the dodge ball game during recess but the leader says you can't. \_\_\_\_\_

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4. Your friend calls you a nickname that you don't like. \_\_\_\_\_

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5. You believe a former friend is saying mean things about you to other people.

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6. A new student at school is being bullied. \_\_\_\_\_

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7. A student is sitting in your assigned seat. \_\_\_\_\_

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8. Other students are saying things to another student causing him/her to cry. This is really bothering you.

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# CAP's Bullying Prevention

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N S D E E S C A L A T E O O O J T T D O  
Q T P V D F L T V Y T L I U G Q O P S H  
A G P P K N B C N Y C V E R W H L O D P  
T E A S I N G U K Q X V G A F O O T E X  
E W R S S E R T S H I H N G O P R S C E  
V S E L Q C E X G T Y E D E M P C R O I  
J M L A B R E V R I N Y E V M A T O Y Q  
G N I M A G Z E I E W V H V L Z A M O P  
A G G R E S S I V E I Q K A F F I U G H  
W L I A P S E H A S S A T Z A S B R V Y  
F T O C A A W M S N B E R O C D U R K S  
U O U I K W H A O I H B Q T E N L I S I  
S G S A G R P T L T L Q E H B E L G D C  
Z V I L N M M S B C I L E C O I Y H F A  
Z H V B I Q A C Y H L O Z Y O R I T X L  
W K H V T D W C V I B Z N Q K F N S C L  
R T H N X R H V N N W Z V A J O G T V N  
C B K C E I Y G P G I H X G L L Y Z X N  
K T U O S W I T N E S S E S P G B B C I

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

## 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.

### Resources

"**A Thin Line**" is aimed at stopping the spread of abuse in the form of sexting, cyberbullying and digital dating abuse. The goal of the initiative is to empower America's youth to identify, respond to and stop the spread of the various forms of digital harassment. <http://www.athinline.org>

**Internet Safety Activities** [www.iKeepSafe.org](http://www.iKeepSafe.org)

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. [www.cyberbullying.us](http://www.cyberbullying.us)

**Cyberbullying: Bullying in the Digital Age (iSafe)** [www.cyberbullyhelp.com](http://www.cyberbullyhelp.com)

**Center for Safe and Responsible Internet Use** [www.cyberbully.org](http://www.cyberbully.org)

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

[www.pacerkidsagainstbullying.org](http://www.pacerkidsagainstbullying.org)    [www.2ndfloor.org](http://www.2ndfloor.org)  
[www.athinline.org](http://www.athinline.org)                      [www.helpguide.org](http://www.helpguide.org)  
[www.stopbullying.gov](http://www.stopbullying.gov)

### Hotline Numbers

**NJ Youth Hotline - 2<sup>ND</sup> 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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