

Students 6th-8th Grade

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.

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.*"

Sexting is sending, receiving or forwarding sexually explicit messages or sexually suggestive nude/semi-nude images on your cell phone. It can take away your rights and also the rights of the person who is in the picture and those who view it. It can be illegal.

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

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.

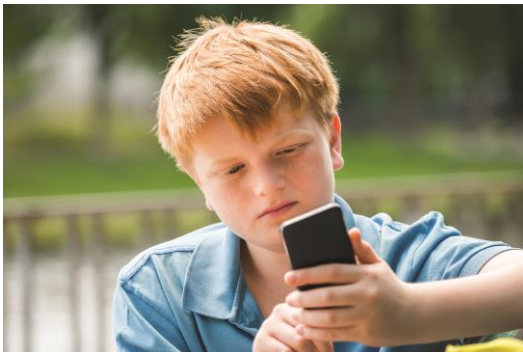
SEXUAL BULLYING may include saying or doing sexual things that hurt or make a person feel uncomfortable.

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.



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 |

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!

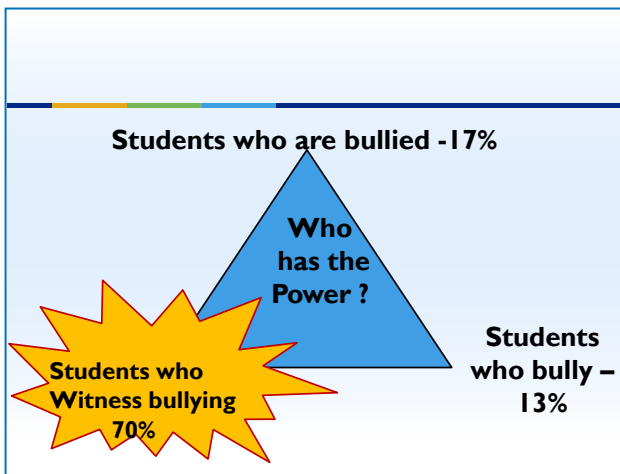
Be an Empowered Witness - Stand up Against Bullying!

It can be hard to know if someone is being bullied/cyberbullied.

- They might keep it to themselves.
- They may not chat with you online as much.
- They may suddenly receive lots of text messages.
- They may be unhappy after they have been on the computer or checked their phone messages.
- They may stop hanging around with friends or have lost interest in school or social activities.

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.**

By standing up for someone who is being bullied, you are not just helping someone else; you are also helping yourself. It is important to help others when you can.



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 offensive or upsetting to someone. Even though you may not have started it, you will be seen to be part of the cyberbullying cycle.
- Not laughing or joining in to encourage the bullying.
- Not spreading rumors.
- 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!**
- **Do not watch someone being bullied.** Make it clear that you do not support what is going on. If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.

Make it clear to your friends that you won't be involved in bullying behavior!



Help the person being bullied in any way you can:

1. **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.
2. **Speak up and offer support**. 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.
3. Tell the person who is being bullied, *"I'm sorry that happened. This isn't right, you don't deserve this."*
4. Sit with the person who is being bullied at lunch or in class especially after an incident.
5. Call the person who is being bullied at home and offer support.
6. Include the person who is being bullied in some of your activities.
7. If you notice someone being isolated from others, invite them to join you.
8. If you notice a new person at your school, reach out to that person; introduce her/him to your friends and make her/him feel welcome.

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.



Sexting

Sexting refers to the act of sending sexually explicit materials through mobile phones. The word is derived from the combination of two terms sex and texting.

Sexting is a punishable offense in the U.S. If a teenager texts a sexually explicit photograph of him/herself, or of other teens, he/she could be charged with distribution of child pornography. Teenagers receiving the images can be charged with possession of child pornography.

Remember...

Sending could = distribution of pornography

Receiving/opening could = possession of pornography

Tips to Prevent Sexting

- **THINK ABOUT THE CONSEQUENCES** of taking, sending, or forwarding a sexual picture of someone, even if it's of you. You could face humiliation, lose educational opportunities, and even get in trouble with the law.
- **NEVER TAKE IMAGES** of yourself that you wouldn't want everyone - your classmates, your teachers, or your family - to see.
- **BEFORE HITTING SEND**, remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends.
- **IF YOU FORWARD** a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- **REPORT** any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

Assertive Responses

Give assertive responses for each situation

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

You're embarrassed. _____

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

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

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

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

6. A new student at school is being bullied. _____

7. A student is sitting in your assigned seat. _____

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

CAP's Bullying Prevention

Q Q Q F C Y B E R W S C M C A A Z T D V
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 |
| • CYBER | • RACIAL | • BULLYING |
| • FRIENDS | • RIGHTS | • RUMORS |
| • COURAGE | • DEESCALATE | • STOP |
| • SNITCHING | • TELLING | • VERBAL |
| • EMOTIONAL | • PHYSICAL | • TEASING |

Word Scramble

HITSRG _____

ENASTIG _____

RFDIENS _____

YGLBLIUN _____

LARCAI YBNILGUL _____

AAEESTCEDL _____

RMSUOR _____

SALUXE GIYBNLLU _____

AECTSAEL _____

GCOREAU _____

EVRSETISA _____

GTIHONN _____

ATLOONEIM ILLUNGYB _____

INSETWS _____

OPTS _____

RVLABE YUIBGNLL _____

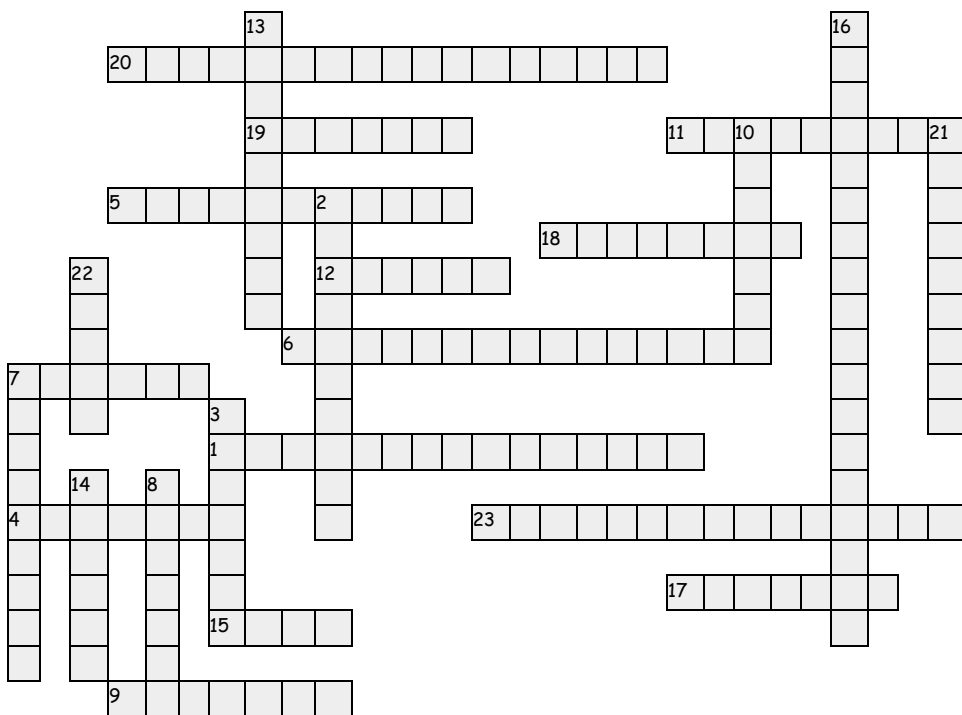
AEVISSP _____

GTALNTIT _____

LPSCIAHY ULNLYIGB _____

GLNTLIE _____

Please complete the crossword puzzle below



Across: 1. Saying or doing hurtful things about a person's race.

4. Inner strength.

5. To bring a conflict down.

6. Saying or doing sexual things that hurt or make a person feel uncomfortable.

7. Combination of worry and guilt which can lead to not feeling safe.

9. Talking to someone to get help with a problem.

11. To keep your rights and respect the rights of others, you have decided to deal with the problem.

12. Feeling bad about not helping stop the bullying.

15. When someone is bullying you, tell them to _____!

17. To annoy or make fun of someone persistently

18. Causing the problem to get worse

19. The greatest evil is when good men do _____.

20. Hitting, pushing or kicking.

23. Name calling, hurtful words, or put downs

Down:

2. To keep your rights by taking away another's rights, you may be escalating the problem.

3. People you know, like and enjoy spending time with.

7. Telling just to get someone in trouble.

8. To give up your rights, you may be avoiding the problem

10. The act of sending sexually explicit materials through cell phones.

13. People who see the bullying happen.

14. Spreading stories or gossip about someone.

16. Being threatened or humiliated.

21. Being left out.

22. Concern that you may get picked on.

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

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

Cyberbullying: Bullying in the Digital Age (iSafe) www.cyberbullyhelp.com

Center for Safe and Responsible Internet Use 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 www.2ndfloor.org
www.athinline.org www.helpguide.org
www.stopbullying.gov

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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