

INTRODUCTION

THIS GUIDE HAS BEEN WRITTEN BY A GROUP OF STUDENTS FROM SECONDARY SCHOOL.

WE HAVE ALL BEEN INVOLVED IN THE CYCLE OF BULLYING. WE ARE THE SPECTATORS, BULLIES, AND VICTIMS. WE ARE HERE TO HELP YOU BREAK THIS CYCLE.

THIS SHORT GUIDE WILL HELP YOU DEAL WITH BULLYING AND CONFRONT DISCRIMINATION.

REMEMBER, STEP UP, BE SAFE, BE PROUD.



KIA KAHA!

TYPES OF BULLYING

PHYSICAL Punching, kicking, slapping, intimidation, fighting, scrapping, tripping, pushing, filming fights, spitting, throwing things, hurting others.

VERBAL/WORDS Mocking, sending hurtful texts or email or bebo comments, swear or abuse words, writing notes, spreading rumours, calling someone/something 'gay' as a putdown, laughing at someone, using discriminating words against someone who does not conform to 'social norms'.

EXTORTION (BLACKMAIL, THREATENING) Making people buy you something, blackmailing, forcing people to give you something, saying you'll beat them up if they don't do something, taking something like money or cell phones.

GESTURING Pulling the finger, glaring at people, rolling your eyes rudely, loud sighs.

EXCLUSION Leaving people out, snobbing, blocking a bebo page/other web page, alienation, discrimination for being different.

HOW TO HELP OTHERS

DO

- Ask questions like 'what happened?' 'what did you want to happen?'
- Be kind and supportive. Ask how we feel, and check we are ok.
- Listen to all sides of the story.
- Pick up on non-verbal bullying.
- Keep your eye on people.
- Work out ways to keep us safe after we tell about the bullying.

DON'T

- Tell everyone about what we tell you – be confidential.
- Assume or jump to conclusions.
- Say 'just ignore it' – or ignore it yourself.
- Bring up past stuff.
- Mock us.
- Adults – don't say 'back in my day', or 'when I was at school'.

WHAT TO DO...

IF YOU ARE BULLIED

- Report it: tell someone you trust, or you could write a letter and give that to a trusted adult.
- If a person doesn't help you don't give up, find someone else.
- There is safety in numbers – don't become vulnerable to bullies and bullying by being alone (friends help!).
- We know it can be hard but confidence can help undermine bullying.
- Speak up and stand up for yourself e.g. by saying in a strong voice that you do not like that and the bully should stop it now.
- Say no and walk away (walking away may give you more power... but sometimes it is safer to run away).
- If it is on a cellphone or website, save it, tell someone, then report them to the phone company or website owner.
- Avoid the bully and avoid being in places where you feel unsafe.
- Find a safe place to go.

IF YOU ARE A BULLY

- If you want something ask nicely or don't take it.
- Be careful about what you write, text and say – words are weapons!
- Ask yourself questions like 'do I really need it?', 'Is it worth it?', 'How much trouble will I be in?', 'Would I like this if it happened to me?'.
- If you feel angry try other ways to vent your anger that are not directed against other people.
- Don't be tempted to hurt others.
- Stop, think and talk before it gets worse.
- Tell the teacher or another adult your problems and they can help you.
- It's not ok.



CAN YOU THINK OF SOME IDEAS?



WHAT KIND OF FRIEND ARE YOU?

YES NO

- | | | | |
|---|---------------------------------------------------------------------------|-----------------------|-----------------------|
| 1 | Have you ever pretended that you couldn't see someone being bullied? | <input type="radio"/> | <input type="radio"/> |
| 2 | Have you ever shared one of your friend's secrets with someone else? | <input type="radio"/> | <input type="radio"/> |
| 3 | Do you and your friends ever lie to cover up another friend's bullying? | <input type="radio"/> | <input type="radio"/> |
| 4 | Do you ever deliberately say things that you know your friend won't like? | <input type="radio"/> | <input type="radio"/> |
| 5 | Do you ever hit or slap your friends (when they're not kidding around)? | <input type="radio"/> | <input type="radio"/> |
| 6 | Do you laugh at your friend's mistakes but don't admit to your own? | <input type="radio"/> | <input type="radio"/> |

IF YOU SAID YES TO...

FOUR OR MORE

Friends are people you really need. It seems that if you keep on acting like this you may end up with none. Try to be more positive. You will feel better. Good luck with your mission.

TWO OR THREE

Being a friend can be hard, but it looks like you know that being a good friend can be fun. Keep going and try to be a friend for all the people that you meet.

ONE OR NONE

You rock! You are a great friend. You are there for your friends when they need you and that is awesome!



WRITE IN SOME NAMES OF PEOPLE WHO CAN HELP YOU

FAMILY/WHĀNAU:

SCHOOL SUPPORT:

MATES:

COACHES/COMMUNITY GROUPS:

NEIGHBOURS:

HELPLINES/WEBSITES:

EMERGENCY SERVICES:

OTHER PEOPLE:

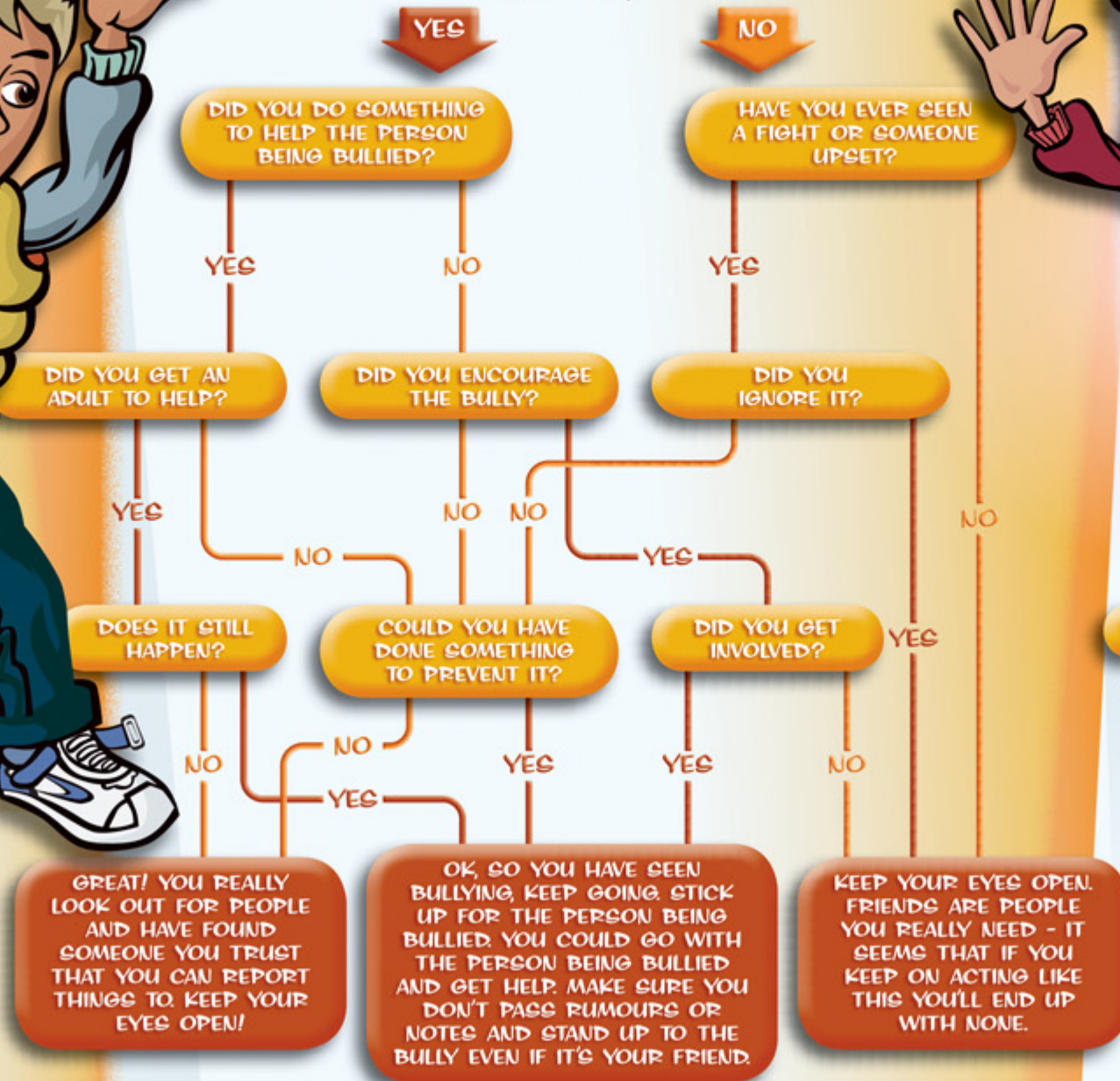
MYTHS ABOUT BULLYING

TAKE OUR TRUE OR FALSE QUIZ TO SEE WHAT YOU KNOW...

- | | TRUE | FALSE |
|----------------------------------------------------------------------|------|-------|
| 1 It is ok to stand and watch someone get bullied? | T | F |
| 2 Telling on the bullies will make it worse? | T | F |
| 3 If you get bullied you should just harden up? | T | F |
| 4 Only physical bullying hurts? | T | F |
| 5 All bullies are kids who are bigger and taller than their victims? | T | F |
| 6 Being a bully makes you tough? | T | F |
| 7 No one deserves to be bullied? | T | F |



HAVE YOU EVER SEEN ANYONE BE BULLIED AT SCHOOL?



WORD SEARCH

FIND THE WORDS IN BOLD

- BULLY** A person who hurts others.
- INTIMIDATE** To make someone feel scared or threatened.
- FRIEND** People who like and respect each other.
- RACISM** Disliking a person because of their skin colour, language, customs, or culture.
- TRUST** Feeling safe and secure.
- EMPATHY** Understanding and caring about how someone else is feeling.
- SAFE** Keeping away from danger or injury.
- ALIENATION** Feeling of not belonging.
- COURAGE** Being able to confront fear or danger.



WORD SEARCH

C	Y	H	T	A	P	M	E
O	S	B	U	L	L	Y	T
U	T	E	P	I	U	P	A
R	F	R	I	E	N	D	D
A	T	A	B	N	S	E	I
G	R	C	S	A	A	A	M
E	U	I	F	T	F	E	I
B	S	S	E	I	E	P	T
R	T	M	O	O	U	D	N
F	R	I	E	N	N	D	I

FIND THE MESSAGE

USE THE LEFT-OVER LETTERS TO SPELL A MESSAGE FOR YOU (HINT: READ THE LEFT-OVER LETTERS LIKE A BOOK).

THANKS TO:

ALL THE STUDENTS WHO HAVE HELPED WRITE AND DESIGN THIS.



HOW DID YOU GO IN OUR TRUE OR FALSE QUIZ? CHECK YOUR ANSWERS...

ANSWERS

- 1** FALSE Bullies are more likely to stop when a group of people their own age tell them to.
- 2** FALSE If you are being bullied you should tell someone you trust so they can help you stop the bullying.
- 3** FALSE Sometimes if you don't tell the bullies they will take it for granted and not learn that what they are doing is wrong and should stop.
- 4** FALSE Physical and emotional bullying hurts.
- 5** FALSE Bullies can be any size and any age.
- 6** FALSE Making others feel bad doesn't make you tough.
- 7** TRUE No one asks for it. No matter how much you dislike someone no one deserves to be bullied.