

Preventive Steps

How Kids can play a role

- ❖ Don't be afraid to stand up for your friends.
- ❖ Tell an adult
- ❖ Be more than a Bystander, Report It!
- ❖ Say NO! to Cyberbullying
- ❖ Build Self-Confidence
- ❖ Ignore-If a bully sees that his words have little effect, he may stop the harassment.
- ❖ Find an escape route, avoid areas where you know a bully might be.
- ❖ Protect Yourself...Walk away.
- ❖ Parental Support
- ❖ Understanding the bully helps lessen the fear of the bully.

Deterring Responses are Effective

- Really!
- Wow!
- Thanks for sharing
- Boring
- Sorry you feel that way
- Nice, but I don't think so
- Walk away

A BULLY CAN'T WIN IF YOU REFUSE TO PLAY HIS GAME

Data:

Over 3.2 million students are victims of bullying each year.

Nearly 160,000 teens miss school each day because of bullying.

Within one semester, 18% of U.S. students report being bullied 2 to 3 times a month.

By the time 30% male students and 40% female students become 14 they will have had conversations with their peers about bullying.

71% of students have reported that bullying is a problem at their school.

About 90% of 4th through 8th graders report being victims of bullying.

1 in 10 students drop out of school because of repeated bullying.

40% of 7 to 11 year old respondents know someone who has been cyberbullied.

7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying -

See more at:

Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant.

D.A.B. Away Bullying

Let's have a Bully free school.

In the event of witnessing or being bullied talk to your school counselors, educators, an/or administrators



Deter Aggressive Behavior

D.A.B. Away Bullying!



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Deter **A**ggressive **B**ehavior
Let's D.A.B. away Bullying!

What is Bullying?

Any unwanted aggressive behavior that takes on the form of written, electronic, verbal, and physical repetitive acts that causes distress, physical pain and emotional wounds. Bullying includes actions such as name calling, stealing or breaking someone's things, making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



Bullying is:

**Intimidation and
Mistreatment**

Oppression and Harassment

Cyberbullying

**Peer Pressure and
Physical Violence**

**Maltreatment
and Humiliation**

Anti-Bullying Facts:

- Bullying can happen to anyone
- Bullying can be one person or many people
- Bullying can happen anywhere

STOP Cyberbullying

- Exit the web page where bullying occurs.
- Save and Report the message to an adult or someone in whom you can confide
- Reject and Remove emails or messages

Results of Bullying:

1. Anxiety
2. Low self-esteem
3. Isolation
4. School avoidance
5. Low academic performance
6. Lack of concentration
7. Fearful
8. Self-harm
9. Depression

Why Bullies Bully:

- Imitate their friends
- Want to fit in
- Superior attitude
- Crave attention
- Need to Control
- Sad on the inside

