

### What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior. Bullying is an imbalance of power. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, popularity, gender, etc.

### “FOR KIDS”

#### *How NOT to be a Bully:*

YOUR actions sometimes start out as fun, but might turn into bullying. If you want to know if you are a bully or have been a bully, ask yourself these questions:



- Are my **actions** hurting someone else's feelings?
- Are my **words** hurting someone else's feelings?
- Are my **actions** making someone feel afraid?
- Are my **words** making someone feel afraid?
- Am I taking my **anger** out on someone else?
- Am I trying to **control** someone against their will?

### “FOR EVERYONE”

*Bullying behavior can be changed and stopped!*

**Step 1: Most important – recognize bullying behavior.** To prevent or change this behavior, everyone must consistently reinforce positive behavior.

#### **Step 2: Shatter the Myths of Bullying.**

**Myth 1:** Bullies are from poor backgrounds with low self-esteem. **NO**, bullies can be from any financial background. Research shows that bullies usually have high self-esteem.

**Myth 2:** Bullies are large males. **NO**, actually 1 out of 5 children admit to being a bully or doing some “bullying”. Typically, boys are more physically aggressive, while girls bully by teasing or ostracizing.

**Myth 3:** Bullies are poor students. **NO**, bullies are *not* always poor students, and they do not always pick on “good” students.

**Myth 4:** Most bullying happens on the way to and from school. **NO**, 43% of fear harassment occurs in the school bathroom or at recess.

**Myth 5:** Standing up to bullies will stop the behavior. **Not always**, sometimes standing up to the bully or “doing back to the bully what the bully has done” is not wise because it provokes the bully.

**Myth 6:** Telling an adult will only make the situation worse. **NO**, bullying can best be stopped by the intervention of adults in authority.

### **Step 3: Learn the tips to prevent bullying:**

1. Be consistent about rules and discipline, and involve children in setting the rules/consequences whenever possible. Explain to children what you expect and what the consequences will be for not following these rules BEFORE they are enforced.
2. Use a positive approach to changing behavior by emphasizing good the behavior rather than punishing the bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values.
3. Accompany your children to supervised activities and watch how they interact and get along with others. Teach your kids non-aggressive ways to solve problems by discussing the problems and asking them to consider what might happen if they use violence to solve problems.
4. Demonstrate values of respect, honesty, and pride in family and heritage through your own actions.
5. Model involvement and service in your community by volunteering both individually and as a family in a variety of activities

## Need Assistance?

Bijou Community School  
543-2337

LTE Science Magnet School  
543-2371

Tahoe Valley Elementary  
543-2350

Sierra House Elementary  
543-2327

South Tahoe Middle School  
541-6404

South Tahoe High School  
541-4111

LTUSD Education Center  
541-2850

Tahoe Youth & Family  
Services  
541-2445

Family Resource Center  
542-0740

SLT Women's Center  
544-2118

EDC Mental Health  
573-325

## Internet Resources

California Dept. of Education  
[www.cde.ca.gov](http://www.cde.ca.gov)

US Dept. of Education  
[www.ed.gov](http://www.ed.gov)

SafeYouth.org  
[www.safeyouth.org/scripts/topics/  
bullying](http://www.safeyouth.org/scripts/topics/bullying)

Anti-Bullying Network  
[www.antibullying.net/parents  
families.htm](http://www.antibullying.net/parents/families.htm)

Bully B'ware Take Action  
[www.bullybeware.com](http://www.bullybeware.com)

The Stop Bullying Now Project  
[www.stopbullyingnow.com](http://www.stopbullyingnow.com)

Bully.org Where you are not alone  
[www.bullying.org](http://www.bullying.org)

Back Off Bully  
[www.backoffbully.com](http://www.backoffbully.com)



**Erase Bullying in  
our Schools - It's a  
Team Effort:**

**\*COMMUNITY  
\*EDUCATORS  
\*PARENTS  
\*KIDS**

***Safe Schools Program  
Violence Intervention  
And Prevention***

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LTUSD