



THE POWER OF YOU! |

THE FOCUS



Define Bullying

Identify Your Role

Make a Choice

is it
BULLYING?

When someone says or does something
unintentionally hurtful
and they do it once, that's
RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's
MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*-
even when you tell them to stop or show
them that you're upset—that's
BULLYING.

BULLY



Bullying is **unwanted**, aggressive behavior involving a real or perceived **power imbalance**. The behavior is **repeated**, or has the potential to be repeated, over time.

BULLYING CAN INCLUDE:

TEASING

TALKING ABOUT HURTING SOMEONE

SPREADING RUMORS

LEAVING KIDS OUT ON PURPOSE

ATTACKING SOMEONE BY HITTING THEM OR YELLING AT THEM



IT ALSO INCLUDES CYBER BULLYING

POSTING RUMORS ON FACEBOOK

SHARING EMBARRASSING PICTURES OR VIDEOS

MAKING FAKE WEBSITES OR PROFILES

**SENDING RUDE AND INAPPROPRIATE TEXT MESSAGES AND
SNAP CHATS**



SO WHAT'S YOUR ROLE?

Believe it?

Allow it.

Accept it.

Fight back.

Do it to others.

Be angry. Be sad.



Be resilient?

Believe in yourself.

Move on.

Have humor.

Reach out to others.

Don't turn molehills into mountains!

SO HOW WILL YOU EMPOWER YOURSELF?

Give a “cool look”

Use a “one liner”...Thanks for sharing that with me!

Implement humor

Turn around on the last word and walk away

Role play with your parents

Stick with your true friends

Stand up for others being bullied



HOW CAN YOU HELP OTHERS?

- ❖ Provide support – If you see another person being bullied, support them.
 - ✓ Hey, I'm sorry that happened!
 - ✓ What they did wasn't cool!
 - ✓ Encourage the person to tell an adult. Go with them to report what happened.



HOW CAN YOU HELP OTHERS?

❖ Don't Participate – If you are with someone who is being mean –

DON'T JOIN IN!

- ✓ “Let’s not go there!”
- ✓ “That’s not cool!”
- ✓ Change the subject!
- ✓ Leave the group – walk away or get offline





Check out this PEP Talk by the Kid President –



WHAT WILL YOU DO TO MAKE TODAY BETTER...



For yourself?
For others?
For our school?
For our community?
For the world?



DON'T FORGET TO BE

awesome

