

# TOGETHER WE CAN BE BULLY FREE<sup>®</sup>

A MINI-GUIDE FOR ELEMENTARY SCHOOL STUDENTS  
BY ALLAN L. BEANE, PH.D.

**"YOU CAN'T PLAY WITH US."**

**"YOU'RE DUMB."**

**"HEY, GIVE ME THAT GAME!"**

**"GET OUTTA MY WAY!"**



Do you ever hear mean words like these at school? Do you see mean actions like hitting, kicking, or shoving? There's a name for this kind of mean behavior. It's called bullying.

## **Bullying hurts everybody.**

A school that has a bullying problem isn't safe. It's not a good place for students to learn or have fun.

Our school wants to stop the problem of bullying, and **YOU** can help. This mini-guide has ideas you can use to join in and be a "bully buster."

## **Together we can be bully free!**

## **WHAT IS BULLYING?**

Bullying is when a person hurts, embarrasses, or frightens another person on purpose over and over again. People who bully like to feel strong. Their goal is to have power over people.

### **BULLYING IS:**

- Hitting
- Stealing or breaking someone's things
- Pushing
- Making rude hand signals
- Kicking
- Spreading rumors
- Teasing
- Tripping
- Making mean phone calls
- Telling lies about people
- Calling people names
- Sending mean notes and email messages
- Making put-downs
- Pinching
- Making threats
- Leaving others out
- Sending mean text messages

### **RULES FOR A BULLY FREE CLASSROOM**

1. Bullying is not allowed in our classroom. (Or anywhere else in the school.)
2. We don't tease, call names, or put people down.
3. We don't hit, shove, kick, or punch.
4. If we see someone being bullied, we speak up and stop it (if we can) or get help right away.
5. When we do things as a group, we include everyone and make sure no one is left out.
6. We make new students feel welcome.
7. We listen to each other's opinions.
8. We treat each other with kindness and respect.
9. We respect each other's property. (School property, too.)
10. We look for the good in others and value differences.

## WHAT TO DO IF YOU ARE BULLIED

### Do:

- **If you don't feel safe, walk (or RUN!) away.** Get away as fast as you can.
- **Remember—telling ISN'T tattling!** It helps you stay safe. So tell a teacher where and when the bullying happened and who did it. If you've been hurt, show any scratches or bruises.
- **Buddy up!** Kids who bully like to be mean to kids who are alone. Play with other kids, and they might leave you alone.
- **Avoid kids who bully.** Stay away from them whenever you can.
- **Stay close to teachers and other adults.** Kids who bully don't want to get caught. If you're by a teacher, they'll probably stay away.
- **Stand up for yourself.** If you feel safe, tell the person to stop. Use a strong voice. Say, "Leave me alone!" or, "I don't like that. Stop it."

### DON'T:

- **Fight back.** The person might try to hurt you worse.
- **Threaten or call the kid who is bullying names.** This person might come after you harder.
- **Cry.** Try to stay calm. Walk away from the person who is bullying you and find someone who can help.
- **Ignore bullying.** Bullying does not stop on its own. You have to tell the person doing it to leave you alone. If you don't feel safe doing this, ask an adult for help.

## WHAT TO DO WHEN OTHERS ARE BULLIED

- **Refuse to join in.**
- **Speak out.** Use words like these: "Don't treat him that way." "Stop hitting her."
- **Tell a teacher or another adult at school.**
- **Be a friend to the person who is being bullied.**
- **Include students who are left out.**



**IMPORTANT! Never fight the person who is bullying.**

More fighting only makes things worse.



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## WHAT TO DO IF YOU ARE BULLYING OTHERS

People who bully are not bad people. It is their behavior that is bad. It's never too late to make a change. How?

- Stop the bullying right now!
- Start treating all people the way YOU want to be treated.
- Talk with adults you trust, like parents and teachers. Tell them about your strong feelings. Ask for their help.
- Always keep your hands and feet to yourself.
- If you start to feel upset or mad, **STOP** and **THINK**. Take a deep breath. Don't bully someone. Think about better choices.



**REMEMBER! YOU** decide your actions. **YOU** are in charge of what you do. **YOU** can decide to stop the bullying and start respecting others.

## WHERE TO FIND OUT MORE

**Bullies Are a Pain in the Brain** by Trevor Romain (Minneapolis: Free Spirit Publishing, 1997). A fun and funny book full of tips and suggestions for dealing with bullying.

**KidsHealth** ([www.kidshealth.org](http://www.kidshealth.org)). A great website with lots of information on many topics, including bullying and handling strong emotions and tough times. Enter the "Kids" section and click on "Dealing with Feelings."

[www.freespirit.com](http://www.freespirit.com)