

# BREAKING FREE FROM BULLIES

HELPING CHILDREN AND ADOLESCENTS  
BE STRONG & BE KIND

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# CURRENT INFO ON BULLYING

- \_\_\_% OF STUDENTS ADMIT TO BULLYING
- \_\_\_ OUT OF EVERY 4 KIDS WILL BE BULLIED
- \_\_\_% OF BOYS & \_\_\_% OF GIRLS REPORT BEING BULLIED
- \_\_\_% OF KIDS ADMIT NOT TELLING PARENTS/BULLIED
- \_\_\_% OF SCHOOL SHOOTERS WERE BULLY-VICTIMS
- \_\_\_ - \_\_\_ GRADES BULLYING IS EXPERIENCED THE MOST

# DEFINITIONS & TYPES OF BULLYING:

- **1.) Aggressive Behavior 2.) Repeated (or a strong possibility of repeated behavior) 3.) A Power Imbalance Favoring the Perpetrator.**
- **MODES OF BULLYING:** DIRECT: Target is present. INDIRECT: Target is not present. Ex: Gossip or online posts.
- **TYPES OF BULLYING:** PHYSICAL: Kicking, punching, spitting, tripping, pushing, VERBAL, ORAL & WRITTEN: Taunts, name calling, threatening gestures, inappropriate sexual comments, RELATIONAL: Isolates target from peers. Ex: Posting photos & harmful info on electronic space to humiliate & keep others from befriending target.

# TYPES OF BULLIES:

- **NARCISSISTIC BULLIES:** Sense of entitlement, self-centered, lack empathy may appear charming at first, anger easily, rage if argued with or not allowed to control or dominate others.
- **BACKDOOR BULLIES:** Passive-aggressive behavior, may ingratiate selves to others, present as friends or allies, subtle use of gossip, non-verbals and or innuendos to discredit or sabotage others.
- **CROWD PLEASER BULLIES:** Aggression in groups or to impress groups.

# BIBLICAL BULLIES:

- KING HEROD  
(Reigning @ birth of Jesus)
- PHARISEES
- GOLIATH
- JUDAS
- PILATE
- SAUL (O.T.)
- SAUL (N.T.)
- JOSEPH'S BROTHERS (O.T.)
- KING HEROD  
(Reigning @ earthly life & death of Jesus)

# BREAK FREE FROM BULLIES

- BE BOLD, NOT TIMID
- RECOGNIZE STRENGTHS
- EMPOWER YOURSELF
- AVOID TRAPS
- KEEP YOUR DISTANCE
- FORGIVE; DON'T TRUST
- REFUSE TO BE INTIMIDATED
- ENLIST HELP & SUPPORT
- EVALUATE LIFE GOALS & LIVE THEM

# LEGISLATION REGARDING BULLYING

- After Columbine Shooting April 20, 1999
- After suicides by children due to bullying
- Georgia was 1st in 1999
- 50 States: Anti-bully laws
- Hawaii 2011: Adults in charge of minors - law
- Dec 2012 N. Carolina: Crime for students to bully teachers
- 2013 CA: "Electronic Act"
- July 1, 2014 Minnesota: Added definition of cyber bullying
- Discrimination Category: Only federal law

# BE BOLD NOT TIMID BEING BOLD IS TAKING ACTION BEFORE THE COURAGE ARRIVES

- 80% OF STUDENTS ADMIRE DEFENDERS
- DEFENDERS CAN STOP BULLYING IN 10 SECONDS
- 43-68% STUDENT SAY WOULD DEFEND VICTIM
- 17-25% OF STUDENTS ACTUALLY DEFEND VICTIM
- DEFENDER REGARDS WELLBEING OF OTHERS
- DEFENDER/HI DEGREE OF SOCIAL SELF-EFFICACY

# RECOGNIZE STRENGTHS

PERSONAL STRENGTHS ARE AS UNIQUE AS FINGERPRINTS

- HELP CHILDREN SEE THEIR STRENGTHS:
- OPTIMISM & SENSE OF HUMOR
- ABILITY TO MAKE FRIENDS
- RESILIENCE
- CREATIVITY & PROBLEM SOLVING
- ABILITY TO WORK WITH OTHERS
- MENTAL TOUGHNESS

# AVOID TRAPS

HELP KIDS TAKE BACK POWER FROM THE CYBER-BULLIES: ENCOURAGE THEM TO:

- CHANGE PASSWORD AND SCREEN NAME
- AVOID SENDING IMPULSE MESSAGES OR PHOTOS
- TELL THEIR PARENTS OR TRUSTED ADULTS
- NOT ANSWER BULLIES' TEXTS-PRINT & SAVE
- GO WITH PARENTS TO PRINCIPAL
- TELL (IF THREATENED) LAW ENFORCEMENT & INTERNET SERVICE PROVIDER. THREAT CAN BE TRACED TO THE PERPETRATOR'S COMPUTER

# EMPOWER YOURSELF

HELP KIDS FIND & USE THEIR VOICES:

- "STOP!" = SHORT PHRASE/BIG IMPACT
- THEN COMMUNICATE TO CLEAR UP ANY MISUNDERSTANDINGS:
- "WHY ARE YOU SAYING THAT?"
- "DID I DO SOMETHING TO YOU I DON'T KNOW ABOUT?"
- "I DON'T KNOW WHAT THE PROBLEM IS SO WHY DON'T YOU TELL ME?"

# KEEPING YOUR DISTANCE:

HELP KIDS HOLD BOUNDARIES WITH BULLIES:

- KNOW BULLIES MODUS OPERANDI
- STAY AWAY FROM DANGEROUS PLACES
- TRAVEL IN GROUPS
- TAKE ADVANTAGE OF TIME & SPACE

## FORGIVE BULLIES; DON'T TRUST BULLIES FORGIVENESS IS A GIFT-TRUST IS EARNED

- MAT 10:16: JESUS SAID: "BE INNOCENT AS DOVES- WISE AS SERPENTS".
- JESUS FORGAVE HIS ENEMIES - DID NOT TRUST HIS ENEMIES
- FORGIVENESS IS NOT MINIMIZING, OVERLOOKING OR EXCUSING BEHAVIOR BUT FORGIVING THE PERSON.
- TRUST IS THE FIRM CONFIDENCE IN THE TRUTHFULNESS, INTEGRITY & RELIABILITY OF SOMEONE.

## ENLIST HELP & SUPPORT; THERE IS SAFETY IN NUMBERS

- ENCOURAGE KIDS TO:
  - DEFEND & NOT BE BYSTANDERS: MAKE INTERVENTIONS-"LEAVE HER/HIM ALONE!"
  - THEN GO AND GET HELP (REDUCES BYSTANDER APATHY & DIFFUSION OF RESPONSIBILITY)
  - SHARE FACTS & FEARS WITH OTHERS: PARENTS, YOUTH LEADERS, TEACHERS AND THOSE IN AUTHORITY

## REFUSE TO BE INTIMIDATED: 'BIG' IS AN ATTITUDE

- STUDENTS WILL DEFEND OTHERS FROM BULLIES:
- WHEN THEY HAVE EFFECTIVE STRATEGIES
- STRATEGIES DO NOT PUT THEM AT RISK FOR EMBARRASSMENT OR FAILURE
- THEY ARE NOT DISSUADED BY SCHOOL RULES
- SOCIAL STATUS IS HIGH OR = TO THE BULLIES' SOCIAL STATUS

## EVALUATE LIFE GOALS & LIVE THEM:

REASSURE KIDS: "GOD GAVE THIS LIFE TO YOU- DON'T GIVE IT AWAY TO ANYONE".

- TEACH KIDS TO:
  - BE ASSERTIVE NOT AGGRESSIVE
  - NOT LET OTHERS DOMINATE & CONTROL THEM
  - STAY STRONG & BE KIND
  - BE INVOLVED WITH FRIENDS, SCHOOL & CHURCH
  - STUDY BIBLE TOGETHER AND PRAY FOR EACH OTHER

