



How do you
feel about
bullying?

BULLYING!

The Bully

Types of Bullying

- Physical – hitting, kicking, biting, etc.
- Emotional – exclusion, rumors
- Verbal – name-calling, mocking, laughing
- Sexual – unwanted physical contact, inappropriate comments
- Racist – slurs, gestures, ethnic jokes
- Cyber – threatening/offensive e-mail, text messaging, chat rooms, cell phones

Are You a Bully?

- Do you feel better when you hurt people?
- Are you stronger or bigger than people your age? Do you use that to help yourself?
- Have you been bullied and feel like you should take revenge out on someone?
- Do you consider other people's feelings?
- Do you think bullying is just part of growing up or that some people are just weak?

Possible Reasons for Bullying

- Family problems
- School problems
- Feeling ignored
- Peer pressure
- Hasn't been taught respect or manners
- Influenced by culture
- Has been bullied

How to Stop Being a Bully

- Apologize to those you have hurt.
- If you don't feel good about yourself, work on your self-esteem by helping others.
- Try a new hobby.
- If you have trouble controlling your temper, talk with a counselor.
- Get some regular exercise. Both mental and physical health are important.

LEAVE ME ALONE!

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(800) 488-6689 education@aetn.org
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