**Bullying is**

Intentional

Often Repeated

Takes advantage of someone who can’t or will not defend themselves

Manifested

Meant to hurt emotionally or physically

Threats if you follow through or not such as to push, hurt, oppress etc.

Targets vulnerable people, doesn’t protect them hurts them

Bullying is not

Disagreeing with someone

Responding in a rude manner

Getting angry

**Forms of bullying**

Physical bullying: It causes physical and/or emotional pain such as hitting, kicking, punching, taking things, breaking things etc.

Verbal Bullying: Speaking or writing in a way that causes fear, hurt or embarrassment such as teasing, mocking, taunting, insulting etc.

Social Bullying: Using social power or influence to intimidate, manipulate or exclude. Examples leaving people out, pressuring others not to be friends, spreading rumors, false accusations, gang up on someone.

Cyber Bullying: Using electronic media for verbal or social bullying.

Sexting: Sending inappropriate photos, videos, messages

**Types of Bullies**

Terminator: Physically intimidating, confident, powerful.

Manipulator: Uses social bullying techniques such as exclusion, gossip, verbal abuse to control victim.

Charmer: Likeable to some individuals but cruel to others. Able to charm authority to get their way.

Pack: A group that gangs up on people. Trying to be the cool people.

**Why bully**

MIssing something. Everyone has needs. May lack love, acceptance, security or doesn’t know social skills.

**How to spot a victim**

Physical injury

Difficulty concentrating

Physical symptoms such as nausea or anorexia

Symptoms of anxiety or depression (on edge, sleeping too much, sad, angry or disinterested.)

Poor self-esteem

High rates of school absence

abrupt deterioration in school

Symptoms of post-traumatic stress

Adjustment reactions

Grief reaction (denial, sadness, anger)

**Stand by or stand up?**

Believe you do have the skills. The only thing necessary for the triump of evil is that good men do nothing.

**Working Through Conflict**

Conflict will happen. It can be as small as where to eat or as big as a war

Destructive conflict: Very competitive. Individuals attack each other. Everything is an insult and individuals fight to not get the short end of the stick.

Productive conflict: Focuses on forward path. Look for middle ground.

5 styles of conflict resolution

Avoiding: Low level of concern for self and others. Will say don’t ask me, I’d rather not vote on this.

Yielding/Harmonizing: Concern for others, but not self. I don’t care where we go for lunch I’m fine with it.

Compromising: Care about self and others. Try to find the fair solution. Will say Who chose last time, Lets pick either burgers or pizza.

Competing/Directing: High concern for self and not for others. Will want their way. I had pizza if you want to go there, go without me.

Problem solving/Collaboration: High concern for self and others. Will find win win for everyone. Food court has many choices lets go there.