



Children's Guide Understanding Bullying



BERNSTEIN BOOKS

For over 45 years, The Sam Bernstein Law Firm has been committed to the community. We are passionate about educating the public about the law, safety issues, and challenges that face Michigan families every day. We believe that knowledge is power and the more we know about the problems, the better chance we have of achieving the solutions.

We are a compassionate law firm that honors a family tradition and spirit of service to our clients and community. We help each other to do noble work that serves justice, strengthens each other, enriches our lives, and helps people.

The attorneys at The Sam Bernstein Law Firm have over 510 years of collective experience. They work hard every day for Michigan families. Bernstein Book publications are just one of our efforts to help inform Michigan residents about the important issues that affect their lives.

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What Bullying Looks Like

3 Types of Bullying

1. Physical



Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property.

2. Verbal

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.



3. Indirect



Indirect bullying is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Indirect bullying includes: lying and spreading rumors, negative facial or physical gestures, menacing or contemptuous looks, playing nasty jokes to embarrass and humiliate, mimicking unkindly or encouraging others to socially exclude someone damaging someone's social reputation or social acceptance.







Sam's Tips for Kids: Dealing with Bullies



If You Are Being Bullied

- **Stand Up for Yourself:** Look at the kid bullying you and tell them to "Stop it!" and/or to "Leave me alone." Or, you might say, "No! You can't have my pencil. I need it." Then walk off with confidence.
- **Stay away from places where bullying happens:** Bullying mainly occurs in areas lacking supervision such as halls, playground, restrooms, or the cafeteria. When going to these places, make sure you are not alone.
- **Stay near adults and other kids:** Most bullying happens when adults aren't around.
- **Be kind to the bully:** This may surprise and/or confuse the child that is bullying you.
- **Admit your difference:** This method is called "fogging". Admit that you have the characteristic the bully is using to tease you. For example, say, "You are right, I do wear glasses. I need them to see."
- **Protect Yourself from Cyber Bullying:** Never give out your passwords, only to your parents. Control your privacy settings so only people you want to see what you post can see.



If You Are Being a Bully

- **Treat Everyone with Respect:** Stop and think before you say or do something that could hurt someone.
- **Do something else if you feel like being mean:** Find something else to do instead of being mean to a classmate or peer. Play a game, watch TV, or talk to a friend.

- **Get Help:** Talk to an adult you trust. They can help you find ways to be nicer to others.
- **Don't Judge:** Keep in mind everyone is different. No one is better or worse...just different.
- **Apologize:** If you think or know you have bullied someone in the past, say "Sorry". This helps everyone involved feel better!

If You See Someone Being Bullied

- **Speak Up:** At the first sign of noticing someone being bullied, speak up. If you can help, help. If you can't, immediately get an adult or someone who can.
- **Help Others Who are Being Bullied:** Be a friend. Let the person who is being bullied know how you think they may feel. Help them talk to an adult about the bullying incident. Make friends outside your circle.
- **Stop Untrue or Harmful Stories From Spreading:** Whether online or in person, don't spread rumors. If someone tells you or sends you a negative message or rumor about a peer, stand up and tell the messenger "this is wrong". Think about how this would effect you. Don't laugh, send the message on to friends, or add to story.
- **Refuse To Be a Bystander and Be a Role Model:** If you see classmates engaging in mean behavior against another classmate, tell them they are contributing to the problem. Let them know this type of behavior is not okay.
- **Develop a Anti-Bullying Prevention Program or School Project:** Bring a team together, such as students, parents, and teachers who are dedicated to preventing bullying, and create a community-wide project to raise awareness, share stories, and develop helpful supports.



What Should You Do?

Lunch Room Scenario

Several students are seated around a lunch table. Stan walks up to the table and sits down. Brad looks at his four friends and whispers something.

All four friends start to laugh. Then Brad says, "Stan, did anyone say it was okay for you to sit down at this table. I thought your glasses were thick enough to see we don't want you here." The entire table laughs and Stan gets up to walk away.



A. If you were Stan (The victim)

1.) If you were Stan, the target of the bullying, how would you feel?

2.) What could you do about this situation that would be safe and right?

3.) If you felt scared to do something like you mentioned above, how could you help yourself feel more courageous

B. If you were one of students (A bystander)

1.) If you were one of the students at the lunch table watching, how might you feel?

2.) What could you do about this situation that would be safe and right?

3.) If you felt scared to do something like you mentioned above, how could you help yourself feel more courageous?

C.) If you were Brad (The bully)

1.) If you were Brad, the person doing the bullying, how would you feel?

2.) What could you do about this situation that would be safe and right?

3.) If you felt scared to do something like you mentioned above, how could you help yourself feel more courageous?



C. 1.) Some will think Chad might feel powerful, proud, happy, funny, etc., but others may feel Chad is ashamed, embarrassed, unhappy....especially if bystanders speak up.
2.) Apologize to Stan. Apologize to the table for acting mean. Ask an adult for help to change this behavior.
3.) Stop and think about the effects of bullying on other people. Use positive self-talk, such as, "I don't have to hurt other people to make friends or be popular or cool" Or "I am a nice person and I should treat people how I want to be treated."

B. 1.) Embarrassed, Scared, Confused, Worried, Sad, Surprised, Empathic
2.) Tell Chad to stop saying mean things. Don't be apart of the group who is laughing. Tell Stan nothing is wrong with wear glasses and he can sit with you. Walk away from Chad's group with Stan and find another table to eat lunch.
3.) Remember to think before you act. Use positive self-talk, such as "I have the courage to safely and effectively confront bullying."

A. 1.) Angry, Mad, Upset, Surprised, Embarrassed, Confused, Scared, Worried, Frustrated
2.) Remove yourself from this situation. Tell a teacher or a trusted adult.
3.) Remember to think before you act. Calm down. Use positive self talk, such as "I can tell an adult because they will help me" or "I can remove myself from this situation because I don't deserve to be treated this way."



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