**Bully -**  a person or group that uses superior physical, social, intellectual or psychological power to hurt, threaten or intimidate another person or group of people.

There are many forms of bullying: **physical** (poking,pushing,hitting,kicking; **verbal** (yelling, teasing, name calling, insulting, threatening to harm)

**indirect** bullying - (ignoring, excluding, spreading rumors, telling lies, getting others to hurt someone)

**emotionally-** abuses someone and intends to cause injury or discomfort.

**Bullying** is………

**Intentional** – done deliberately; the bully has a plan; the action is done on purpose

**Repeated** – happens over and over; happens the same time or place everyday

**Power** – the 2 people involved are not equal (if you are equal you blame each other)

**Impactful** – you remember what happened years later

**Cyberbullying**- sending or posting hurtful, embarrassing, or threatening text messages or images electronically. (Cell phone, chromebook, social media, group text)

**Victim**- the person or group that is the recipient of the bullying behavior.

**Upstander** - a person who decides to act to interrupt bullying. An **Upstander -** can directly talk to, address the bully or go tell someone else (teacher, principal).

[Be an ally](https://www.adl.org/sites/default/files/documents/assets/pdf/education-outreach/Be-an-Ally-Six-Ways-online-version.pdf)

**Ally**: Someone who speaks out on behalf of or takes actions that are supportive of someone who is targeted by bias or bullying, either themselves or someone else.

* More than half of bullying behaviors will stop in less than ten seconds when another student intervenes. [6]

**Bias**: An inclination or preference either for or against an individual or group that interferes with impartial judgment.

**A Bystander** - The person or group that observes or hears about bullying behavior. An **Active bystander** - either supports the bully with words, gestures and actions. A **Passive bystander** - supports a bully by doing nothing to stop the bullying.

What should you do ……..

**WALK**  (walk away)

**TALK**  (talk to your parents, friends, teachers about what happened)

**TELL** (contact the principal or police if necessary)

*Harassment* – ongoing conduct that offends another person by criticizing his or her race, color, religion, physical disability, gender or sexual orientation.

**Be Assertive** = Stand Up for yourself in a firm and positive way.

Don’t be **Passive** – not participating; not active ; offering no resistance, being submissive

Don’t be **Aggressive** – quick to attack physically; quick to start a physical fight.