

## Bullying is REAL! Bullying is WRONG!

You might think bullying happens only to little kids. The truth is that being a bully or being bullied has no age limit.

Bullying is mean, cruel and disrespectful.  
It is no way to treat anyone.

It is done on purpose,  
and it is often done over and over again.

Being a bully or being bullied are not  
"just natural parts of growing up."

Putting others down or hurting them,  
or not feeling safe because of what  
someone has done to you, is not healthy.

## You Can Take A Stand Against Bullying!

### Think about it.

Bullies pick on people they think  
won't fight back. They bully kids they think  
no one will stand up for. Bullies like it  
when others laugh. But imagine how YOU  
would feel if YOU were the one being bullied.

### Choose.

Don't be a part of any kind of bullying.  
Don't ignore it if it happens.  
Choose friends who think and act  
the way that you do.

### Act.

When you see or know that  
someone is being bullied,  
size up the situation. If you can safely speak up  
to stop it, say something.

Get adult help then if you need to.  
Afterwards, tell an adult anyway!

## Work together to make your school safe.

Talk about it. Plan creative ways to get the  
word out and stop bullying!

www.etr.org; compliments of the Family Life Institute; Planned  
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## YOU can help make our world a brighter place!

Ask your teacher to post these rules in  
your classroom, and work together with  
your teacher, classmates and  
schoolmates to be sure everyone pays  
attention and follows them!

1. Bullying is **not allowed** in our  
Classroom!
2. We **do not tease, call names,  
put people down, or make  
them feel bad.**
3. We **do not hit, shove, kick or  
punch.**
4. If we see someone being  
bullied, we **speak up and stop  
it** (if we can) and **go to an  
adult for help right away!**
5. When we do things as a group,  
we make sure that **everyone is  
included** and **no one is left out.**
6. We make **new students** feel  
**welcome.**
7. We **listen** to each other's  
thoughts and **opinions.**
8. We treat each other with  
**kindness and respect.**
9. We **respect** each other's  
**property.** (School property, too!)
10. We look for the **good in  
others** and we **value our  
differences!**

njsbf.com, from Allan L. Beane's The Bully Free Classroom:  
Over 100 Tips & Strategies for Teachers K-8, copyright 1999.

# Who are **YOU** in the **BULLY GAME?**

**YOU** can be anyone you CHOOSE to be!

But choose **WISELY** and choose **WELL!**

**YOU** can be the person who makes a difference  
in your school and in our world.



prepared by the  
**Union County Prosecutor's Office**  
Theodore J. Romankow, Union County Prosecutor  
32 Rahway Avenue, Elizabeth, New Jersey 07202 -- 908-527-4500

in cooperation with  
**Office of the Union County Superintendent of Schools**  
Glenn Tillou, Union County Superintendent of Schools  
300 North Avenue East, Westfield, New Jersey 07090 -- 908-654-9860

**Union County Human Relations Commission**  
c/o John H. Stamler Police Academy,  
1776 Raritan Road, Scotch Plains, New Jersey 07076 -- 908-889-9028

Please visit the websites of the following sources, whose information we also have drawn from in this information sheet:

♦ www.bullying.co.uk ♦ stopbullyingnow.hrsa.gov ♦ http://www.bbc.co.uk -- Say Boo To Bullying! by A. Suri  
♦ http://homeworktips.about.com ♦ www.eirc.org/cap -- No More Bullies, No More Victims: New Jersey Child Assault Prevention Project

## You're bullying someone else if you do any of these things:

- You call them **names**
- You **spread rumors** about them
- You **make up stories** to get them into trouble
- You **take their friends away** leaving them on their own
- You **tell other people** not to be friends with them
- You **hit** them, **kick** them, **trip** them, or **push** them around
- You make **remarks** about their **culture, religion or colour**, about their **looks or weight**, or about their **disability or medical condition**
- You **don't choose them** to be your partner in class
- You **leave them out** when you're choosing teams for a game
- You tell them you're **busy** and then go off to enjoy yourself with other people
- You **take** away their possessions
- You **hide** their books or bag
- You **damage** their property
- You **demand money** from them
- You **make jokes** about them when you can see they're upset
- You send them **nasty** text messages or make silent calls on their phone
- You indulge in horseplay when you know **they are not enjoying it**
- You **make threats** about nasty things that will happen to them

- You're going along with the crowd who are doing any of these things

**YOU CAN CHOOSE to act better and make your school and our world a safer and friendlier place.**

**THINK before you ACT! Ask yourself:** Are my actions or words **hurting someone else's feelings?**

Am I **just trying to have fun**, but saying or doing something that is hurting someone else or making that person feel afraid?

Am I being **unfair** or **unkind**? Am I **lonely**...or **unhappy**...or **upset** -- or **angry**? Am I being **unfair**?

Am I trying to **control someone** against his or her will?

**Would I want someone else to do this to me?** How would I feel if someone did this to me?

Put yourself in the place of the people you are hurting. They have the same feelings that you do. **Be a friend, and make a friend.**



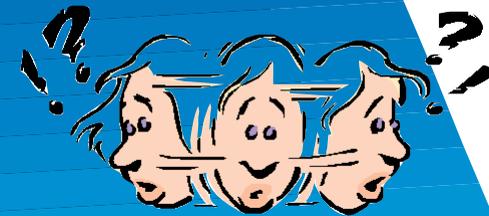
# Who are YOU in the BULLY GAME?

You're being bullied if someone else does any of those things to you, and if you are **hurt, afraid, and unhappy** about it!

**Don't ever blame yourself for what has happened: BEING BULLIED IS NOT YOUR FAULT!**

Nice, ordinary people are bullied just because someone else is not a nice person or that person has their own problems. **NEVER** accept getting teased to fit in with the popular group! **ALWAYS** remember that you have the right to be **safe, strong and free**, and no one should try to take that right away! **Be the better person.** Your character is defined by what you do, NOT by what you say or believe, or by what OTHERS say or believe. You have a choice of what to do, and **what you do matters.** It can make you a better person, and **it makes the world a better place.** If someone is bullying you, **TELL someone** at school and at home **IMMEDIATELY!**

**You are NOT alone!  
We can and will help you!**



If you are just standing by and watching, you are the most important player in the **BULLY GAME.**

**YOU can make a difference!**

**Stand up for the person who is being hurt, and immediately TELL SOMEONE at school and at home what is happening! You wouldn't like it to happen to YOU!**