



What is Bullying?

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Bullying is the intentional, repeated hurting of one person by another.

When it's bullying there's an imbalance of power;
the person doing the bullying is more powerful than the person they are hurting.

Also, bullying is when this power and this hurt is repeated, and happens more than just one time.

What does bullying look like?

Bullying can be physical: pushing, hitting, or taking or damaging someone else's belongings

Bullying can be verbal: name calling, making mean or offensive remarks or threats

Bullying can happen using phones or computers: using cell phones or posting things online

Bullying can be about relationships: ignoring people, gossiping, spreading rumors, or excluding someone from a group



Inclusion Storytelling Project Videos

from Cartoon Network and 826 National

["Accepting People"](#) by Nana-Wadieh, 826NYC

["The Girl With the Sweater"](#) by Jekaya, 826 Boston



Role-Playing Games

Discuss how you would respond to this scenario. (There might be more than one right answer). Then identify all the roles in the scenario (bully, target/victim, bystanders, teachers, etc.) and develop a script to present the scenario and your response.

Remember you didn't put yourself in this situation and you aren't snitching if you tell. You are just trying to get some control of the situation and a person who bullies has to take the consequences of his actions.

Let's Write!



Writing prompts

1. Have you ever watched one of your friends get teased or bullied? What happened? What did you do?
2. Have you ever been teased in a way that hurt your feelings? What can you do when this happens to you?
3. If you were an adult in your school (a teacher, principal, or other faculty member) what actions would you take to make your school safe for every student?
4. Was there a time when you stood up for a classmate or a friend? What happened? How did you feel?
5. Why is it important to accept people for who they are?
6. Have you ever talked to a teacher about being bullied? What happened?
7. Have you ever wanted to fight back?
8. Have you ever been worried about telling a teacher about a bully?
9. Is there a time you wish you responded differently to being bullied? What would you do if it happened again?
10. How does being bullied make you feel?