

*LA MESA'S BULLY
PREVENTION PROGRAM
ONLINE SEMINAR!*

BE A BUDDY NOT A BULLY!



LA MESA JUNIOR HIGH SCHOOL

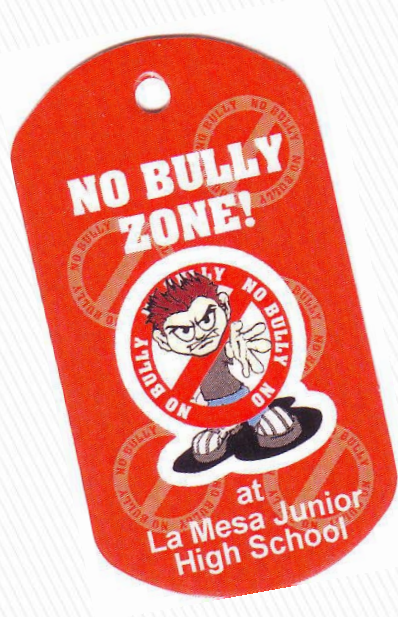


Be a Buddy, not a Bully

Do you understand all the words?

- ▶ Anonymously – without giving your name
- ▶ Bully – someone who is deliberately hurtful
- ▶ Confident – someone who looks sure and strong
- ▶ Courtesy – polite, good manners
- ▶ Deliberately – doing something on purpose
- ▶ Empathy – understanding how others feel
- ▶ Hesitant – not feeling sure about doing something
- ▶ Inappropriate – incorrect
- ▶ Personal space – 13 inch area around a person
- ▶ Respect – give importance
- ▶ Taunting – mock, provoke, tease

Let's ROCK THE TAG!



NO ONE LIKES TO BE BULLIED!

**DO YOU KNOW WHAT
“BULLYING” MEANS?**

**WHAT DOES IT MEAN TO BE A
“BULLY”?**

**WHAT DOES IT MEAN TO BE A
“BUDDY”?**

Be a buddy, not a bully!


- ▶ A bully:

- Calls others names,
- Makes others feel less important,
- Teases, threatens, and spread rumors about others,
- Pushes, hits, punches others,
- Text messages threats and negative comments about others,
- Acts deliberately and hurtful,
- Does not respect others!

- ▶ A buddy:

- Keeps hands, feet, and objects to himself or herself,
- Does not speak about others in a negative way,
- Respects the personal space of others,
- Is empathetic,
- Uses appropriate behavior when unhappy or angry,
- Understands that everyone is important,
- Respects others!

What does a bully look like?

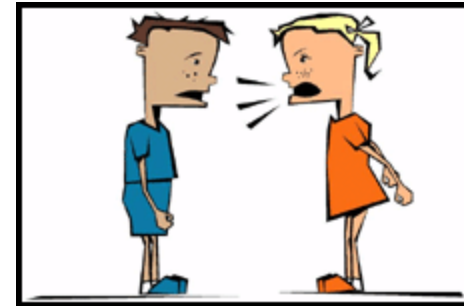
- ▶ A bully can be short, tall, thin, fat, younger, older, smart, strong, weak, big, little, pretty, ugly, from your same culture or race or from another culture or race . . .
 - ▶ A bully can be rich or poor, funny, a good student or not so good student, popular, unpopular . . .
 - ▶ A bully can be average in every way . . .
 - ▶ A bully can look like anyone you know . . .
- 

There are three types of
bullying.

LET'S SEE WHAT THEY ARE.

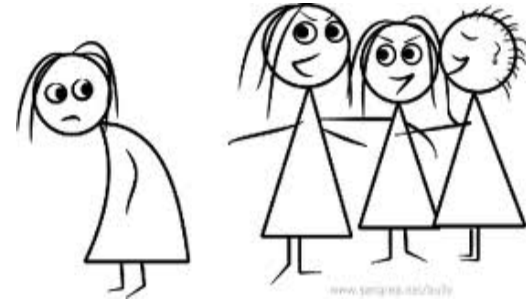
1. Verbal Bullying

- ▶ Verbal bullying includes:
 - Picking on others,
 - Threatening others,
 - Making fun of others,
 - Spreading rumors about others,
 - Calling others inappropriate names,
 - Discussing looks and clothing of others when you don't like it,



Give an example of verbal bullying that you have experienced or have witnessed:

2. Social Bullying



- ▶ Social bullying includes:

- Gossiping and spreading rumors about others

- Making others feel unwelcome

- Influencing others not to be friends with a particular person

- Taunting

- Use joking as a way to make others feel less important

Give an example of social bullying that you have experienced or have witnessed:

3. Electronic Bullying



Michael Meister

- ▶ Electronic bullying includes:
 - Posting negative comments about others
 - Posting inappropriate pictures of others
 - Threats through texting or phone messages
 - Mass posting or texting rumors about others
 - Posting or texting someone's private information

Give an example of electronic bullying that you have experienced or have witnessed:

Examples of Bullying:

Give another example for each of the three types of bullying:

▶ 1.

▶ 2.

▶ 3.



What does a buddy look like?

- ▶ A buddy can be short, tall, thin, fat, younger, older, smart, strong, weak, big, little, pretty, ugly, from your own culture or race or from another culture or race . . .
- ▶ A buddy can be rich or poor, funny, a good student or not so good student, popular, unpopular . . .
- ▶ A buddy can be average in every way . . .
- ▶ A buddy can look like anyone you know . . .
- ▶ A buddy can be you!

How do buddies act?

- ▶ A buddy stays out of the personal space of others
- ▶ A buddy keeps hands, feet, and objects to himself or herself
- ▶ A buddy goes to an adult when they or others have a problem with bullies
- ▶ A buddy shows empathy
- ▶ A buddy is polite and courteous

What does
RESPECT
look like?



Silly things people say about bullying: which is true or false?

True/False: Only boys are bullies

True/False: If you ignore the bullying, it goes away

True/False: Being bullied is part of growing up

True/False: Sometimes acting like a bully is normal



All of the
above statements are
FALSE!

No one needs to put up with bullying or needs
to act like a bully.

Both boys and girls sometimes act like bullies.

Ignoring bullying does not always make it go
away!

You have the right to feel
safe and not be bullied!!!



What to do if you are bullied:


- ▶ Name three things you can do to deal with a bully:

▶ 1. _____

▶ 2. _____

▶ 3. _____

Did you think of any of these?

- ▶ Tell an adult
 - ▶ Tell them loud and clear to “STOP, I DON’T LIKE WHAT YOU ARE DOING!”
 - ▶ Hang out with friends and support one another. If someone is bullying, tell them to stop.
 - ▶ Stand tall and look confident. Bullies don’t like confident people.
- 

Telling is not Snitching

Students are reluctant to tell an adult when they are being bullied or when they witness bullying.

Students feel that telling is snitching. Not so!


Bullying can be very serious and even dangerous.



"I'm *not* being a tattle-tale! —
I'm being a reliable source!"

What if you are being cyberbullied?

Cyber-bullying is the same as electronic bullying. You have the right to feel safe and not be bullied!

- Don't answer a bully text.
 - Don't delete a bully message!
 - Show the bully text/message to an adult you trust.
 - Don't participate in chat rooms or websites where you are bullied. Get out!
- 


What if you see someone else being bullied?



- ▶ Tell the bully to stop
- ▶ Don't leave the person alone.
- ▶ Tell an adult right away.

- ▶ What words can you use to stop a bully?

How can you prevent being bullied?

- ▶ Stand tall and look confident.
 - ▶ Stay with friends.
 - ▶ Don't get involved in rumors.
 - ▶ Always tell an adult that you trust when you are concerned about bullying.
 - ▶ Stay off websites and chat rooms not approved by your parents/guardians.
 - ▶ Make sure you tell the bully to "Stop!"
- 

You have the right to be safe at La Mesa Jr. High!

- ▶ Who can you tell when you experience bullying or witness bullying?

-
- ▶ What is the “Bully Box”?

-
- ▶ What is SSA?

-
- ▶ What does “Rock the Tag” mean?
-

Adult Help

- ▶ Teachers, Counselors, Campus Supervisors, Custodians, Instructional Assistants, Administrators, and your parents/guardians are all there to help you if you experience bullying or witness bullying.
- ▶ Name three adults that you feel comfortable to tell if you are being bullied?
- ▶ -----
- ▶ -----
- ▶ -----

“Bully Box”

- ▶ The “Bully Box” is a mailbox where you can report bullying anonymously.

 - ▶ Where is the “Bully Box”?
-

“Bully Box”



If you said, “Outside Mr. Paterson’s office”, you are correct!

SSA

- ▶ SSA stands for Safe School Ambassadors
 - ▶ Are you a member of the SSA?
 - ▶ SSA is a bully prevention program for students.
 - ▶ Ask any counselor, Mrs. Rojas, or Ms. Schultz about SSA.
 - ▶ Would you like to be a part of SSA?
-

Rock the Tag!

When you participate in some of the Bully Prevention Program activities, Mr. Paterson will give you a “No Bully Zone!” tag.





La Mesa
Jr. High School

Labos

Certificate of Completion

Presented to

LA MESA'S BULLY PREVENTION PROGRAM
OnLine Seminar