



For A Child Accused of Bullying

What Is It and What to Do?

Bullying behavior is acting in a mean way towards someone smaller or weaker. Bully behaviors are things that you do or say to hurt others intentionally.

Examples of Bully Behavior are:

- teasing to hurt someone,
- trying to frighten or control someone or
- intimidating someone to do something that they do not want to do.

People who need to bully have usually been hurt or teased by others and they pass this behavior on. Other reasons are for attention and not knowing how to play in appropriate ways. Some people do Bully Behavior when they are angry and throw their angry feelings out on others.

Often the person who does Bullying behavior feels unwanted, unloved and insecure. The person who hurts others through his words and actions may feel



good about making another person feel bad. He may feel powerful for a short time when he teases or hurts someone else. Later, he may feel guilty and ashamed of what he did or he may justify his behavior by thinking that the other person deserved it.

Some people who need to hurt others secretly feel bad inside. They are so afraid of being seen as weak that they act tough. They are even afraid to let themselves know about it. Their insides and outsides do not match. They are unhappy on the inside and act tough on the outside. They are like a toasted marshmallow--tough on the outside but squishy and soft on the inside. Deep inside there is a core of bad feelings so hidden away that they can't even know about it. It's helpful to know about this part of ourself, then we can make good choices.



Helper Words to Help Me Stop My Bully Behavior:

- I watch myself to listen for name-calling and blaming words.
- I stop myself from turning up my own heat with bully words.
- I can feel good about stopping my own Bully Behavior
- I am responsible for everything I say and do.
- I feel good about being a responsible person!
- I need to calm myself down when I am upset.
- I treat others the way I want to be treated.
- I feel good about treating others with respect.
- God will help me to love others.
- If I pray, God can give me strength to do right.

Questions I Can Ask My Self When I Feel Threatened by Someone:

- I need to remember that I have choices on how I act.
- Stop and think. What would God have me do right now?
- I can choose to practice Bullying behaviors or be kind, loving and helpful.
- How can I be kind, loving and helpful right now?

Hint: Breathing five times for peace helps you get you calm so you can think of what to do.

MY PLAN FOR PEACE

**God told us to pursue peace. I PLEDGE
TO DO MY HONEST PART TO BRING
PEACE TO MY PART OF THE WORLD.**

My first step in building peace today is

Signed _____