



# Bullying Prevention

---

# Miss America 2003 Erika Harold



- National Spokesperson for the *Teen Victims Project of the National Center for Victims of Crime*
- National Board of Directors for the Center of *Youth as Resources*
- National Spokesperson for *Fight Crime: Invest in Kids*
- Advisory Council for the *Empower Program*



# Miss America 2003 Erika Harold



"As Miss America 2003, I will work with the White House Office of National Drug Control Policy, the U.S. Department of Education, U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention to pursue an integrated marketing strategy that builds grassroots support, enhances visibility and awareness, creates brand identity, and supports the mission of leadership and empowerment central to both my platform of *preventing youth violence* and the Miss America Organization."



# What is Bullying?

---

**Bullying is when someone gets hurt intentionally. The bullied person may be kicked, pushed, punched, called names, teased, or have anything happen to them that is intended to upset them.**



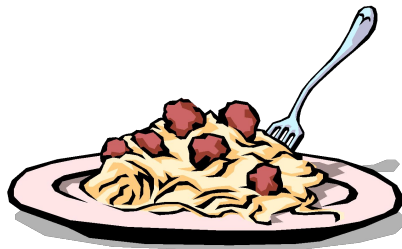
# How does Bullying make people feel?

- She has taken all my friends away. When I go home at night, I'm depressed and cry.



# How does Bullying make people feel?

- One time I wouldn't eat because of people calling me "fat."



# How does Bullying make people feel?

- I pray to make the bullies better people, but it really upsets me because none of my friends stick up for me. They just sit there and laugh.



# How does Bullying make people feel?

- I feel lonely, and I want some advice about how to feel better about myself going to school.







# Who gets Bullied?

---

**You may think that you have to be different before you get bullied, be new to the school, be very tall or short, speak differently or live in a different type of house.**





# Who gets Bullied?

---

**However, this need not be the case!**

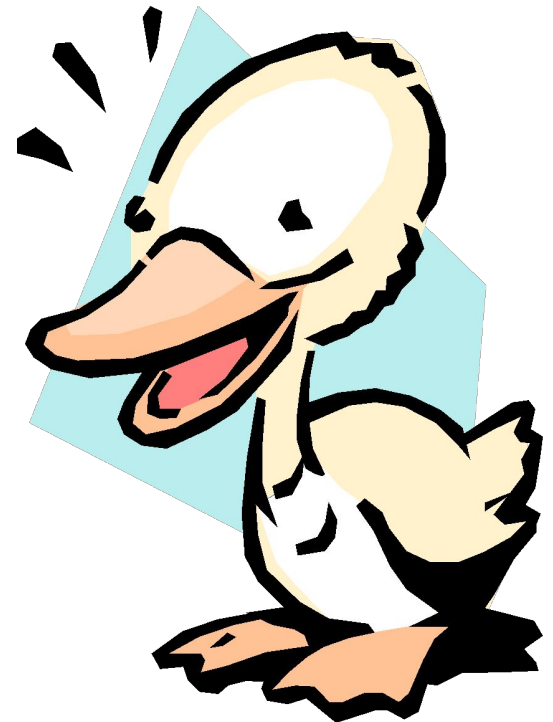
**Anybody can become the victim of bullying. You may simply be in the wrong place at the wrong time.**



# Who gets Bullied?

---

What is certain is ...  
**IT'S NOT YOUR  
FAULT!**

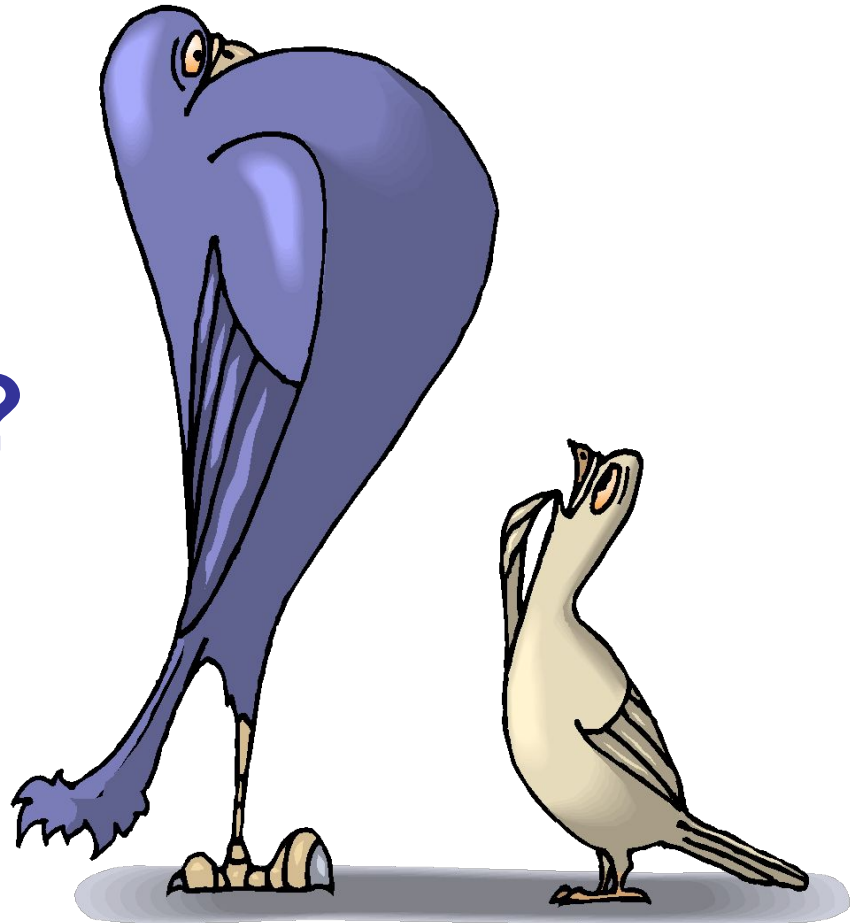




# Who are the Bullies?

---

**Are they bigger?**



# Who are the Bullies?

**Are they  
older?**





# Who are the Bullies?

---

**Are  
they  
boys?**



# Who are the Bullies?

---

**Are they  
girls?**





# Who are the Bullies?

---

**In most cases, bullies are normal children who find themselves in a situation where it seems OK to bully.**







# Characteristics of a Bully:

---

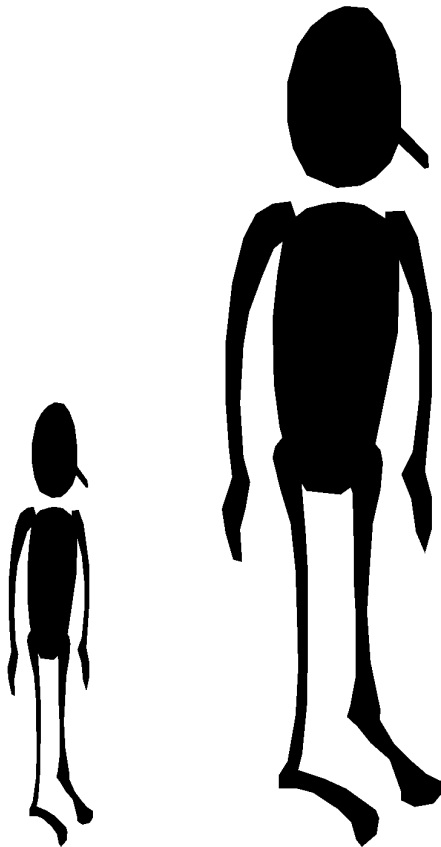
- Physical strength is greater than their victim





# Characteristics of a Bully:

---



- Usually older than their victim

# Characteristics of a Bully:

---

- Try to “push around” classmates, parents, teachers, and brothers/ sisters





# Characteristics of a Bully:

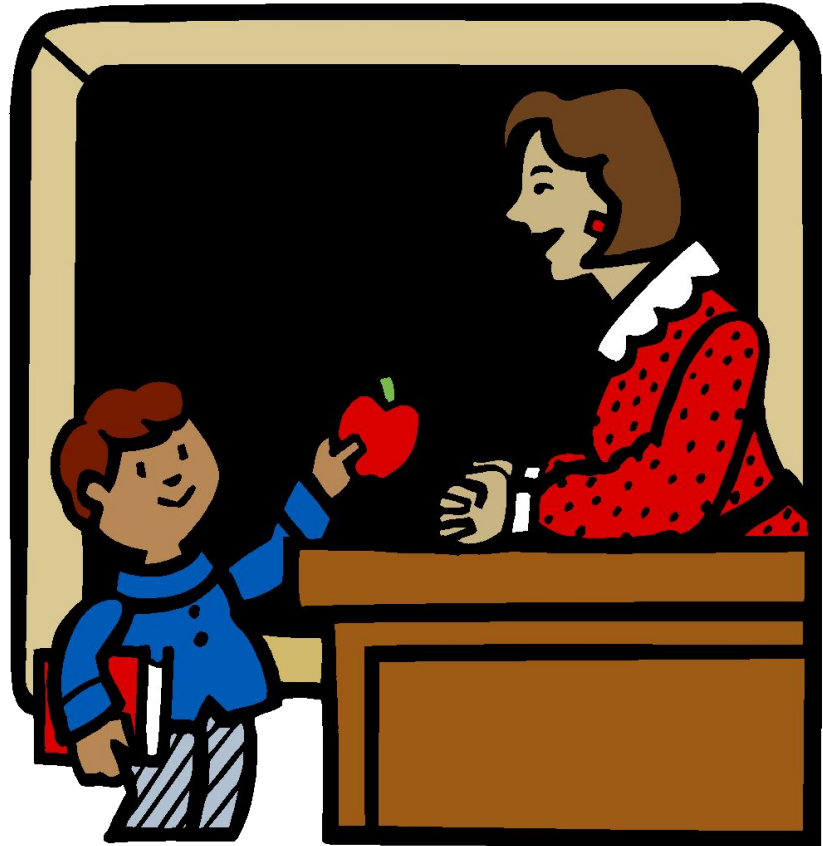
---

- Have no guilt in what they do to others



# Characteristics of a Bully:

- They have a skill at seeming innocent and talking their way out of situations when caught.





# Characteristics of a Bully:

---

- They don't obey authority and pay no attention to rules



No Running  
in Hallways



# Characteristics of a Bully:

---

- They don't care about other people's feelings and make fun of others when they are feeling down or hurting





# Characteristics of a Bully:

---

- They are interested in bullying for thrill, power, and a sense of control



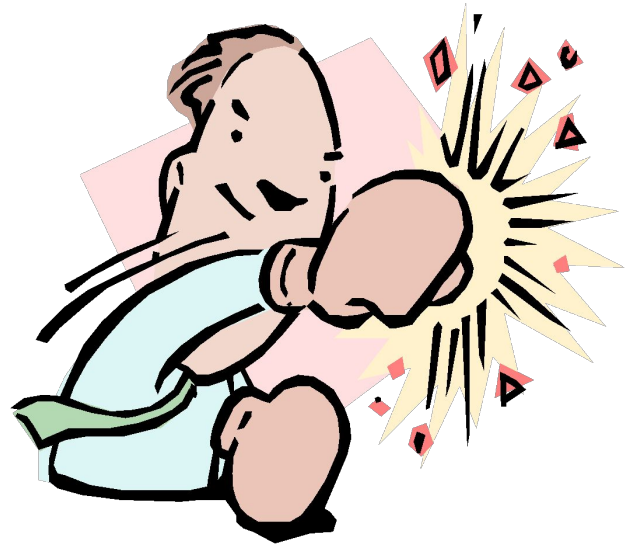




# What can Bullying include?

---

- Physical violence (shoving, punching, tripping, kicking, etc.)





# What can Bullying include?

---

- “Making fun” of other people (calling them “fatty”, “dummie”, or other mean names)





# What can Bullying include?

---

- Threats to beat up after school



# What can Bullying include?

---

- Stealing or robbing of possessions

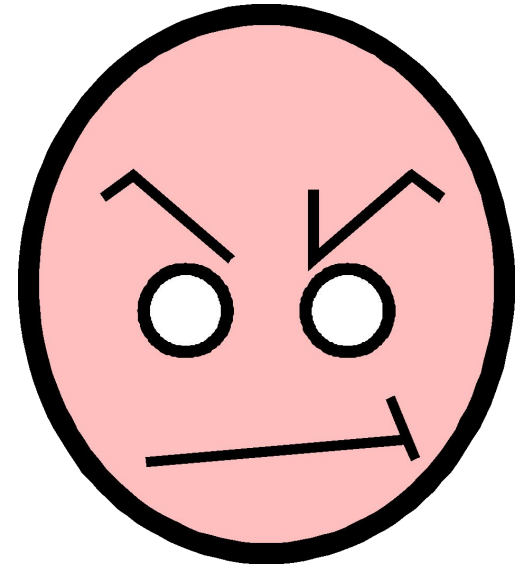




# What can Bullying include?

---

- Making unfriendly gestures and/or spreading rumors





# What can Bullying include?

---

- Purposely ignoring you in a mean way





# How to deal with a Bully:

---

**The acronym “Ha Ha SO” can be helpful for victims to remember when dealing with a bully:**



# How to deal with a Bully:

---

Ha, Ha, SO

“H” = Help

If you're being bullied, get help by going to a teacher, counselor, or administrator and tell them exactly what is happening.





# How to deal with a Bully:

---

Ha, Ha, SO

**“A” = Avoid**

**Walk away in order to avoid a bully situation, try not to be alone—there is safety in numbers.**





# How to deal with a Bully:

---

Ha, Ha, SO

“H” = Humor

**Sometimes a sense of humor  
can help to stop a bullying  
situation.**



# How to deal with a Bully:

---

Ha, Ha, SO

**“A” = Assert**

**Stand your ground, look the bully straight in the eyes and tell him/her to stop. Make sure you're not alone if you try this!**





# How to deal with a Bully:

---

**“S” = Self Talk**

Ha, Ha, **SO**

**Self talk is used to keep feeling good about yourself:**

**“I am a good kid.”**

**“I try my best at school, and I’m nice to other kids.”**



# How to deal with a Bully:

---

**“O” = Own It**

Ha, Ha, SO

If a bully says that your clothing is ugly,  
say something like:

“I know, but my mom gave it to me for  
my birthday and I didn’t want to hurt her  
feelings so I wore it.”



# Advice from Kids

---

- Some girls were cutting me out and making mean remarks about my clothes. I told myself, 'they'll get tired of this if you don't react. You can handle it. You have other friends.'

Tessa, 11



# Advice from Kids

---

- A boy in my class kept calling me an “idiot.” My dad told me to think about the time I made a goal in soccer and everybody cheered when I did.

Matt, 10



# Advice from Kids

---

- When kids tease, I imagine I'm a big tree. I imagine their words are the wind blowing through the branches, but they can't hurt the tree.

Melissa, 7





# What else can you do?

---

**If you are being bullied:**

- **Speak to your parents**
- **Speak to your friends**
- **Keep a record of the bullying**



# What else can you do?

---

**If you know someone who is being bullied:**

- **Go with them to their counselor**
- **If they won't go, offer to speak for them to their counselor**

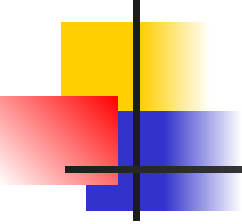


# What else can you do?

---

**If you know someone who is being bullied:**

- **Encourage your friend to tell their parents**
- **Don't try to deal with the problem yourself**



You are  
not  
alone!

---

**STOP BULLYING!**



In school, we are here to help you *tackle* bullying. There are experienced teachers, counselors, and administrators that you can trust and who will work with you and your parents to