

before push comes to shove

bullying: deal with it

2nd
edition



elaine slavens

illustrated by brooke kerrigan

You can take action against bullying, and you don't have to do it on your own. This book will give you the know-how to deal with bullying, whether you're a target, a bully, or a witness.

- Bullying 101 explains the many forms bullying can take, from name-calling to physical fights
- Letters to the "Bully Counsellor" illustrate real-life examples of bullying
- Quizzes test your anti-bullying skills
- A resource page lists helpful organizations, books, and websites

New Revised and Updated Edition

Elaine Slavens is the former Consultant of Guidance and Social/Personal Skills for the Toronto District School Board and was previously the Conflict Resolution Advisor for the Toronto Board of Education.

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"... everything needed to start great discussions about bullying in class, in counseling groups, with individuals, and with youth at home . . . [We] applaud not only the accessible, basic information and reader-friendly text, but also the illustrations and overall presentation that make this brief book a valuable tool for everyone."

— **Voice of Youth Advocates (VOYA)**

A Publishers Weekly Recommended Anti-Bullying Resource

Other titles in this series on bullying and conflict



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slavens

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Bullying

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Elaine Slavens • Illustrated by Brooke Kerrigan

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Toronto

Do you wake up

in the morning with a knot in the
pit of your stomach because there
are people at school who pick on
you, tease you, or try to shove you
around?



If it were just a bad dream, you could pull the covers back over your head and never get out of bed. But it's not a dream — it's real and it's happening to you.

You are being bullied.

How do you know what bullying is? Sometimes it's hard to tell. Bullying can include calling you names, making things up to get you into trouble, hitting, and shoving. It can happen anywhere: at school, at the mall, even online. It also includes taking things away from you, damaging your stuff, stealing your money, and taking your friends away from you. It can make you feel scared, lonely, and unhappy. It can also make you feel like something is wrong with you. You might want to stop going to school or other places where the bully hangs out, like the soccer field, the swimming pool, the ice rink, whatever. That's not fair because you miss out on what you want to do.

If you're trying to cope with a bullying problem, you need to know that you're not alone.

Almost everyone's been bullied at one time or another — even the bullies themselves. There are probably people at your school who are going through the exact same thing you are, maybe even because of the same person. The only reason why you don't know about it is because they aren't telling you. Bullying is not something people like to talk about because they're afraid they'll be seen as wimps or losers — which is totally untrue. The reason it's not true is because it's *not your fault*. That's important. You are not doing the bullying, someone else is. You did not do or say anything to deserve it. You have a right to feel safe, secure, and protected at school and in your neighbourhood.

If you don't feel safe, reading this book can be the first step towards changing that.

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Okay, so you know what bullying is, right?...



.....
starting nasty
rumours about
someone?

It's some skinny little
kid getting beaten
up in the schoolyard
by a big thug. Sure,
everyone knows
that's bullying. But
it isn't always that
simple. What about:



.....
making
someone feel
uncomfortable
or scared?



.....
texting or writing
cruel things about
someone online?

.....
making someone
feel stupid or
unimportant?



.....
taking or damaging
someone's things?



.....
calling someone
mean, insulting,
or racist names?



threatening
someone?



making
someone do
things he
doesn't want
to do?



getting someone into
trouble on purpose?



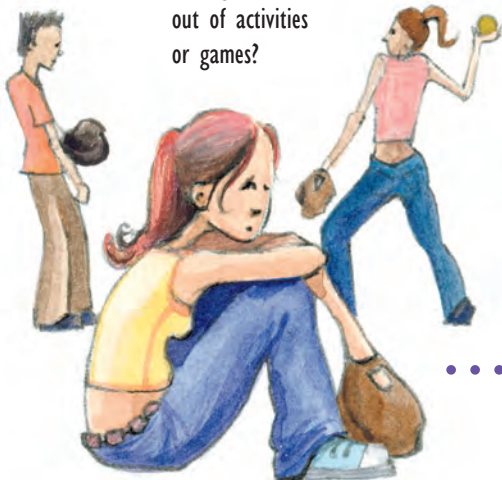
telling others not to
be someone's friend?



making fun of the
way someone looks?



leaving someone
out of activities
or games?



touching
someone in
a sexual way
when it's not
wanted?



ignoring or not talking to
someone on purpose?

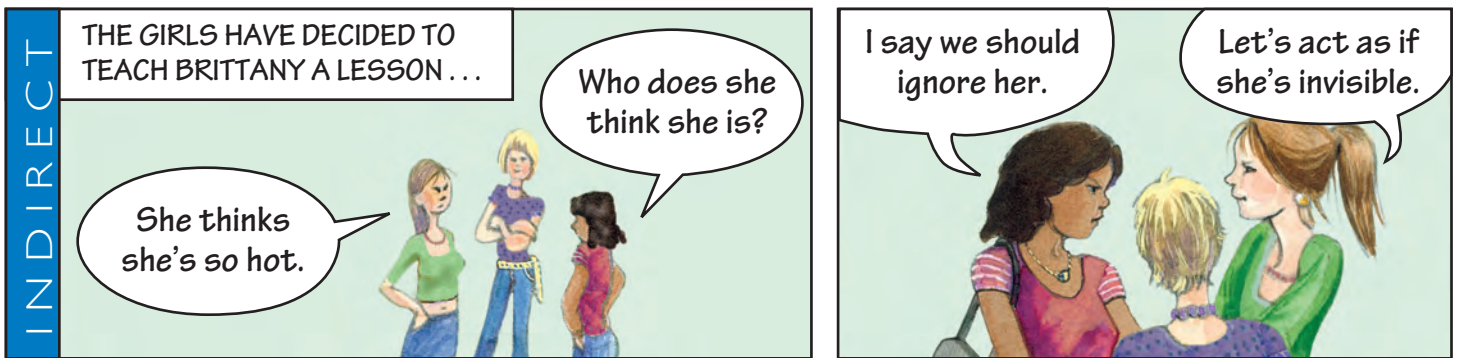


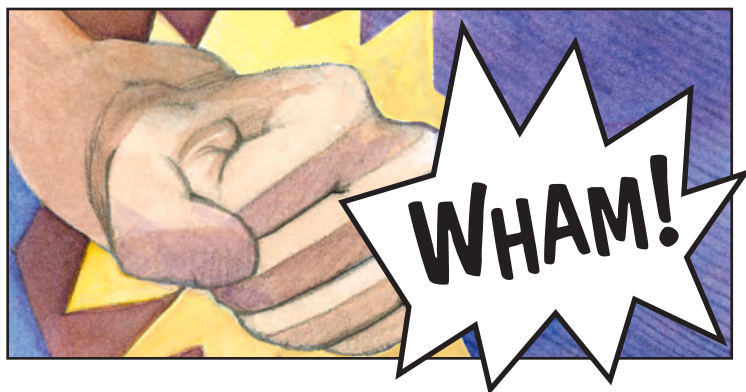
None of this stuff is bullying, right? Oh yeah? When one or more people do any of these things to you, especially if it happens more than once, it is bullying. Don't let anyone tell you otherwise.

Bullying



It's not always physical . . .





NOT ONLY DO THEY IGNORE BRITTANY AT SCHOOL, THEY ALSO BLOCK HER ONLINE...



... AND SOMEONE SEEMS TO BE SPREADING RUMOURS.

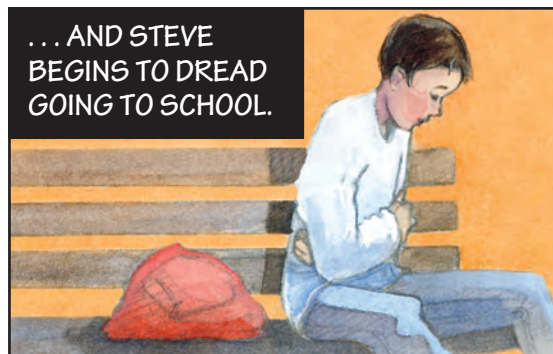


... TO THE THINGS HE LIKES TO DO.



THEIR THREATS BEGIN TO SCARE HIM...

... AND STEVE BEGINS TO DREAD GOING TO SCHOOL.



LATELY, SOME OF THE OTHER KIDS HAVE BEEN JOINING BRAD...

... AND THE TAUNTING IS GETTING WORSE AND WORSE.



KAMIL BEGINS TO FEEL DEPRESSED. HE STARTS HAVING NIGHTMARES AND STOMACH ACHES.



QUIZ

Having trouble figuring out if it's bullying or something else, like arguing? Keep this in mind: it's bullying 1) when one person has more power than the other, and 2) when the less powerful person gets hurt in some way. You decide whether each of the following situations is an example of bullying. Check out the answers on the opposite page.

OUTRAGEOUS

1 Ken is playing hockey and the referee calls a penalty for high-sticking. Ken is outraged at the call and starts yelling at the referee.



Moronic

2 Josie thinks that Barb tripped her on purpose, but it was really by accident. Josie slaps Barb and calls her a moron.



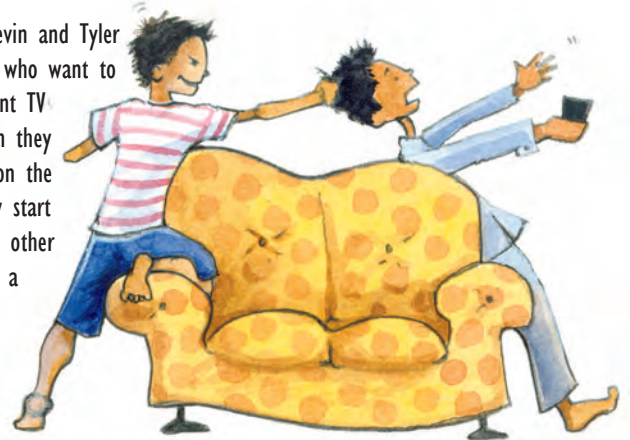
Worse than "Nasty"?

3 Kallandra and Alecia have never liked each other. Lately, though, Kallandra has started calling Alecia names. Sometimes she calls her a fat cow, and sometimes she calls her worse things. Now a bunch of girls at school shout nasty names at Alecia whenever she's around.



TV Wars

4 Kevin and Tyler are brothers who want to watch different TV shows. When they can't agree on the channel, they start pushing each other and get into a fight.



Ignoring Jessie

5 Jen worked together with Jessie on a science project last year. Jen wants to work with her again this year, but Jessie tells her that she wants to work with someone else. Jen gets very upset and ignores Jessie for the rest of the week.



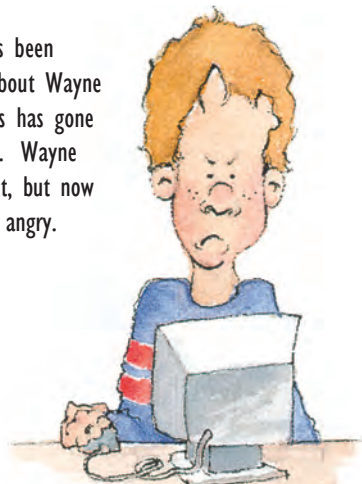
Friendly Kissing

6 Joey and Bart are friends. One day Bart sees Joey kissing and holding hands with Shannon, Bart's girlfriend. Bart is furious and really hurt. They get into an argument and Bart starts to beat Joey up.



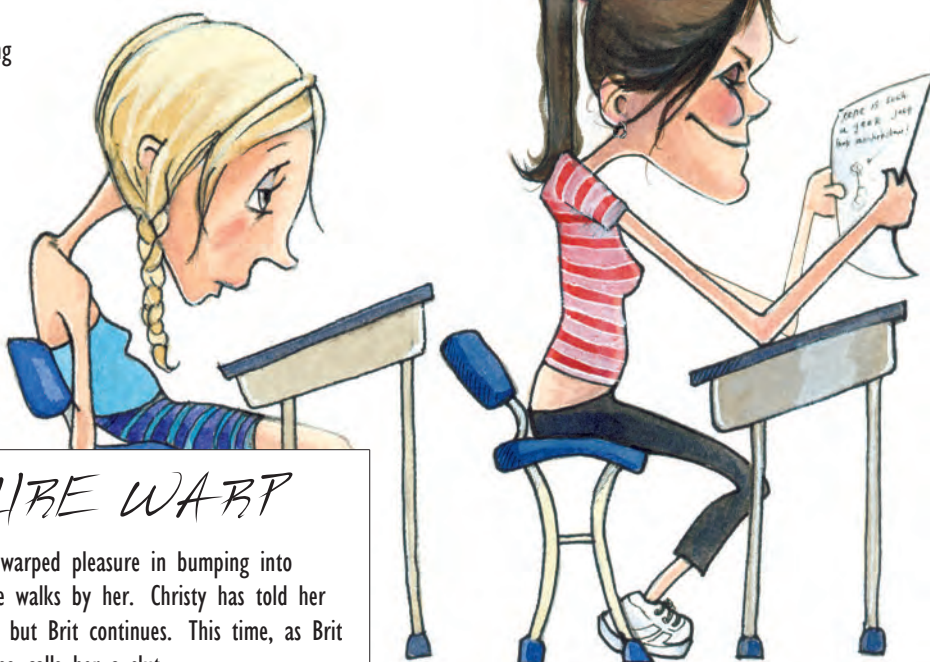
NOT A GAME

7 Shawn has been spreading rumours about Wayne on the Internet. This has gone on for several weeks. Wayne has tried to ignore it, but now he is starting to get angry.



Insulting Renée

8 Each day, Shauna passes insulting notes about Renée to other people in the class. This is really upsetting Renée, and yesterday she started shouting at Shauna.



PLEASURE WARP

9 Brit takes warped pleasure in bumping into Christy every time she walks by her. Christy has told her several times to stop, but Brit continues. This time, as Brit bumps Christy, she also calls her a slut.



Making fun of Sandra

10 Shelley posted a picture of Sandra on the Internet with the caption "Ultimate Pizza Face." Lots of people are sharing it and posting mean comments.



Answers

1. This is a difference in opinion about what's fair. Just because the referee is an authority figure, it doesn't make this bullying.
2. There is no bullying here. But even if Barb had intended to trip Josie, slapping and name-calling wouldn't be an acceptable reaction.
3. Kallandra and the other girls in this situation are definitely bullying Alecia, and Alecia shouldn't have to put up with it.
4. These brothers seem to have an equal amount of power and to be equally upset. But physical fights are the wrong way to settle arguments and could eventually lead to bullying.
5. This is a disagreement, but not bullying. Still, feelings have been hurt and the conflict needs to be resolved.
6. Although this isn't really bullying, physical violence is never acceptable, no matter how upset Bart feels.
7. This is cyberbullying because the name-calling has been going on for a while. Although Wayne has been trying to ignore it, he is upset.
8. Like name-calling, passing insulting notes is a form of bullying if it hurts someone.
9. This is definitely bullying. Brit is verbally and physically bullying Christy.
10. Making fun of someone's appearance may seem funny at the time, but can be really devastating for the target. This is cyberbullying.