

LONG TERM CONSEQUENCES CONTINUED...

- According to recent gay bullying statistics, LGBTQ teens are two to three times as more likely to commit teen suicide than other youths.
- About 30 % of all completed suicides have been related to sexual identity crisis.

WHAT SHOULD YOU DO:**IF YOU'RE WITNESSING BULLYING:**

- Best response: do something about it, stop them, or get an authority/help
- Other response: walk away, don't encourage the bully
- Bad response: start getting violent/involved, encourage the bully, or just stand there

IF YOU'RE BEING BULLIED:

- Best response: walk away, tell an authority (teacher, principle, parent, adult)
- Bad response: exercise violence in return or retaliate (come back later to get someone back)

CYBER BULLYING TIPS:

- Tell a trusted adult about the bullying, and keep telling, until action is taken.
- DON'T to open or read messages from cyber bullies.
- Tell a teacher or administrator at their school if it is school related.
- DON'T erase the messages – they may be needed as evidence to take action.
- Protect yourself: never agree to meet face to face with anyone you meet online.
- If bullied through chat or instant message, the "bully" can often be blocked.
- If you are threatened with harm - inform the local police.

AS A FRIEND:

- If you know your friend is being bullied, you have the POWER to tell someone and to stand up for them.
- If you know your friend is thinking about suicide here are some steps you can take to help them out:
 - ✦ Listen
 - ✦ Don't be afraid to talk about suicide
 - ✦ Accept their friend's feelings
 - ✦ Ask their friend if they have a suicide plan
 - ✦ Remove dangerous objects
 - ✦ Tell a trusted adult
 - ✦ Support your friend
 - ✦ Make them understand that suicide is FINAL
 - ✦ DO NOT leave a person whom you feel is at "high risk" for suicide alone

RESOURCES:**INSIDE SCHOOL:**

- Teachers
- Counselors
- Principals

OUTSIDE SCHOOL:

- Parent
- Police officer
- Coach
- Mentor
- Pastor
- Relate Right SA staff

REMEMBER:

- **TELL** someone! **DO** something! Stay OUT OF TROUBLE!
- **YOU** have POWER!
- You are the greatest influence and can make the greatest difference among your peers!
- Change starts with YOU!



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**BULLYING****BULLYING IS ALL ABOUT POWER!**

You can exercise negative power on others by hurting others in many different ways, or you can exercise positive power by standing up for those being bullied and take away the power of bullies. It is important to tell a parent and/or a teacher when you know of someone who is getting bullied, but we want you to know that you can have a great impact as well. YOU have power too. The greatest change starts with YOU!

WHAT IS BULLYING?

Definition: unwanted, aggressive behavior that involves a real or perceived power imbalance.

WHAT DOES BULLYING LOOK LIKE?**DIFFERENT FORMS OF BULLYING:**

- Exclusion: being ignored, left out on purpose, or not allowed to join in.
- Physical: being hit, kicked, or pushed around.
- Lies or rumors: lies or nasty stories are told about someone to make other kids not like them.
- Threats: being made afraid of getting hurt.

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- What is Bullying?
- What does it look like?
- BULLYING QUIZ
- Consequences of Bullying
- Response Options
- Remind your child of their Resources
- Tools

POP QUIZ!

Do you know what to "DO" about Bullying?

QUESTIONS:

1. You know someone at school is calling your friend names, sending them nasty texts, and forcing them to do bad things. What should you do?
 - a. Start calling them names and threaten them in return.
 - b. Just watch them get bullied; nothing you do will change anything.
 - c. Stand up for your friend and tell the bully to leave them alone, and tell a parent or a teacher what is happening.
2. There's a new kid in your class who talks, dresses, and acts different than your friends. Your friends are constantly making fun of the way he talks and dresses, and telling him to go back to where he came from. What should you do?
 - a. Join in. You don't want to look bad in front of your friends.
 - b. Tell your friends to stop making fun of him, and invite him to sit with you at lunch one day.
 - c. Don't say anything, even though you feel bad for the new kid.
3. Your teacher continues to call you names like "stupid," "idiot," and "worthless" whenever you get a question wrong in class, and tells you there's no point in teaching you. Your classmates have also joined in calling you names. What should you do?
 - a. Talk to the teacher after class and let them know their words hurt. Also, tell the principal and your parents of what's going on.
 - b. Start calling the teacher names and throwing your desk; that will show them to stop messing with you.
 - c. Start missing class and stop coming to school in order to stop getting teased.
4. You keep getting FaceBook messages, posts, and texts from a kid from school who continues to cyber bully you by threatening you as well as spread nasty rumors about you. What should you do?
 - a. Delete all the texts, messages, posts because you don't want to see those nasty messages.
 - b. Start replying with nasty rumors about them.
 - c. Save the messages for evidence of cyber bullying, show the messages to a parent or teacher, tell them to cut it out, and avoid their future messages.
5. A friend tells you they feel depressed, tired of getting bullied and feeling as though they don't fit in. They also tell you they don't want to keep living and are thinking of hurting or killing themselves. What should you do?
 - a. Listen to them and remind them they are special to you and that whatever decision they make is FINAL. Also, tell an adult (parent and/or teacher.)
 - b. Don't tell anyone, they're probably just kidding or want attention.
 - c. Joke around with them about that, telling them they're dumb for saying that.

DON'T BE AFRAID TO ASK QUESTIONS AND ASK FOR HELP.

THERE ARE MANY SERVICES AND RESOURCES AVAILABLE TO HELP:

National Teen Dating Abuse Helpline: 1-866-331-9474
1-866-331-8453 TTY
www.loveisrespect.org

Bexar County Family Justice Center:
(210)-208-6800
www.bcfjc.org

Relate Right SA:
RelateRightSA@live.com
RelateRightSA.weebly.com

RELATE RIGHT SA'S ANSWERS



1. C - You DO have the power to do something. You can stand up for your friend without hurting others. If you use violence back you can also get in trouble. It is important to tell an adult and for you to take a stand and make a difference.
2. B - You know that what your friends are doing isn't cool. You wouldn't want to be in the new kid's shoes, and get teased for being different. It can make a great impact in his life to invite him to sit with you at lunch, to offer him a smile, any kind gesture. You never know, he might end up being your new best friend.
3. A - Bullying doesn't only happen among students, some adults can be bullied too. It is important to tell a principal if your teacher is bullying you, and to respectfully ask the teacher to stop. You have the power to stand up for yourself.
4. C - Whatever you do, DO NOT delete the messages; they serve as evidence of cyber bullying. You certainly want to tell an adult, as well as stand up for yourself and tell them to stop sending you nasty, untrue messages.
5. A - You want to treat any threats of suicide as SERIOUS threats. You have the power to keep friends alive by listening to them and letting them know you are here for them. You also don't have to do it alone; don't carry with such a heavy burden on your shoulders on your own. Tell an adult and seek help.

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- **Verbal abuse and teasing:** being made fun of and teased in a mean and hurtful way.
- **Cyber bullying:** when someone uses technology (internet, cell phones, etc.) to torment, threaten, harass, embarrass, humiliate, or target someone else.

These forms of bullying can happen at the same time, and are all equally dangerous as well as punishable by law.

CONSEQUENCES OF BULLYING:

LEGAL CONSEQUENCES:

- **Bullying is a CRIME!**
- **Assault:** when a person intentionally, knowingly, or recklessly causes bodily injury to another, threatens another, or causes offensive or provocative physical contact with another.
- **Terroristic threat:** when a person threatens to commit any offense involving violence to any person or property.
- **Harassment:** when a person commits an offense with the intent to harass, annoy, alarm, abuse, torment, or embarrass another
- **Party language:** it is ALSO a crime to aid, promote, assist, and/or encourage bullying.

LONG TERM CONSEQUENCES:

- Frequent bullying over a long time can have serious consequences on a person.
- Many incidences of bullying have led to more extreme and violent, sometimes even fatal, incidents, such as stabbings, shootings, suicides, homicides, and beatings; and the numbers continue to increase.
- 75% of school shooters reported having experienced bullying in the past.
- Suicide is the third leading cause of death among young people, resulting in about 4,400 deaths per year.
- For every suicide among young people there are at least 100 attempts.
- Over 14% of high school students have considered suicide and almost 7% have attempted it.

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