## Be Aware of Bullying Behaviors



ny adult can intervene on bullying behavior. In fact, all adults in any given community need to take responsibility for interrupting bullying behavior. It's up to each of us to make our schools and communities safe places that nurture learning and growth.

Being able to recognize bullying behavior is the first step toward stopping it.

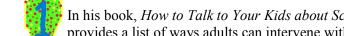
## ${\mathbb B}$ ullying is:

- Avoiding or excluding someone due to age, gender, sexual orientation, race, religion, disability or other reasons.
- Using verbal insults or degrading remarks.
- Offensive physical contact or unwanted touching.
- Making unwelcome or offensive jokes about personal characteristics.
- Making phone calls, e-mail messages, letters or messages of any kind that are threatening or offensive.
- Sexual or racial banter (joking around); crude conversation and innuendo (implying one thing by saying another).

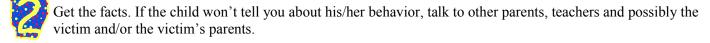


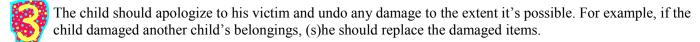
## Ways to Prevent Kids from Bullying

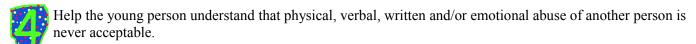
We focus a great deal - and rightly so - on the victims of bullying. But adults can help bullies, too, by helping the child face the reality of his/her behavior and taking responsibility for it.

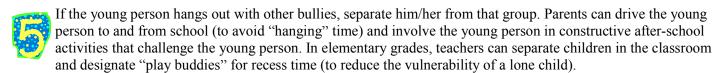


In his book, How to Talk to Your Kids about School Violence (http://howtotalktoyourkids.com), Ken Druck, PhD, provides a list of ways adults can intervene with a young person who is bullying.









Let the child talk about the fears and insecurities that might be causing him to act like a bully. Make an action plan to address those problems, such as going for counseling or taking an anger management or anti-bullying class.