

# Project Friendship

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Rancho Pico Junior High  
2011-2012

# ***A Bully Is...***

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someone who is  
mean to you to  
gain power or  
control over  
you



# *Mean Behavior*

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## **Overt bullying:**

- Punching, shoving, kicking, hitting, tripping and other acts that hurt people physically



# *Mean Behavior*

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## **Covert unkind behavior:**

- Name calling, playing mean tricks, spreading rumors, gossip, exclusion, humiliation, silent treatment



# ***A Target Is...***

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someone who is  
picked on,  
teased or  
pushed around  
by a bully

# *A Bystander Is...*

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someone who  
sees an event,  
but is not part  
of it



# ***The Bystander***

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## **Why the Bystander is important**

1. Bullying most often takes place in front of other kids.
2. It almost never happens when adults are watching.
3. Most bystanders WANT to do something to stop the bully.

# ***The Bystander***

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**More than half of kids will do nothing if they see someone being bullied, and by doing nothing, they encourage it.**

# ***The Bystander Rules***

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1. Tell the bully to stop.
2. Don't give the bullies an audience.
3. Distract the bully.
4. Call for backup.
5. Tell an adult.
6. Do not physically intervene.
7. Offer kindness to the one being bullied.