

# National Bullying Prevention Month

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October

Some people think fighting, arguing, or mean behavior are bullying. These are inappropriate behaviors, but they may not be bullying. **Bullying occurs face-to-face, while cyberbullying occurs through electronic devices** like computers or cell phones.

The acronym **RIP** can help determine if a behavior meets the definition of bullying.

**Repeated** – This means it happens over and over, **NOT** just one time.

**Imbalance of Power** – This means someone who is bigger, stronger, and/or more popular than another person is using the imbalance of power to bully. It can also include the bully telling someone to do something and even if the person does not want to do it, they do not have the courage or confidence to say no.

**Purposeful** – This means it happens on purpose. It does not happen by mistake, it is done intentionally.

You may have experienced bullying or cyberbullying, or you may have seen it happen.

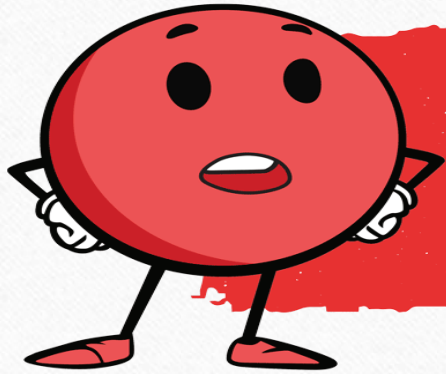
**Bullying is never safe no matter how it happens.** To help you learn how to respond to bullying we are going to use the **MBF Child Safety Matters Safety Rules**. These may be some new strategies to help keep you safe.



# Know What's Up

Safety Rule #1:

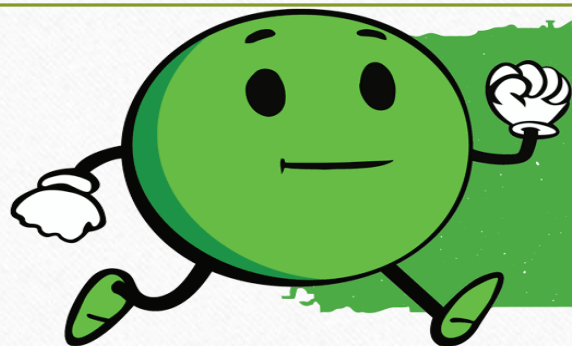
**Knowing What's Up** means being aware of bullying in your environment, both online and offline. Where do you see bullying happen?



# Spot Red Flags

Safety Rule #2:

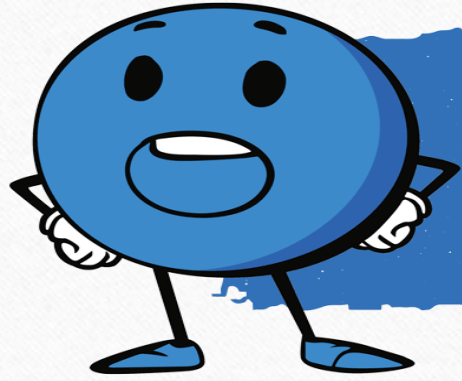
**Spotting Red Flags** means using your awareness to determine if someone's behavior or a social interaction, online or offline, is unsafe or inappropriate. This also means that you know what bullying behaviors look like. Bullying behaviors are Red Flags.



# Make a Move

Safety Rule #3:

**Making a Move** involves using good decision-making skills to respond to bullying situations, both online and offline. If you see bullying occur, you can choose to get away and stay away from the situation or you can do something to help the person being bullied (walking with them in the halls, sitting with them at lunch, etc).



# Talk It Up

Safety Rule #4:

**Talking it up** means using an assertive voice if you or others are being bullied. An assertive voice is when you say something confidently, like you mean it, to make sure the listener understands. It is not yelling or being mean.

**Talking It Up** can also mean being an **Upstander**, someone who sees bullying occur, stands up to the bully, and helps the person being bullied. You can be an Upstander alone, or with a group of other people. Upstanders can use their **Assertive Voice** to tell a bully to STOP, and that their behavior is hurtful. Unlike an Upstander, a **Bystander** sees bullying occur, but does nothing about it.

Raise your hand if you think it is better to be an **Upstander**.

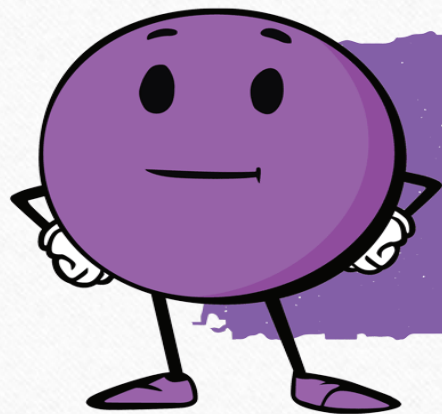
**Talking It Up** can also mean talking to a Safe Adult about unsafe situations or people. A Safe Adult is an adult that you trust, feel comfortable talking to, and who will not break the safety rules. You can also Talk It Up by being a role model for creating a culture of kindness and safety.



Who could be a **Safe Adult** at our school?

Who could be a **Safe Adult** that you know and trust outside of school?

- You can also talk to a **Safe Friend** if you do not feel comfortable talking to a **Safe Adult** alone. Sometimes it is easier to talk to an adult if you have someone with you for support. However you should always talk to a Safe Adult; Never talk to a Safe Friend **INSTEAD** of a Safe Adult.
- Additionally, remember that reporting is not snitching. Snitching or tattling is done just to get someone in trouble. Reporting to a Safe Adult is done to help someone. Reporting will also help the person who is hurting you or someone else, and it may also prevent them from hurting others in the future.



# No Blame | No Shame

## Safety Rule #5:

This means you are never at fault and you are never to blame if an adult or another child hurts, bullies, or abuses you, online or offline. You are never to blame and you should not be ashamed to tell. Even if something happened in the past, it is never too late to tell!

# Group Activity

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- Read each Yes/No question. Record the number of people in your group who answer Yes, and the number who answer No.
- Put an X on any area where your group sees bullying happening.
- Read and talk about the three questions at the bottom of the activity sheet. Each group will have a chance to report out their ideas and suggestions.

Thank you for participating

Bulling can be prevented,  
But we all have to keep the 5 Safety Rules in Mind

**#1: Know What's Up**

**#2: Spot Red Flags**

**#3: make a Move**

**#4: Talk It Up**

**#5: No Blame/No Shame**

When you see bullying, be an Upstander, speak up, and get help. If you have been a victim of bullying, it is not your fault, and it is never too late to get help.