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**DON'T BE A
BULLY BE AN
ACTIVE
BYSTANDER**



Help stop Bullying

The first thing you should know about bullying is that it is intentional, and it happens consistently. Bullying is targeted and repeated. Someone could be mean to you once but if they do not keep doing it, it is not bullying. In this book, I am going to teach you how to recognize the different types of bullying and how to put a stop to bullying. There are five types of bullying, one of them is physical bullying. You have probably seen this type of bullying in movies, tv shows, or your school. Physical bullying is when you physically hurt someone. Some examples of that are hitting and kicking. It is any way you hurt someone



that affects them on the outside. For this type of bullying, you can use the three D's, they will allow you to get the target (the person being bullied) out of that situation. Another type of bullying is verbal. Verbal bullying is when you use your words to hurt someone, like calling people names, or even hurtful gossip. With this type of bullying, you can also stop it with the 3 D's. You often see physical and verbal bullying in a lot of the same situations. After all, verbal and physical bullying go together. The third type is cyberbullying, which is when a person is getting bullied online. Cyberbullying is most common on social media platforms and the things you post never disappear entirely even after you delete them. An example is when you post an embarrassing picture of someone without their

permission. If you see this happening or hear of it happening, you should not spread the information any further because if people stop spreading it then the story will eventually die. When you notice cyberbullying happening, you do not know how many people have viewed the information. The best thing to do when trying to stop cyberbullying is to tell a trusted adult about what you have seen. The fourth type of bullying is social bullying (also known as relation bullying), which occurs



when several people gang up on one person to bully them. With this type of bullying, you can probably solve the situation with the 3 D's but remember if that does not solve the situation you can always ask for an adult's help. An example is when the basketball team

decides to single out one person every practice. The last type of bullying is prejudicial bullying, which is when someone is bullied because of their differences. An example is if a person is being bullied because they have a different accent than the rest of the kids. You can probably solve it by using the three D's. Many of the types of bullying can be solved with the 3 D's so you might want to learn what those are. If you see someone being bullied, you should follow the 3 D's and the 3 R's.



The 3 D's are, be direct, distract, and delegate. When I say be direct that means you need to come right out and tell a bully to stop, or otherwise get right to the point. A good example is telling a bully that what they are doing is not nice and to stop. When you are distracting that means you try to get the target (the person being bullied) away from the bully. An example is asking the bully or the target about a sports game or a homework assignment, this way you are breaking up the situation. The last D is delegate which means you get help, which could mean getting a teacher or some friends to help you stop the bully. The next factor has to do with what you learned about the three D's. It is the three R's and it kind of goes hand in hand with the three D's. The 3 R's include recognize, respond, and report. When I say recognize that means making sure that it is a bullying situation and what kind of bullying is taking place. An example is you see someone get pushed and recognizing is figuring out if it is bullying or just some friends messing around. When you are responding you are doing pretty much the same things you would do for the 3 D's. Reporting is telling a trusted adult about what you have seen. An example is you recognized the situation as bullying, and you responded to it so now you go tell your teacher (or any trusted adult) to help you put an end to the bullying. When you are telling an adult be as

descriptive about the situation as possible. Remember if you or someone else is being bullied do not keep quiet. The longer you wait, the bullying will only get worse, and ignoring the bullying will not solve the problem. Bullying can have many negative impacts on people. It triggers people's mental health, which can result in depression and anxiety. They can also have higher feelings of loneliness and sadness, and loss of interest in activities they used to enjoy. If you see someone being bullied or you are being bullied, put an end to it and be an active bystander. Remember this advice so you can be the change in your school and community and put a stop to bullying.