

WMAT Rainbow Treatment Center
Butterfly Drop-in Center
Empowerment Group

Session 1: Introduction to the Empowerment Group (Bullying)

Why is Bullying a Problem?

- Research Suggest that 1 in 4 people experience bullying.
- Cause great misery in school, home, social, and work
- Is a type of interpersonal violence
 - o Involves Abuse
 - Emotional
 - Psychological
 - Physical
- May require legal intervention
- Many adults who are bullies were bullied themselves as a kid.
- Children who are bullies often grow up to be adult bullies
- Children who are “victims” of bully’s often carry this role into adulthood. So do the perpetrators.

What is the difference between being Mean or Rude Verse being bullying?

- **Rude** offensively impolite
- **Mean** – unfair or unkind
- **Bullying** Definition- use superior strength or influence to intimidate (someone), typically to force him or her to do what one wants.

Learn to Deal with Mean or Rude People by improving Your Social skills

- Improve Communication with others
- Don’t take it personally
- Understand the rude person from their perspective
- Let it drop, walk way
- Use Empathy

What Defines Bullying? There are 3 things that define Bullying

- Intentional
- Harmful
- Repetitive

What Does Bullying Look Like?

- It is physical as well as emotional through words, body language, and media.
 - Emotional/Psychological
 - Shunning/ignoring/whispering
 - Making fun of a person
 - Name calling
 - Laughing at one who makes a mistake
 - Pushing a child's head into a toilet
 - Stuffing a child in his/her locker
 - Taking a child's completed work
 - Scribbling up a Childs textbook
 - Playing mean jokes on the child
 - Mean hateful texts, tweets, Face book

Are there any Emotional/Psychological bullying that you can add to the list?

Can you see any of this Emotional/Psychological bullying among yourself or your peers?

How can bullying cause substance abuse problems, or recreate a relapse?

The Bully and Risky Behaviors? This will be our Topic Next Week