

WMAT Rainbow Treatment Center
Butterfly Drop-in Center
Empowerment Group

Session 5: It is about the Bully, Not the Victim

Understand the Bully. Why do people Bully?

- The bully lacks attention from family/partner etc
- Lash out for attention
- Anger
- Don't handle conflict well
- Learned behavior

What CAUSES Bullying? What is the Bully Feeling?

- Low Self-esteem problems
 - "I secretly feel inferior or inadequate, so to feel good about myself, I must put others down- it makes me feel powerful"!
 - I am "superior" to you.
- Cannot not allow themselves to feel "ordinary".
- Pathologically (mental illness) high view of themselves.
- "I will make sure that you give me what I want".
 - "I cannot tolerate not getting what I want from you".
- Enjoys talking their personal frustrations out on others.
- Lacks insight and self-awareness
 - Ignores the moral and ethical expectations of others in everyday life.
 - Rules don't apply to "me".
 - Projects self-hatred on others
 - Others deserve what they get from me.

Did you know that bullies are more likely to engage in risky behaviors?

Research shows that bullying has been linked with:

- Suicide
- Academic problems
- Substance abuse
- Mental health problems
- Family violence
- Anger
- Frustrations
- Jealousy
- Insecurity

Can you name some more risky behaviors of bullies?

Draw a picture of what a bully may feel inside?