

Bullying Group So What do you DO?

When someone hurts us or “picks” on us we have 4 choices in how we protect (respond) ourselves:

1. Passive:

- We can respond in a passive way.
 - Suck it up
 - Silently walk away
 - Stand there and cry
- What did this look like in YOUR experience of being bullied?
- **This way is based on FEAR**
 - The other person is more powerful than we are.
 - The bullying continues.
- **Results in:**
 - The other person is more powerful than we are.
 - The bullying continues.

2. Passive Aggressive:

- We can respond in an aggressive way – anonymously.
 - The bully doesn't know we're getting back at him/ her.
 - Slash their tires
 - Spit in their food
 - Spread rumors about them
 - Starch their underwear
 - Etc.
- **This way is based on REVENGE plus FEAR**
- **Results in:**

- More anger
- Continued resentment
- Sense of satisfaction
- Insecurity and apprehension for the next bully event
- The bullying continues

3. Aggressive:

- We physically, verbally, emotionally strike back.
 - Physical fights
 - Nastiness on Facebook or texting
 - Sense of satisfaction insecurity and apprehension for the next bully event (retaliation)
 - The bullying may or may not continue.
- **This way is based on ANGER and REVENGE**

4. Assertive:

- We stand up for ourselves without resort to returning hurts.
 - Expose the bully for who he/she is.
 - Take a stand – don't back down.
 - Get witnesses
 - Report to proper authority
 - Confront and demand to be treated with respect
- **This way is based on positive sense of SELF and POWER**
- **Results in:**
 - Greater self esteem
 - Greater sense of efficacy/ power
 - The bully will leave you alone (stop).

So What Do You Do?

- 1. Remember – There is very little you can do “about” the bully – you can’t change another person**

- 2. Your Responsibility is to protect yourself from the harm the bully intends:**
 - Emotional
 - Social
 - Physical

- 3. Continue being Self Aware – you may experience**
 - Vague feelings of unease around another person.
 - May feel sense of “dread” in encountering another.
 - May feel a sense of “helplessness” against the other.
 - Feel worse (inside) for having interacted with someone – even if you can’t put your finger on the offense.
 - Feel dread?
 - Feel afraid?
 - Feel anguish?
 - Find yourself “avoiding” another person?
 - Feel unsure of yourself?
 - Feel insecure and scared?
 - Feel bad about yourself?

- 4. Change how YOU respond to the bully.**
 - Have COURAGE!
 - Choose NOT to be a victim.
 - Expose the bully for what he/ she is.
 - Take a stand – don’t back down.

5. Ignore the bully avoid them if you can.

6. Tell someone you trust about the situation.

- Name names and give details and examples.
- Make your situation very clear.

7. Arrange for a “witness” to the bullying behavior

- Most bullies will not act in public where they can be seen.
- Most bullies will pick a time where you are not with others.
- Put your phone on record.
- Save your e-mails and or other media messages.
- Ask a trusted friend to “look out” for you.

8. Confront the bully.

- Preferable in front of witnesses.
- Go to the police with your “evidence”
- Go to your supervisor with your “evidence.”
- Write out your complain about the bully and give/ send it to him/ her (keep a copy) for use with the school principle or police.