

Am I a victim of bullying?

The behavior of a child speaks clearly of what she or he is capable of doing. In school, they can be the best student—or the worst and can be feared by his/her classmates. A bully can hurt you directly or indirectly, and you should be aware of who they are.

Here are common examples:

When someone:

- is punched, tripped, pushed, kicked, spat upon or jostled
- is called hurtful, abusive or offensive names;
- is threatened
- is sexually harassed
- is called homophobic names (eg. "gay", "homo")
- is a victim of abusive language
- is ridiculed about their appearance or abilities
- is teased repeatedly in a nasty manner
- is singled out for unfair treatment
- has rumors spread about them (including over the internet)

- has their property interfered with
- has repeated offensive gestures made to them
- has graffiti written about them
- is deliberately excluded from group activities in the classroom, playground or field
- is ridiculed for their efforts and achievements

then he or she IS BEING BULLIED.

In our SCHOOL community BULLYING OCCURS between students; when we support or encourage others.

But MOST BULLIES come from a home with:

- Little or no parental supervision
- Inconsistent discipline
- Extremely rigid or harsh discipline
- Little family and sibling closeness

WE SHOULD ALL BE AWARE THAT BULLYING GOES AGAINST THE VALUES UPHELD BY OUR SCHOOL ADMINISTRATORS, PUBLIC SCHOOL SYSTEM LEADERSHIP AND THE STATE BOARD OF EDUCATION

IN SEARCH FOR ANSWERS



WHAT SHOULD WE KNOW ABOUT IT



**PUBLIC SCHOOL SYSTEM
YOUTH ADVISORY PANEL
& STUDENT REPRESENTATIVE,
STATE BOARD OF EDUCATION**

What is bullying?

Is the willful, conscious intent to hurt, threaten, intimidate, or embarrass someone.

Is when a person is being disrespectful and harmful to other emotionally, mentally, physically and verbally. It is teasing, frightening, threatening, hurting smaller and weaker people. It is also putting others down.

It can also through the use of instant message or the internet.

Is a deliberate and unprovoked attack that is intended to cause injury or harm psychologically, physically, verbally and non-verbally.

Types of bullying

There are only three known types of bullying that continue to harm directly and indirectly our school children. But over the years, the internet age and the development of electronic devices led to the emergence of other types of bullying.

Physical Bullying happens when someone is injured by someone else. Some examples are kicking, poking and punching.

Verbal Bullying would include cussing, name-calling, and inappropriate remarks.

Social Alienation is when one person or a group of people exclude you from a group or crowd on purpose without a reason.



Cyber Bullying is when someone is being bullied using the internet/electronic messaging devices or pictures using electronic devices.

Intimidation is when someone harasses and frightens you to do something you don't want to do.

Indirect Bullying is spreading rumors and stories about someone. It also include telling others something someone told in private.



Parental consent were granted to the students who performed as actors to this Anti-Bullying Pamphlet. They are Student Rep. to the State Board of Education Francine Babauta, Renee Manibusan, Ann Mariel Flores, Kelsey Lizama and Wayne Wagan of Saipan Southern High School. Our appreciation to them.