

Put a  
**STOP**  
to bullying!

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OFFICE OF PREVENTION PROGRAMS  
PLANTING THE SEEDS FOR A SAFE AND HEALTHY TOMORROW



# Broward County Public Schools Student Support Services Office of Prevention Programs

Project Bridge Character Ed Prevention Specialist Reality Ave BLAST

## WORKSHOPS

INSTRUCTIONAL  
STRATEGIES/CHAMPS

HIV/AIDS

VIOLENCE  
PREVENTION

SUBSTANCE ABUSE  
PREVENTION

HEALTH &  
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# BULLYING



What is it exactly?

What harm does it do?

What can we do about it, anyway?



**Bullying.  
We've all  
seen it.**



**It's a real problem.**

**But the problem is  
bigger than that.**



# Bullying turns school into an obstacle course.



It happens outside school, too.



# What is Bullying?


**Bullying is the  
*Intentional, Repeated,  
Hurtful* action against  
someone who has  
*Less Power.***

**R - Repeated**

**I - Imbalance of Power**

**P - Purposeful**





**Aw, c'mon.  
I was just  
kidding around.**

**Bullying  
is not just  
kidding around.**

# Bullying is a 3-headed Monster

- verbal
- mental
- physical



Words  
can hurt.  
A lot.

teasing  
name-calling

saying  
**MEAN THINGS**  
about someone

threatening



# Sometimes silence is louder than words.

- ignoring
  - pretending not to hear
- not letting someone join
- spreading rumors



# Physical bullying may not break your bones...

**but it still hurts.**

- pushing
- hitting
- kicking
- tripping
- taking or damaging belongings



Bullying can even happen at a distance.



# WHO is involved?

## The Bullying Triangle



# Bystanders hold the Power



# The truth about bullying

- **It's about power.**
- **Bullying doesn't earn respect— or friends.**
- **Kids who bully get hurt, too.**



**Being a target  
is like wearing  
a bull's-eye.**



# Being targeted by bullies hurts.

**feelings**

**self-esteem**

**learning**

**safety**





**I see it. I hear it.  
But I can't do anything  
about it.**

# Bullying hurts bystanders, too.

- fear
- guilt

• unsafe learning environment

• school atmosphere

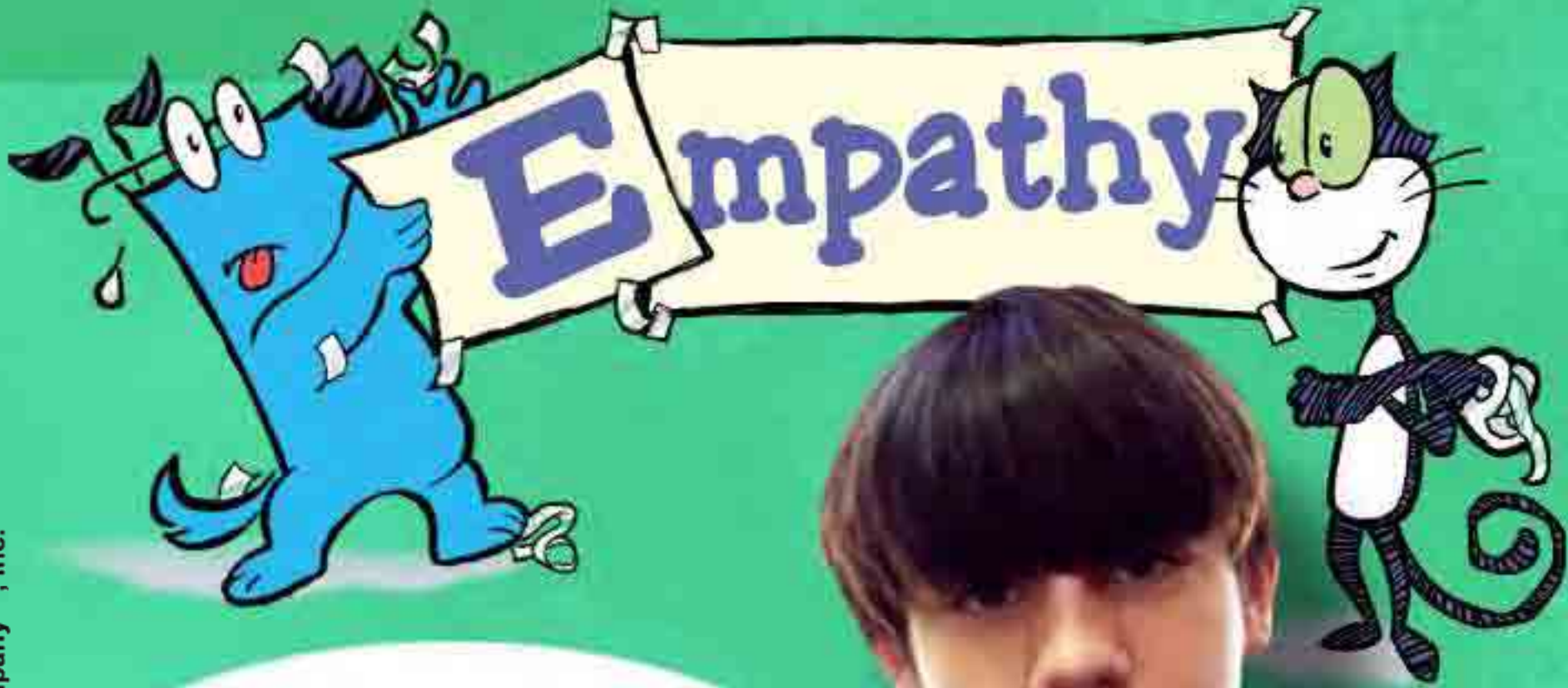
# A safe school



It's up to  
everyone.

What would  
a bully-free  
school be like?





**means**  
**“I know how**  
**you feel.”**



**Wouldn't it be boring  
if we were all the same?**



**It's about  
respect.**



**Listen  
when someone  
is talking.**



**Don't  
interrupt.**


**please**

**thank you**

**Say "please"  
and "thank you."**



**Keep your hands  
to yourself.**



**Play fair.**



**Talk  
problems out.**

# The coolness of kindness



What's the **1-2-3 KEY**  
that opens the way  
to a safe school?



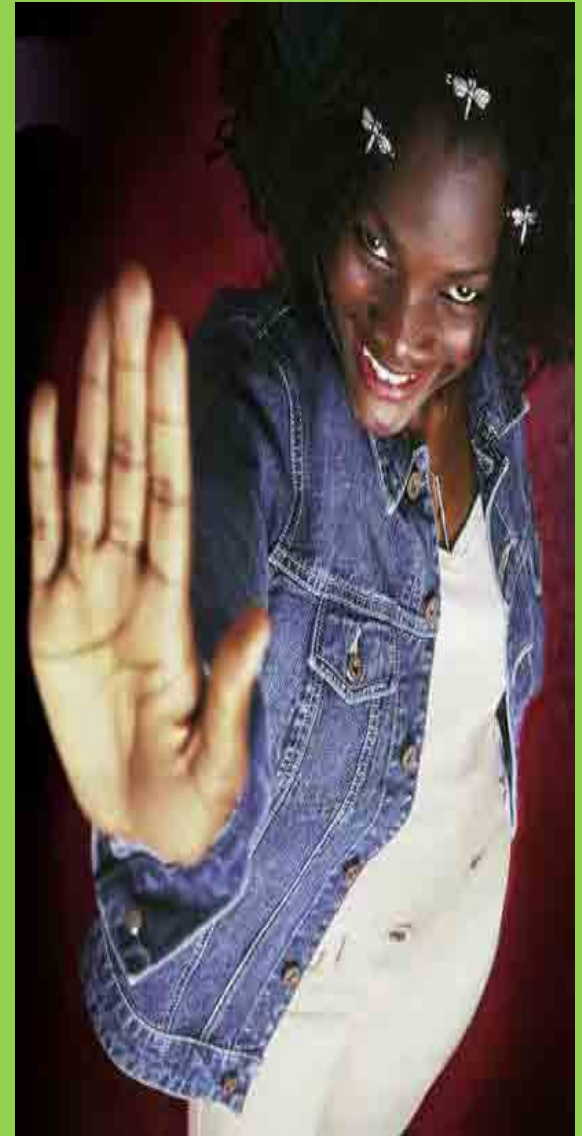
# Targets and Bystanders can also use their **WITS!**

**W**-Walk away

**I**- Ignore the bully

**T**-Talk or tell someone

**S**-Seek/Give help



**Let your feet  
do the walking.**

**Let your  
body do the  
talking.**

- **Stand up straight.**
- **Look the person  
in the eye.**
- **Keep a serious  
look on your face.**



**Throw  
a kindness  
curveball.**



**Telling is  
not tattling.**



**GET  
HELP!**



# Offer a hand.



# Team bully-free school



- students
- teachers
- administrators

# Make your school a bully-free zone!



**Be proud of your school!**

# Questions?

***Please contact:***

**Office of Prevention Programs at**

**[www.BrowardPrevention.org](http://www.BrowardPrevention.org)**

***or***

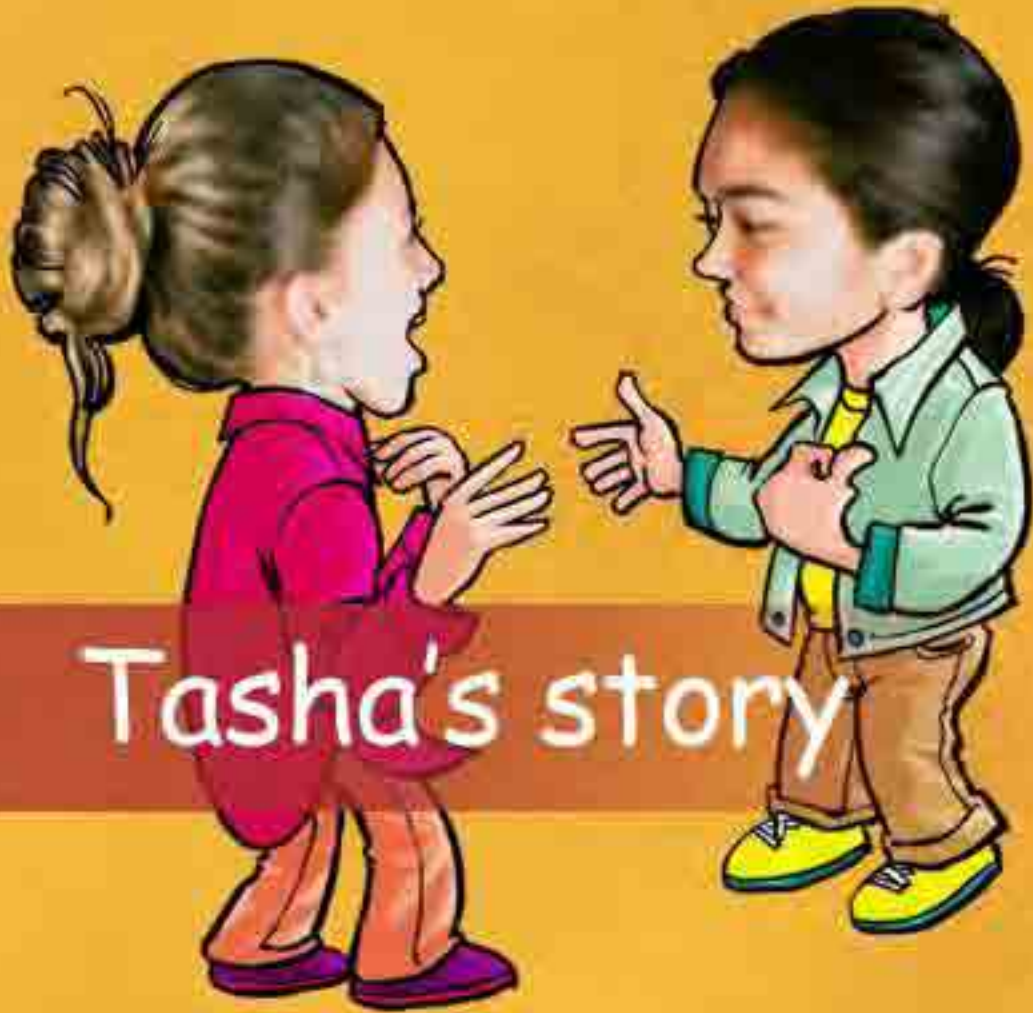
***(754) 321-2568***



# Role plays to follow PowerPoint presentation



# How would you feel?



Tasha's story

# What could you do?

- If you were Tasha?

- If you were a bystander?



# How would you feel?



Josh's story

# What could you do?

- If you were Josh?

- If you were a bystander?



# Maria's story



# What could you do?

- If you were Maria?



- If you were a bystander?

