

Why Do People Bully?

Teacher's Notes

Indicator

- Understands some reasons why people bully.
- Realizes why people may side with a person who bullies.

Teacher Information

People who bully do so for many reasons. They may set out deliberately to bully and feel pleasure in bullying. It may give them a sense of power. A person who bullies may not necessarily lack self-esteem or be insecure; many have average or above-average self-esteem. Their temperaments are more aggressive and they lack empathy. This can be caused by poor parenting and a lack of good role models, or be a personality trait that needs fostering in a positive direction.

A summary of reasons includes:

- They may feel upset or angry or feel they don't fit in.
- They want to seem tough and show off.
- They may get bullied themselves by family members.
- They're scared of getting picked on so do it first.
- If they don't like themselves they may take it out on someone else.
- They think they will become more popular.

Discussion Points

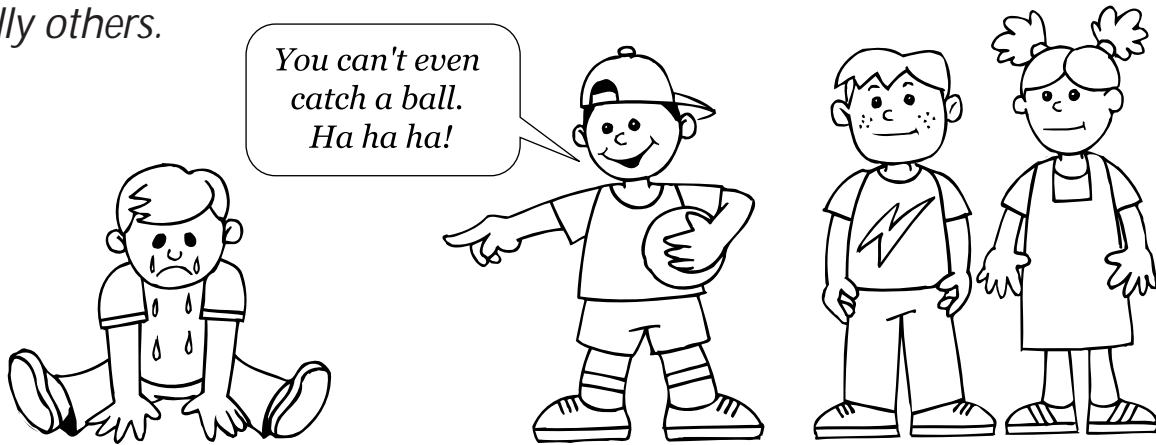
1. Why do you think the boy is saying what he is saying? What if it is true – the other boy can't catch a ball? It is all right to say that?
2. What do you think the friends of the person who is bullying might be thinking? Do they think he is "cool" for having said that? Would it make them like him more? Or less?
3. Why do you think people stay friends with someone who bullies?
4. Should you help someone who is being bullied? How can you help someone who is being picked on?

Did You Know?

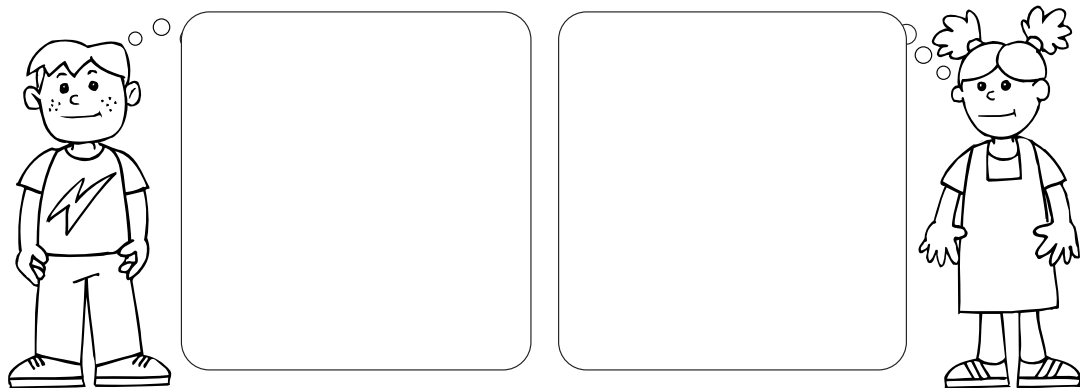
Children seem to give positive attention to the bully rather than the victim.

Why Do People Bully?

There are many reasons people might bully others. Sometimes, people who bully think they will look bigger, better, stronger, or be liked more if they bully others.



- 1 Why do you think this boy is saying that to the other boy?



- 2 Write what you think the friends of the person who is bullying might be thinking.

Sometimes, people pretend to like a person who bullies because they are afraid that person will pick on them as well. It is important to be brave and help someone who is being picked on.

- 3 Write one good thing you could do if you saw someone picking on someone else.

Bullying Can Make You Worry

Teacher's Notes

Indicator

Understands how bullying can affect a person's health and/or his/her ability to learn.

Teacher Information

One group of children who are victims of bullying often lack self-esteem, are oversensitive, feel insecure and are not as big or strong as the person who is bullying. The latter has a physical, and more importantly, a psychological power. The victims usually behave passively or submissively and do not retaliate when bullied.

Other victims provoke tension and annoy others with their active, irritating behavior. When bullied, they will retaliate.

Constant bullying can result in short and long-term consequences. These include:

- The stress and feeling of depression may lead to stomach aches or headaches, excessive weeping or crying, bed-wetting, nightmares or sleeping difficulties.
- Self-esteem drops, along with the students' self-image.
- Victims may be reluctant to attend school.

It is important to address bullying early, as it becomes difficult to break the cycle later, either for the victim or the bully.

Discussion Points

1. When you are worried about something, how does it make you feel?
2. Have you ever been worried about being bullied by someone?
3. What could you do if you are worried about being bullied?

Did You Know?

8% of students miss one day of school a month to avoid being bullied.

Bullying Can Make You Worry

When someone keeps bullying you all the time it can make you feel very upset. You start to worry more and more. What can worry do?



- It can make you feel **sick**.
- It can give you a **tummy ache**.
- It can give you a **headache**.
- It can make you **cry**.

1 What else can worry do? _____

2 Use the words in bold print to label what can happen to someone who is worrying about a bully.

A black and white line drawing of a girl with pigtails, looking sad. Four arrows point from text boxes to different parts of her body: her face, her head, her stomach, and her hands.

It can make you _____.
(Draw the tears.)

It can give you a _____.
(Color where it aches.)

It can give you a _____.
(Color where it aches.)

You can feel _____.
(Color where you feel this.)

3 What happens to you when you feel worried?

When you are worried it makes it hard to listen and learn at school.

Everyone has the right to learn and not be worried.

4 What can you do if you are worried about being bullied?