



Bullying: What It is and What To Do About it

DIRECTIONS: Write a one sentence summary of each paragraph on the lines below.

Bullying means to be mean to another kid again and again. Bullying can take many forms. It can be teasing, threatening to hurt someone, telling lies about someone, not including others in order to make them feel bad, or it can be actually yelling at or hitting someone. Bullying can also take place over through text messages or emails, or by posting rumors on sites like Facebook, passing around embarrassing pictures or videos.

Being bullied makes kids feel different, powerless, unpopular and alone. It can be difficult to stand up for yourself when you are being bullied. The bully seems more powerful than you are. Being bullied can lead to feeling sick or having problems at school. It can even lead some kids to want to be a bully themselves.

There are a lot of reasons why kids bully other kids. Some want to copy their friends. Some think that being a bully will make them respected by other kids, or make them popular. Sometimes bullies think that they are better than their victims, and so they bully other kids to prove it.

No matter what the reasons behind it, or what form it takes, bullying is wrong. Bullies use power to hurt people. Bullies might use physical strength. They might use popularity or being smart. Or they may use secrets that they know about to hurt other kids. And bullying isn't just bad for the kid being bullied. It's bad for the bully too. Kids who are bullies often grow up to have problems like using alcohol and drugs, getting into fights and dropping out of school.

You may not know what to do if you witness bullying. It may make you feel depressed or worried. You may not feel safe. These feelings may make you want to join in the bullying, or be silent, so as not to get bullied yourself. Or maybe the bullying makes you so angry that you stand up to the bully yourself. The best, and the safest thing to do is always to bring the bullying to the attention of an adult, who will put a stop to it.

PARAGRAPH 1: _____

PARAGRAPH 2: _____

PARAGRAPH 3: _____

PARAGRAPH 4: _____

PARAGRAPH 5: _____
