

## Types of Bullying

There are three major types of bullying. Each one can have long lasting effects on the kids who are forced to endure them.

1. **Physical bullying** usually includes pushing, shoving, hitting or kicking the victim or abusing personal property. Statistics show that bullies who resort to these types of practices usually continue with similar behavior as adults.
2. **Verbal Bullying** includes name calling and attacks with words to hurt or humiliate the victim. Quick and easy to inflict, it can leave invisible scars that may never heal.
3. **Emotional Bullying** excludes the victim from social or group settings. More common among girls than boys, it uses nasty rumors and unkind stories to discriminate and isolate at a time when kids need their social connections the most.
4. **Cyber bullying** is when someone uses an email, instant message, blog, website, or other electronic tool to threaten, humiliate, or scare someone else. This also includes using someone else's username to spread rumors.

## How Can Bullies Be Stopped?

Bullies must not be allowed to get away with their behavior.

If you are the victim or a bystander:

Report the incident as soon as possible to someone in authority at school or to a responsible adult during play.

If bullying is conducted by a youngster 12 years or older, it can be defined as a criminal act. Law enforcement should be notified.

Bullying not only hurts the victim, it creates a negative atmosphere for everyone else. It inhibits learning opportunities at school and recreational experiences at play. Since bullying has detrimental effects on everybody's attitude, it should be stopped cold by rejecting and denouncing all forms of bullying at school and at play.



## Mission Statement

*The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.*



### Helpful Web Sites!

- National Crime Prevention Council  
[www.ncpc.org](http://www.ncpc.org)
- [www.bullyfreekids.com](http://www.bullyfreekids.com)
- <http://stopbullyingnow.hrsa.gov>

To contact the Kern County Sheriff's Office:

Emergency: 9-1-1

Non-Emergency: (661) 861-3110

Non-Emergency Outlying Areas: (800) 861-3110

Sheriff's Report Desk (Bakersfield only): (661) 391-7471

## BULLYING



**BULLIES ONLY LOOK  
BIG IN THEIR OWN  
EYES**

This brochure is a publication of the  
**Kern County Sheriff's Office**  
Crime Prevention Unit  
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## What is Bullying?

Bullying is what happens when someone hurts, threatens, humiliates, or scares another person. The person being bullied usually has a hard time defending him/herself, so the bullying continues and/or gets worse. Punching, shoving, spreading rumors, exclusion, and teasing are all bullying techniques. Girls and boys can both be bullies, and their victims can be girls or boys.



Bullying can also happen online, or electronically. Cyber bullying uses the internet, phones, or computers. Examples of cyber bullying may include: sending mean e-mails, text, or instant messages, posting mean pictures or messages on someone's blog,

and even using someone else's username to spread rumors or lies.

Whether you are being bullied, you have seen kids being bullied, or have bullied others, there are alternative means that can elevate this practice.

## Are You Being Bullied?

Being bullied can feel pretty awful, but you should know that you're not alone. Plenty of kids all over the world are going through the same thing. Here are some helpful tips on how to handle the situation:

### Things You Should Do:

- **Do** always tell an adult—it may be hard, or make you feel bad, but it's always important to tell a trusted adult, like a teacher or parent.
- **Do** tell another kid—the more people that know, the easier it will be to stop it.
- **Do** join clubs, sports, or other activities.
- **Do** stay in a group—bullies like to pick on kids who appear to be alone. Being in a group will make it harder for the bully.
- **Do** try to stand up to the bully, if it feels safe—talk to them in a calm voice and tell them to stop. Don't try to fight back or scream at them; don't sink to the bully's level.

- **Do** tell a trusted adult if you're being bullied online, and don't respond to the bullying.



### Things You Should NOT Do:

- **Don't** think that it is your fault. Nobody deserves to be bullied.
- **Don't** fight or bully the person back. This will only make the situation worse.
- **Don't** keep it to yourself and hope that the bullying will just "go away." Report the bullying.
- **Don't** skip school, clubs, or sports because you're afraid. You have the right to be there.
- **Don't** think that you're a "tattle tale" if you tell an adult that you're being bullied. Telling is the right thing to do.
- **Don't** hurt yourself. Talk with a trusted adult about how you feel. Hurting yourself is not the answer.

## Are You a Bystander?

You're not bullied, and you don't bully others, but have you seen it happening to others? You can help put a stop to bullying, here's how:

- Report the bullying to an adult. Many kids who are being bullied don't feel strong enough to tell an adult, this is where you come in. Reporting bullying is not tattling, it is helping another kid.
- Support someone who is being bullied. Sometimes the best thing you can do is to just be there for the victim. Talk to that person, eat lunch or walk home with them.
- Stand up to the bully. If you feel safe doing it, tell the bully that what he or she is doing is wrong and that nobody should be bullied.



## Do you Bully Others?

Okay, time for the truth. Take this quiz to find out if you have ever bullied someone. Check the boxes next to the things you've done before.



- There's a boy or a girl (or maybe more than one) whom you've punched or pushed around in a mean way.
- You had someone else hurt someone you didn't like.
- You've spread a nasty rumor about someone, in conversation, through email, or instant messaging.
- You and your friends have regularly kept one or more kids from playing or sitting with you.
- You've teased people in a mean way, calling them names, making fun of their appearance, or the way they talk, dress, or act.
- You've been part of a group that did any of these things, even if you just did it to be part of the crowd.

If you checked any of these statements, you're not alone. All over, there are young people who have bullied someone. Bullying is serious business, and causes people a lot of pain.

## How Can I stop Bullying?

- Try to be nice to others
- The nicer you are, the more people will like you, and the more friends you'll have.
- Look for the good things about people. Look for things that make them like you, instead of a reason why they are different from you.
- Stop Bullying—it won't help you in the long run.