BULLYING

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Types of Bullying

(From: www.stopbullying.gov)

There are three types of bullying:

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
- Physical bullying involves hurting a person’s body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone’s things
- Social bullying involves hurting a person’s reputation or relationships. Social bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
  - Involving family and friends

Bullying includes:

- Talking about how to handle it
- Encouraging others to report it
- Organizing an event or action to address it

Opportunities: Youth to Youth Positive Prevention

Reprinted from Nebraska Extension “Bullying: What is it? How can I help?”

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Activities to Help Youth Enhance Their Peer Relationships

Supplies: Cards with questions (or a beach ball).

Create a stack of cards using the questions below. Have youth draw a card from the stack and answer the question out loud, or the leader can draw a card, read the question aloud and have youth give the answer, if they know it. Optional Way to Play: Write the questions on a beach ball. Have youth toss the ball around the group and have the youth with the ball answer one of the questions on the ball.

Questions/Statements on Cards:

- Why is it important to have friends?
- What are some things you do with your friends to make them feel special and important?
- How can you encourage your friends to be positive?
- When were you helped by a friend?
- How can you be helpful to a friend?
- When was the last time you shared something with a friend?
- Why do you think it is a good idea to apologize when you have done something wrong or hurtful?
- How do you try to make someone feel better if that person is sad or upset?
- What makes you feel better?
- Your friend lost something and you want to help find it. What did you do?
- Your friend lost something and you want to help find it. What did you do?
- Your friend is sad and you want to help. What did you do?
- Your friend is sick and you want to help. What did you do?
- Your friend has a problem and you want to help. What did you do?
- Your friend is having a difficult time. What did you do to help?

ADDITIONAL RESOURCES

• Empowerment Initiative, http://empowerment.unl.edu
• Nebraska Extension’s “Expanded Learning Opportunities” website, http://eio.unl.edu
• Nebraska Extension’s “Early Childhood Development” website, http://child.unl.edu
• Consumer Fireworks Research Center, http://cyberbullying.us

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Activities to Help Youth Enhance

How to Talk About Bullying

(From: www.stopbullying.gov)

Parents, school staff and other adults have a role in preventing bullying. They can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to their friends, ask about school and understand their concerns.
- Encourage kids to do what they love. Special activities, interests and hobbies can boost confidence, help kids make friends and protect them from bullying behavior.
- Model how to treat others with kindness and respect.
- Help kids understand bullying — kids who know what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.
- Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support and advice, even if they can’t solve the problem directly.
- Encourage the child to report bullying if it happens.
- Talk about how to stand up to kids who bully. Give tips, like using humor and saying “Stop” directly and confidently. Talk about what to do if those actions don’t work, like walking away. Call someone in trouble.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.

Keep the lines of communication open — research tells us that children really do look to parents and caregivers for advice and help when they are depressed. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What do you like about yourself?
- Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school or school activities? Did you think you were afraid of bullying? What ways have you tried to change it?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?

Summer time holidays are a time when families get together and share quality time. The Fourth of July is a time to enjoy family and friends but it is also a time to remember safety tips with fireworks. On average, 240 people go to the emergency rooms drunk during the holiday. Enjoy the holiday and be safe.

The Consumer Product Safety Commission gives the following tips:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks packaged in brown paper, because this is often a sign the firework was made for professional displays and they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don’t realize young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2000 degrees — hot enough to melt some metals.

Fireworks Safety

Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.

Never try to re-light or pick up fireworks that have not ignited fully.

Never point or throw fireworks at another person.

Keep a bucket of water or a garden hose handy in case of fire or other mishap.

Light fireworks one at a time, then move back quickly.

Never carry fireworks in a pocket or shoot them off in metal or glass containers.

After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire. Make sure fireworks are legal in your area before buying or using them.