



## TRINIDAD AND TOBAGO POLICE SERVICE



**“Be a Buddy. Not a Bully.  
Tell somebody!  
Respect Me, Respect You”**

# What's the **big deal** about bullying?

"Bullying is wrong!  
And there's no place  
for it in your school!"

## What is bullying?

Bullying is unwanted, aggressive behaviour (among school aged children) that involves a real or perceived power imbalance and includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.. The behaviour is repeated, or has the potential to be repeated, over time.

## Bullying in school makes it harder on everyone.

You're in school at least six hours a day for most of the year. Why should you have to put up with bullying when you're there?

*Answer: You don't have to put up with it.*

There are lots of reasons bullying breaks out at school. It often comes down to dangerous ways of thinking. Check off any statements you agree with.

1. "If someone gets picked on, it's not my problem."
2. "Maybe I should ask the new girl how she likes school so far."
3. "[Blacks, Whites, Chinese, East Indians etc.] only want to be friends with each other."
4. "Bullying is a problem at every school –it's just something you deal with"
5. "I bet that he could still have fun playing football, despite his disability."
6. "No one should have to put up with teasing."
7. "Anyone who dresses like that must be weird."
8. "I can't be nice to those people because my friends will give me a hard time about it."

## The right answers (on the **WRONG** ways of thinking)

As you were reading these statements, did any of them sound like you? If you could relate to statements 1, 3, 4, 7 or 8, you may be contributing to bullying at your school. But you can change your way of thinking.

If you can relate to statements 2, 5 or 6, you're on the right track. Let this brochure help you stay there!

## What counts as bullying?

You probably know it when you see it.

But in general, bullying has certain characteristics.

### It's intentional.

Sometimes people do or say things they don't mean – things that leave other people feeling bad. But people who bully do it on purpose.

### It's hurtful.

In all acts of bullying, somebody gets hurt. Many times it's from an act of physical violence, but verbal attacks and being ignored hurt, too. Bullying can include:

- Threats
- Insults
- Leaving others out of social situations.

Bullying can be any intentional act that leaves someone with hurt feelings.

### It's about power.

Bullying is done against people who have less power. This power could be:

- Social – a person may not be very popular in school
- Physical – a person may be bullied by someone bigger
- Verbal – someone may not feel confident enough to speak up for him or herself.

**Bullying is wrong. And there's no place for it in your school!**

## It can happen in different ways

When you think of bullying, you might picture a big kid pushing around a smaller kid. But bullying comes in different forms.

### Cyberbullying

This involves being threatened, harassed, or humiliated through the use of technology or digital platforms. It is harmful and can be dangerous! This social online terror can be done through:

- E-mail,
- Cell phones,
- Social Media,
- Instant messaging,
- Web sites,
- Online interactive gaming

### Physical

This kind of bullying could include:

- Hitting
- Pushing
- Shoving
- Kicking
- Poking
- Bumping
- Tripping
- Pulling hair

### Verbal

People who bully can hurt others with words, too. Verbal bullying can include:

- Gossiping
- Spreading rumours
- Teasing
- Name-calling
- Insulting
- Mimicking
- Threatening

### Mental

Some people who bully like playing with people's minds. They do this by:

- Ignoring
- Isolating
- Excluding
- Taking things
- Blackmailing



# It Takes 3

For bullying to happen in school, it actually takes 3 types of people

## PEOPLE WHO BULLY

These are the people causing the trouble. The guy who picks on a smaller guy in sports. Or the girl who spreads rumours about another girl in her class. Bullying also goes on in groups.

## PEOPLE WHO ARE BULLIED

These are the people getting hurt. (They're sometimes called targets or victims.) People who bully choose these people. Why? Because they're seen as being weaker in some way. People who bully choose people they think they can push around. These people may be shy and quiet. They may be disabled or belong to a different race. Or they may have few friends who will stick up for them.

## BYSTANDERS

These are people who aren't directly involved in bullying. But they are still involved. How? Bystanders outnumber bullies and targets in school. They hold the power to make their school a bully-free zone!

## our Rights

*NO MATTER, you deserve to feel safe. Everyone has the right to live in a safe and violence free atmosphere both at home and at school.*





## HERE'S AN EXAMPLE

Read this story about one act of bullying then, answer the questions below.

Nalini and Sunita were walking down the hallway to their next class. They saw Mark, who was in their form room. Mark was kind of skinny and pretty quiet and shy, and both girls thought he was a nice guy. As Mark opened his locker, Justin walked up to him. Justin was a big guy and was pretty confident. The girls saw Justin shove Mark and start to yell at him. Mark wasn't saying anything, he just took it. They heard Justin call Mark a "loser." The girls looked at each other and shook their heads. But they decided to mind their own business and kept walking to class.

In this story, who was the:

**Person who bullied?** \_\_\_\_\_

**Person who was bullied?** \_\_\_\_\_

**Bystander (s)?** \_\_\_\_\_

It's usually fairly easy to spot the people doing the bullying and the people being bullied. But how often have you thought about the bystander? Have you ever been a bystander in a bullying situation? If so, did you want to do something about it? Later, you'll read about things you can do to help put a stop to bullying.



# Bullying hurts

And the hurt caused by bullying can be felt long after it happens.

**Bullying can result in:**

✧	✕	★	★

of going to school,  
or of being the next target

○	◇	★	✓	✕

of being bullied, or of not doing anything to help someone

◇	●	✱	✕	◀	✕	○	○

Feeling the situation is

✧	★	✕	✕	✱	●	✓

A loss of

from avoiding places where bullying might occur

★	✦	○	✕	▼	◐	✕

from school, to avoid people who bully

**Everyone feels the effects.**

Use the code below to complete the activity. Answers on back page

- |       |       |       |
|-------|-------|-------|
| ★ = A | ✕ = E | ✓ = M |
| ✦ = B | ✧ = F | ▼ = N |
| ◐ = C | ◇ = H | ● = O |
| ✱ = D | ◀ = L | ✱ = P |
| ★ = R | ○ = S |       |

*(Answers are on page 9)*



# People who bully face consequences, too.

It may seem like they get off easy. But people who spend time hurting others can face problems of their own.

## There's a price to pay..

Unscramble the words in the sentences below to see what could happen when you choose harassment.

Your sister, brothers or **IDRESFN** could lose respect for you.

You could upset your **STENRAP**.

You could get **PESDENDUS** or expelled from school.

You could start committing crimes like **LIGNEAST**.

You could get **RATREDES**.

If fighting escalated, you or someone else could get **NUDREIJ** – even killed.

*(Answers are on page 10.)*

### When people who bully grow up

As adults, people who harassed others in school are more likely to :

- Be criminals
- Abuse family members
- Have children who bully others.



**And now for the obvious question: Is it worth it??**





## What To Do If You Are Being Bullied

If you're being bullied there's a lot you can do. While different tactics work for different people, the first thing you should do is try to work it out yourself.

### If you're being bullied...

#### **Don't fight back.**

Fighting back will only escalate the situation, and you could end up getting seriously hurt. The goal is to avoid violence.

#### **Tell the person who is bullying to stop.**

Remain calm. Make eye contact with the person and tell him or her to stop, in a clear, firm voice. Don't insult or threaten. Just calmly make it clear that you want him or her to stop.

#### **Show that it doesn't bother you.**

Someone who bullies wants to get a reaction from you. He or she wants to see you get upset, or seem afraid. Even if you are afraid, try not to show it. You want to show that person that he or she has no power over you. If the person keeps pushing for a reaction, just smile and walk away.

#### **Walk away.**

Go somewhere else. If you see some friends, walk toward them. Or walk towards a teacher. You're not "running away from a fight." You're doing what's best for you and your school.



## If you're a bystander...

### Don't encourage the bullying.

Don't smile or laugh. Don't spread rumours or gossip that you hear. Don't do anything at all that helps a person hurt someone else. Bullies WANT your approval. Don't give it to them!

### If the person doing the bullying is your friend, speak to him or her in private.

Calmly explain that you don't like the bullying behavior. Ask him or her to stop it.

### Let the person doing the bullying know you don't approve.

Facial expressions and body language can say a lot. Make a disapproving face. Shake your head. Send a clear signal to the person that you do not like his or her behavior.

### Calmly tell the person who is bullying to stop.

If you are comfortable doing so, speak out. You could say something like:

- "Cut it out"
- "You're going to get in trouble."
- "I will tell."

***If the bully doesn't change their behavior, that's when talking to an adult or someone in authority can be really helpful.***



# It's about respect

**Respect** means treating a person kindly and fairly just because he or she is a person. Lack of respect provides a good environment for bullying.

Turn that “*dis*” around.

The people in each situation below made poor choices – choices that showed disrespect. For each one, write a respectful action that the person could have – and should have – taken.

**A boy who is overweight gets on the bus. He walks by Kavita and her friends, who are seated. The boy smiles at them shyly.**

**What Kavita did next:**

She turned to her friends and started snickering.

**How Kavita could shown respect:**

**Kareem hears a rumor that John’s dad spent time in prison.**

**What Kareem did next:**

He immediately told Sam, Ryan and Melissa.

**How Kareem could have shown respect:**



David see his friends cornering a younger student in the hallway.

**What David did next:**

He went over and joined in the bullying

**How Scott could have shown respect:**

**If you could turn back time**

Everyone has treated someone unfairly at some point in his or her life. What's important is knowing you could have done things differently – and doing them that way the next time. Write about a time you didn't show respect. Then write about the way you would do it over.

**What happened:**

**What will you change:**

respect you  
respect me



# Cyberbullying is online harassment!

It is social terror by technology and it's on the rise.

This social online terror is used through e-mail, cell phones, text messages, instant messaging. It is done by persons deliberately and repeatedly and is used by an individual or group with the intention of harming other children and teens.

It's cool to use technology to talk to your friends and make new ones. While most children use the Internet responsibly, others are using all of this technology to terrorise and cyberbully!

Cyberbullying is the perfect way for bullies to remain anonymous.

Cyberbullying makes it easier for bullies because they are not face to face with their target(s.)

## What To Do If You are Being Cyberbullied

- Never respond to harassing, negative and threatening responses about you
- Print out the posts.
- Block the person who is harassing you
- If you are being threatened online, bring the printed posts to your parents.



They should contact the Cyber Crime Unit at police district or by email at [cybercrime@tps.gov.tt](mailto:cybercrime@tps.gov.tt).

- If you are being harassed on a particular media platform, report it to that platform.
- If you are being harassed by texting, block the number the texts are coming from.
- If you are being threatened by texting, write down all of the text messages and the number they are coming from and block the person texting you. You should also bring these messages and phone numbers to the police and your phone service provider.
- NEVER respond or forward nude photos. No matter how much your boyfriend/girlfriend tells you (s)he loves you... the nude photos CAN go viral!

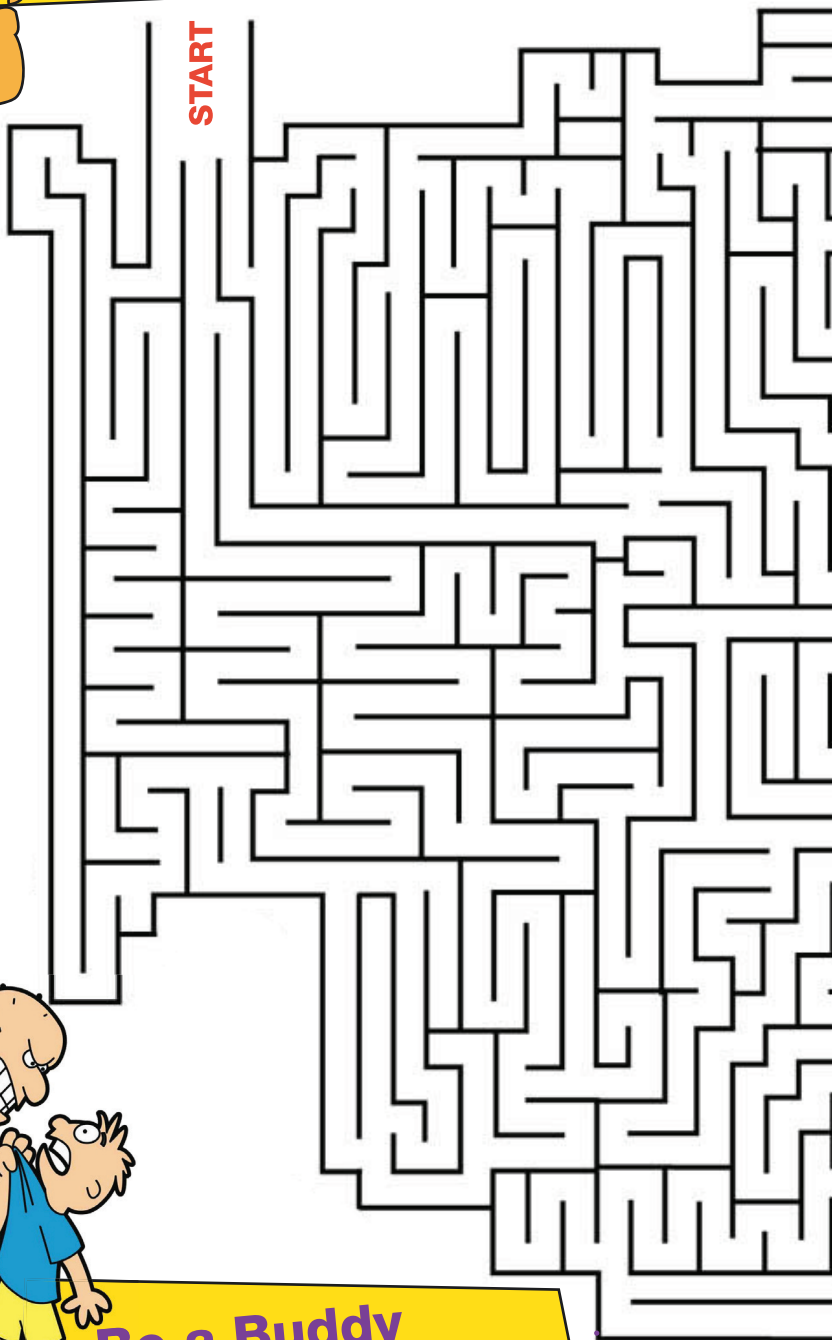
If someone has sent a nude photo of you to others and it has gone viral, tell your parents immediately. Never keep this information from them.



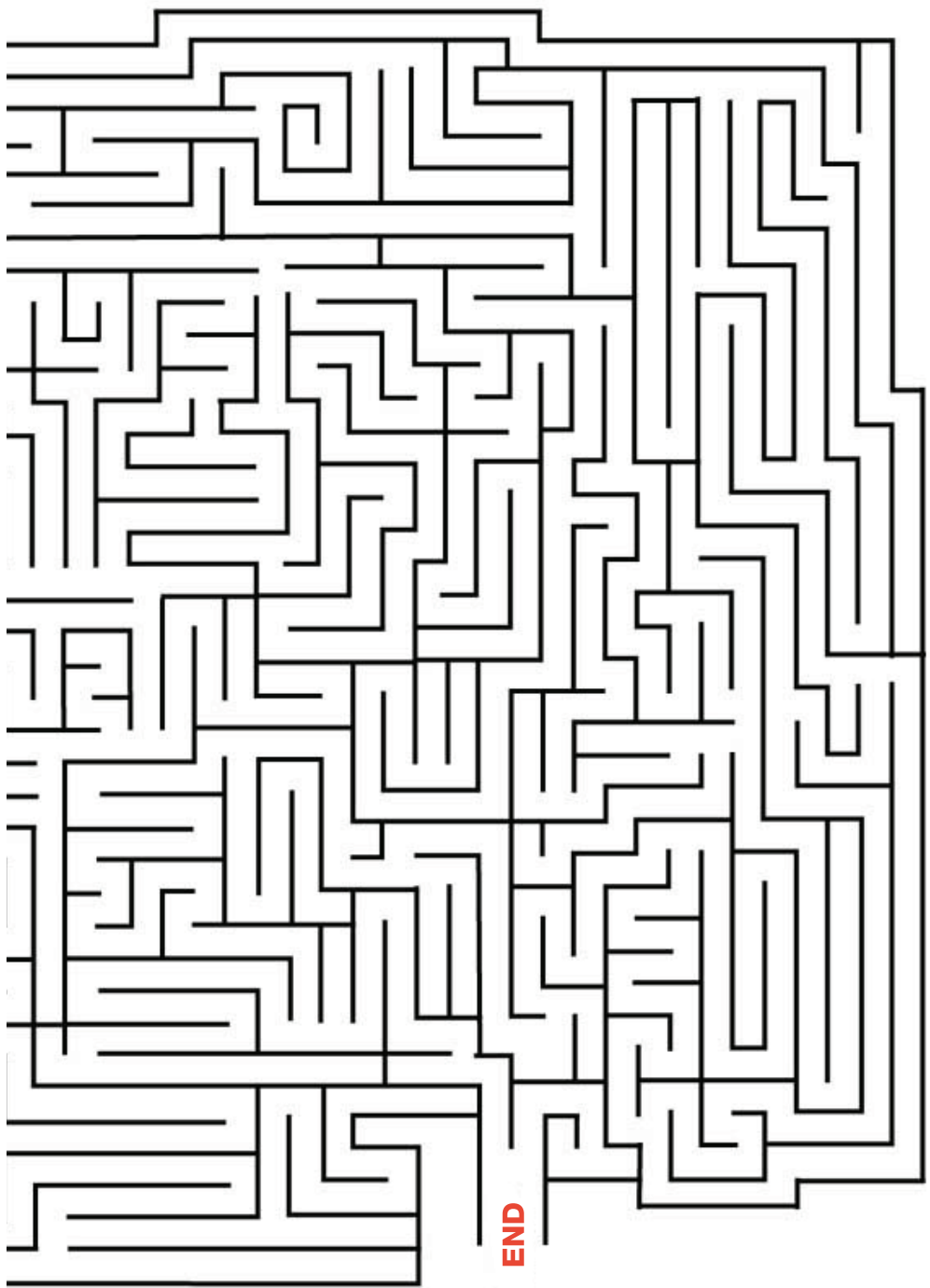
Reach the end to tell somebody!



START



Be a Buddy  
and TELL somebody!  
to STOP THE BULLY!



**Tell Somebody!!**



For more information on bullying you can contact  
Childline, (toll free, 24/7) at 131 or 800-4321

or

Trinidad and Tobago Police Service  
Community Policing Secretariat  
Riverside Plaza, Port of Spain  
625-3275

## ANSWERS

From page 6: FEAR SHAME HOPELESS FREEDOM ABSENCE

From page 7: FRIENDS STEALING PARENTS ARRESTED SUSPENDED INJURED

