



Tips 4 Teens

**R U Bin Bullied? Tips 4 Teens** was written by the Cool School Team, which is part of the Meath Child & Adolescent Mental Health Service.

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# Acknowledgements

*We wish to thank the following for their support for this project:*

*Co. Meath Child Psychiatry Team  
Nuala Doherty, Director of Childcare, H.S.E. North East Area  
Drogheda Concentrates Ltd.*

*Heartfelt thanks also to:*

*Gert Job for generously sharing expertise and suggestions  
Anna Job, Conal Harpur, Nesson Harpur for reading the  
manuscript and making suggestions  
Patricia Shanahan, CAPP for thoughtful criticism  
Barbara Nolan*

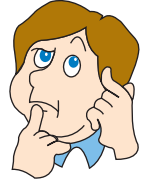
# PART ONE

## BULLYING - WHAT IS IT ?

Bullying is when you are subjected to physical, verbal or emotional attack, on a regular basis, in such a way that you are constantly in fear and unable to defend yourself. It happens all too often and causes an atmosphere of fear and insecurity when it is allowed to go on. Some people do manage to deal with bullying without being too hurt by it. Others find it very upsetting and lose confidence. People who are bullied can suffer from the effects even when they are adults, finding it hard to trust others, make or keep friends or have any confidence in their own worth. These are very good reasons why if you are being bullied now, you should seek the help of adults as soon as possible rather than deal with it yourself. They are also some of the reasons why, if you are bullying others you should stop now.



### THESE ARE EXAMPLES OF BULLYING:



- Being punched, kicked, pushed, tripped, choked, spat at, having your clothing or property stolen, damaged or vandalised.
- Being called nasty hurtful names, jeered at, taunted, teased, threatened, or having your family's reputation damaged.
- Being subjected to nasty rumours, text messages, emails or graffiti.
- Being ridiculed, gossiped about or humiliated.
- Being deliberately excluded from friendship groups or isolated by previously good friends.
- Being subjected to unwelcome sexual comments or touching, e.g. being called gay, lesbian or Slut.
- Being discriminated against on grounds of race, colour, religion, sexual orientation or background.

**THERE ARE MANY KINDS OF BULLYING; PHYSICAL, VERBAL, PSYCHOLOGICAL, RACIST, SEXUAL & RELATIONAL.**



**HOW DOES IT FEEL TO BE BULLIED?**



**WHAT CAN YOU DO TO PREVENT BULLYING HAPPENING TO YOU?**

There are lots of things you can do. But first you need to know some facts about bullies.

**FACT-** Bullies pick on people who look like they can't defend themselves.

**So-** Walk tall, stand straight and carry yourself in such a way that you don't appear to be a pushover. Look people in the eye but in a friendly fashion.



**FACT-** People who bully often like an audience. They need people who will cheer on their bullying behaviour. This makes them feel good.

**So-** Be careful who you hang out with. If you are part of a gang where bullying behaviour is acceptable, you may be the next victim. It may be time to take a long hard look at who your friends are.



If you are not part of such a gang but know they are around, do your best to avoid them. Stay with friends and never be last to leave a building or a room. Avoid isolated areas. Change route to and from school and vary times of arrival and departure. Do not brag about possessions and leave valuables at home.

**FACT-** Bullies come in all shapes and sizes. Some people who bully may have difficulty coping with schoolwork and may be

unpopular with others. Others who bully may appear to be popular with the group. Often they are feared rather than popular. Bullying gives them a sense of power over others.

**So-** Avoid provoking a bully. If under attack, act assertively and let the bully know you will not put up with abuse and that you will seek help if necessary (The next chapter will give you tips for dealing with a bully). Refuse to join in with any behaviour that makes other students feel bad.

**FACT-** Bullies often pick on people who will react by being upset or by crying.

**So-** Do not satisfy the bully by crying.





While it is perfectly normal to want to cry when you are upset, try not to let a bully see you cry. If you can manage it, look after yourself by keeping your tears for a private and safe place with friends or your mum and dad. Instead here are some ideas that you might try out. Keep in mind that bullies expect insulting replies to their hurtful remarks. They don't know what to do when they hear a compliment. It confuses them! So why not try to compliment the bully.



### HERE'S AN EXAMPLE:

**Bully:** Hey, I must be smarter than you 'cause you're in that class for dumb people.

**You:** I'm glad for you! The world needs all the smart people it can get!

Using humour is also a great way to stop a bully.

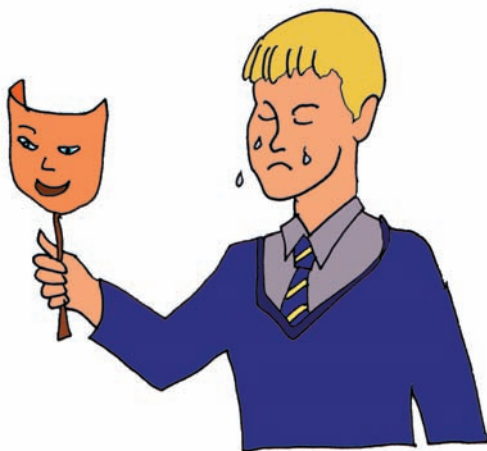
For example: "Excellent insult. I want to hear what else you can say with your razor sharp tongue!"  
If you can't think of anything else to say, you can

always say "Thank you. What a kind thing to say!"

Another way to confuse a bully is to agree with him.  
Example:

**Bully:** You are so stupid!

**You:** You mean I've been wasting all my time thinking I'm bright and intelligent when I'm actually stupid! Thanks for wising me up!



Just for the record, BIG BOYS DO CRY!!!

**FACT-** When people are treated differently because of their race, colour, religion or culture this is called **PREJUDICE**. This may be calling a person nasty names or insulting another person's race, culture, religious beliefs or sexual orientation.

**So-** If you are bullied by prejudice, a good way to handle it is to ask questions until you can find a little sparkle of truth to agree with or something to turn into a compliment.

While it can be very tempting to defend yourself and others against prejudice, remember this is exactly the reaction that the bully is looking for. Showing interest in what he is thinking and finding something good about his ideas will confuse him and may make him think again.

**EXAMPLE:**



**Bully:** Go back to where you came from. You're just a waste of space...

**You:** What do you not like about me?

**Bully:** You lot are always pushing everyone around. Everyone should be protected from the likes of you!

**You:** I think it's great that you care so much about other people and want to protect them. It must be

great to have you for a friend!

**FACT-** Some kids get bullied because they don't fit in by wearing the right shoes or the proper labels.



**So-** Turn the insults into compliments by asking questions or agreeing. For example:

**Bully:** What rubbish tip did you get your runners out of?

**You:** Let me know when your fashion school opens. I'll sign up for lessons!

Even though you may want to insult a bully back for this kind of behaviour, it is always best not to return meanness with meanness.

**FACT-** Some people who are bullied

draw the bullying on themselves by the way they behave in a group.



**So-** Try not to annoy others by "messing" or interfering with their property. If what you think is a joke does not make others laugh you may need to get a new joke. Do not say or do things that you know will annoy others.

### **FACT-**

Sometimes people bully because they feel jealous of those around them who may be better off, more talented, more intelligent or better looking.

**So-** Don't brag or boast about yourself or what you own. Modesty means taking quiet pride in yourself and your achievements without getting up the noses of others. Leave valuables at home and try not to show off. No one likes a boaster.



## YOU ARE BEING BULLIED.

### WHAT CAN YOU DO?

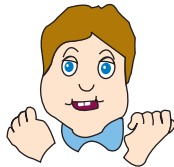
Remember it is not your fault. Don't put up with bullying. Break the silence and tell someone you trust. If you are being bullied by an adult, then look for help from another adult you can trust.



Do not use violence. It will just make matters worse and it never solves the problem.

### BE ASSERTIVE

If you are being bullied it can be hard to know how to handle it. So it might be helpful to learn how to be assertive. That means dealing with people who bully you in a clear and calm way without anger or aggression. You will need plenty of practice at it,



so it would be a good idea to get your Mum or Dad to help you role play being assertive. Here's how it works.

- Before bullying gets really out of hand, think out what you want to say to the bully, say it clearly and calmly without anger or aggression.
- Be specific and keep to the point.
- Stand tall and look the bully in the eye.
- Stay calm and relaxed.
- Don't laugh nervously.
- Use "I" statements to make your point. This is an example of an "I" statement.

Bully Brian calls you "swot" because you do well at tests. "I don't like you calling me names when I get tests back. I get angry. I want you to stop it right now".

Note that all three sentences start with "I". The alternative would be to blame the other, which will only get their backs up and make them even more aggressive.



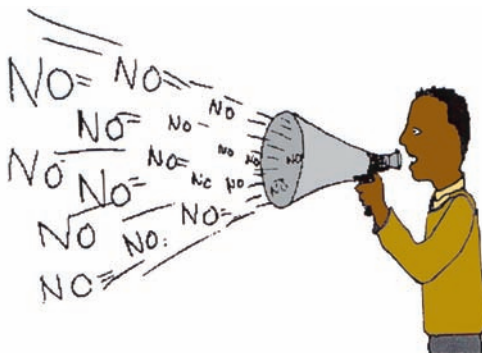
## USE THE BROKEN RECORD TRICK

If you are being hassled to hand over your lunch or money, for example, say "I don't lend money", "No, I don't give money to others", "NO, I want you to stop asking me for money". Of course if a bully forces you to hand over property or the situation is dangerous, then it is safer to hand it over, get away but tell someone who will do something about it.



## SAY "NO"

If you are being pressured by a bully to do something wrong, your best defence is to say "No". Say it with feeling, remaining polite but firm. Then leave the area as soon as possible. This is particularly useful when being offered drugs, alcohol or unwanted sex.



## THINK UP YOUR OWN POWER PHRASE

This is positive self-talk, useful when your confidence has taken a battering and you are stressed by bullying. Think up a phrase that will help you to draw on your inner strength. First, take a deep breath to calm yourself. On the out breath, repeat your chosen power phrase to yourself quietly, e.g.

"I am OK, I can handle this"

"This is her problem, not mine"

Or simply "I'm cool".

When you have chosen a power phrase, practice it while looking in a mirror, so that you will be prepared if bullying happens.

## USE FOGGING

Fogging means responding to verbal bullying by making a comment that lets the bully know you are not really bothered by the bullying e.g.

"So what! Do I care?"  
If you can add in humour it can really help.  
For example if you are being called names about your appearance, you might retort: "My friends like me. How do your friends feel about you?"  
Most of us are better at putting ourselves down so it is good to practice looking in the mirror and telling yourself how great you are!

## USE YOUR IMAGINATION

If you are particularly stressed by verbal bullying, you can use your imagination to visualise a big bubble of protection around you to keep bad feelings away. This may seem a bit off the wall but many people find this very helpful. Imagine the nasty stuff bouncing back off your bubble and sailing harmlessly away. Take time to practice this on your own so you will be prepared.



## WHAT IF YOU ARE BEING BULLIED BY TEXT MESSAGES?

Give your mobile number or email address only to people you can trust.  
Keep all offensive messages in the phone memory as evidence. Resist the temptation to return abusive text messages.  
Give your mobile phone to an adult to monitor for a weekend.  
You may need to change your sim card. Give your new number to only one friend at a time. Leave a few days between giving out your number to each of your friends so that you can check who might be sending offensive texts.  
It is an offence under the Post Office Act (1999) to send malicious or threatening text messages. You should report it to the Gardai.  
Mobile phone companies will cooperate with the police in tracing such calls.





## WHAT IF YOU ARE ATTACKED PHYSICALLY?

None of the above will be much help if you are being physically attacked. In that case, the best advice is to get away if possible and get help. If you are surrounded by a gang, try to stay on your feet as far as possible. Protect yourself by turning slightly sideways to the attacker, raising your leg and arm to deflect blows. If you are pulled to the ground, protect your head by rolling into a ball.

A few lessons in some of the martial arts such as karate or judo may help to equip you to deal with the threat of physical violence. But above all avoid areas and people where violence is likely to happen. For

example stay away from dark narrow alleys or places where you know bullies gather. Avoid walking alone especially at night.

## YOU HAVE TAKEN ALL PRECAUTIONS BUT YOU ARE STILL BEING BULLIED! WHAT CAN YOU DO?

**FACT-** It usually takes an adult to step in to stop bullying.

**So-** Tell an adult

## WHO SHOULD YOU TELL?

- Tell your parents.
- Tell a teacher you trust.
- Tell another helpful adult
- Tell a supportive friend
- Tell Childline (See telephone number at back of this book)

## HOW TO TELL

Keep an account of the bullying, who is doing it, what is happening to you, where and when it happens. This will be very useful when you go to tell.

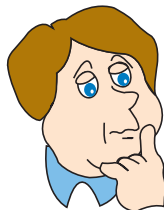
Pick a good time to tell when the adult is not too busy and when there are no others around.



Write a note to a teacher and hand it up with your homework.  
Use a Comment Box if your school has one. Be sure to sign your note.  
Make a phone call to someone in the school.  
Get your parents or a friend to tell on your behalf.

Don't just decide to put up with the bullying in the hope that it will go away. It won't, it usually gets worse. It almost always takes an adult to stop it. So it is important to keep telling until you get help.

**ARE YOU THINKING, "BUT IF I TELL THINGS MIGHT GET WORSE!"**



**FACT-** It is really important to tell even if you are afraid things will get worse. Bullies thrive on secrecy. Their best weapon is your fear that things will get worse if you tell. In fact things get worse when people don't tell! The vast majority of bullies back off when they know an adult is on to them

**So-** Look for whatever support you need from parents, teachers and friends to help you. For example you might wish to be collected from school or have a safe place to spend your lunch time at school. Look around for more helpful classmates and stay close to them. Seek support from friends outside school also. Tell someone who is likely to believe you and who will do something to stop it. However be sensible and take reasonable precautions to avoid a bully after you have told.

**DO YOU WORRY "WILL I EVER FEEL SAFE AGAIN?"**

It may take time but you will feel safe again. Once the bullying has been sorted out, go out, make friends and enjoy your life. Try not to sit



at home worrying about what might happen as this can drag you down even more. It will be helpful if you put effort into going out, making friends and enjoying life again.

## SEXUAL BULLYING AND WHAT TO DO ABOUT IT.

Sex belongs in a relationship of trust, respect, acceptance and understanding. Many young people believe that everyone else is sexually active and often feel a freak if they are not having sexual intercourse. In fact many young people are not sexually active in this way in the teen years.

### DID YOU KNOW?

The age at which a person can legally have sexual intercourse is 17. This is called the age of consent and it is against the law to have sexual intercourse with someone under that age. This does not mean that if you are under age and have had sexual intercourse with another person under age that you will go to prison if it is found out. However if you are over 17 and are having sexual intercourse with someone under age, then you do risk prosecution if it is found out.

Unfortunately some people can be bullied sexually. Being forced to do something sexual or being put under pressure to do sexual things including to have sexual intercourse when you are not ready for it, is bullying and you should not put up with it.

It is wrong to put others under pressure to have sex with you or to do anything that they are not happy about. It is also wrong to talk to others or to spread rumours about what a girlfriend or boyfriend did or did not do when you were going out with them.

No one has the right to touch you or your private parts without your permission. Some common ways that teenagers are bullied sexually are:

- Touching that makes you feel uncomfortable.
- Making you do anything sexually against your will with one person or in a group.
- Making you watch videos or films that are sexually explicit or making you read or showing you sexually explicit and disturbing books, magazines or other written materials.
- Speaking to you in a

sexually offensive way or in a way that makes you feel uncomfortable.

- Asking you to keep secrets about sexual activity.
- Wedging/jocking, i.e. lifting a person up by their underwear, thus causing physical damage and pain to the genital area.
- Using camera phones to take pictures of a sexual nature or without the person's permission is sexual bullying and is against the law.
- Name calling that refers to a person's sexuality, e.g. "gay" "slut" "slapper" "lezzer" etc. Taunting people in this way with the intent to hurt them is wrong, whether the person is gay, lesbian or not. It is particularly damaging to taunt someone who might be gay or who may not be sure.
- Sending sexually offensive text messages or emails.
- Putting pressure on others to engage in any sexual activity that they don't want.
- Spreading rumours or gossiping about previous girl or boyfriends.



Remember young people may be bullied in this way by friends, classmates, neighbours or relatives as well as by strangers. A great deal of sexual bullying takes place when two young people are going out together and one is demanding that the other have sexual contact that he/she does not want. If sexual intercourse happens in this way, it is called rape and it is a crime.

If any of these things are happening, you are being sexually bullied and you must tell someone you trust who can help you. If you decide to keep it secret or are afraid to tell, this kind of bullying gets worse. The longer you allow it to go on the harder it is to tell. So it is very important to confide in an understanding adult before it gets worse.

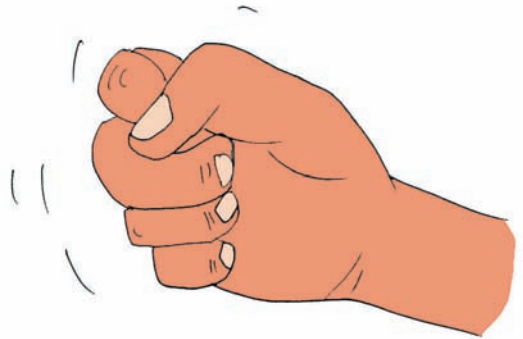


put pressure on you to do something that they know you do not want to do. It is best to keep things light and friendly and focus on having fun while you are still a teenager. (See Useful Contacts & Websites at the end of this book).

You are fully entitled to say "NO" and to keep saying it to any kind of bullying including sexual bullying. You should not feel you have to become involved in any sexual behaviour if you are not willing and ready. Using the Broken Record Trick is useful, e.g. "No, I don't want to have sex with you" ; "I want you to stop putting pressure on me to have sex". Being assertive and using "I" statements will also help, e.g. "I don't like it when I feel I am being put under pressure. I want it to stop" If you still feel pressured by someone to have sex even though you have said you don't want it, it would be wise to end that relationship because the person involved is showing that they do not respect you or your wishes. Even though you may like the person and they may be the most popular person in the group, it is still wrong to

# PART TWO

## R U A BULLY?



**DO YOU DELIBERATELY DO ANY OF THE FOLLOWING?**

**TAKE D TEST**

**YES NO**

**YES NO**

Hit, Kick, Push, Pinch, Trip, Choke, Spit, Steal, damage property?

Call names?

Jeer, tease, taunt or slag others hurtfully?

Use put downs to make others feel bad?

Make nasty remarks about another person's parents/family?

Threaten? Intimidate?

Dare others to do wrong things?

Send abusive phone calls, Text messages or E-mails?

Write nasty notes or Graffiti?

Gang up on others?

Exclude, isolate others deliberately?

Give dirty looks to make others feel bad?

Ridicule? Humiliate others?

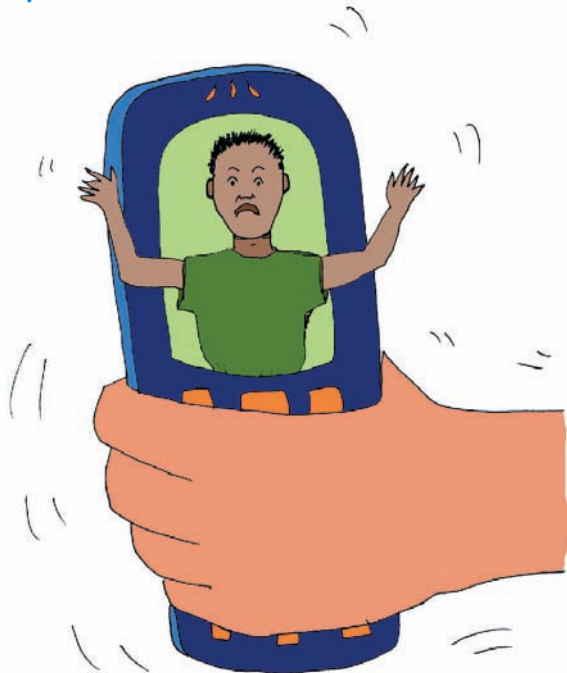
Spread malicious rumours or Gossip?

Set others up?

Make nasty sexual comments about others or their appearance?

	YES	NO		YES	NO
Spread rumours that someone is gay?	—	—	Deliberately set out to exclude a former friend from the friendship group?	—	—
Make unwanted sexual passes?	—	—	Look at others in a dismissive, nasty way?	—	—
Make nasty comments about people of a different colour, religion, nationality or background?	—	—	Insist on having your own way all the time?	—	—

If you have done any of the above more than once, you have engaged in bullying behaviour. If you have ticked "yes" to several, you need to change your behaviour fast.



WHY DO YOU BULLY OTHERS?

OTHER PEOPLE MAKE FUN OF ME - I GIVE AS GOOD AS I GET

NO ONE WILL MESS WITH ME!!

THEY'RE WIMPS!!  
THEY DESERVE TO BE BULLIED

IT MAKES ME FEEL GOOD!  
IT'S COOL TO BE TOUGH

I GET A BUZZ WHEN I MAKE SOMEONE DO SOMETHING - I WANT THEM TO DO

I LIKE TO BE BOSS

I DO IT TO BE PART OF THE CROWD BUT I DONT REALLY LIKE IT

IT MAKES ME POPULAR WITH THE GANG

I LIKE TO SEE OTHERS SQUIRM

IT makes me Popular

I'M JUST STANDING UP FOR MYSELF

MY DAD ALWAYS SAYS "STAND UP FOR YOURSELF, DONT BE A SISSY"

IF ANY OF THE ABOVE RINGS TRUE FOR YOU, YOU NEED TO CHANGE.

**BULLYING IS ALWAYS WRONG.**

FEELING GOOD SHOULDN'T MEAN HAVING TO MAKE SOMEONE ELSE FEEL BAD.

IF YOU MAKE FUN OF OTHERS, CALL NAMES, SPREAD RUMOURS, GOSSIP, ISOLATE PEOPLE OR ARE JUST PLAIN MEAN TO OTHERS, STOP AND THINK ABOUT HOW IT MIGHT FEEL IF SOMEONE DID ANY OF THIS TO YOU. IMAGINE IF YOU WERE CONSTANTLY BULLIED IN ANY OF THESE WAYS, EVERY DAY AND EVERYWHERE YOU HANG OUT. HOW MIGHT THAT MAKE YOU FEEL? DO YOU THINK THIS MIGHT HAVE A LONG TERM EFFECT ON YOU? BEING ABLE TO IMAGINE HOW A PERSON WOULD FEEL IF THEY WERE UPSET OR BULLIED IS CALLED HAVING EMPATHY. IT IS WORTH TRYING TO DEVELOP EMPATHY BECAUSE PEOPLE WHO HAVE IT ARE MORE POPULAR, HAVE MORE AND BETTER FRIENDS AND ARE HAPPIER IN THEMSELVES.



## THINGS YOU NEED TO KNOW

**FACT-** Bullies get into trouble for bullying others. Lots of bullies get suspended from school for bullying. Parents do not want to hear their child is a bully. They feel upset, angry and ashamed to be informed by the school that their son or daughter is bullying other students. School bullies often go on to be bullies later in life. They sometimes get into trouble with the police. They find it hard to make and keep real good friends. Their friends often hang in there out of fear. Their relationships may break down. Underneath they are often very unhappy lonely people.

**So-** It is in your interest to try to change. Seek help from those who are in a position to give it, e.g. School Counsellor, Family Doctor, or if you have serious problems or difficulties in another part of your life that are causing you to be aggressive, ask to be referred to someone who could help, e.g. a Psychologist or Counsellor.

**FACT-** A lot of bullying takes place when young people hang out together in gangs.

If you are part of a gang who sets out to hurt others, you probably don't think you are responsible for the bullying. If you are in with a gang who is behaving badly, and do nothing to stop it, then you are every bit as responsible for the bullying as the person who actually does the act.

**So-** Leave the gang if they are bullying others. Refuse to be involved with people who pick on or isolate others deliberately. Make friends with people who have respect for others and for themselves.

**FACT-** People who bully often have trouble managing anger and jealousy.

**So-** You will need help with this. There are safe ways to express anger and jealousy. The next chapter will give you some ideas. If you think you might lose it and might be unable to control your anger and hurt someone or yourself, it is important to seek help.

**FACT-** People will like you better if you don't use bullying behaviour. Bullying is a learned behaviour. But the good news is:

**PEOPLE WHO BULLY CAN AND DO LEARN TO CHANGE**

**So-**

**YOU TOO CAN CHANGE! YOU WILL BE A HAPPIER PERSON WHEN YOU DO.**

REMEMBER YOU CAN PUSH A PERSON TOO FAR BY BULLYING. A PERSON WHO IS CONSTANTLY BULLIED MAY LASH OUT IN ANGER AND HURT EITHER THE BULLY OR THEMSELVES.

## MANAGING YOUR ANGER

Anger is a normal human emotional response that everyone feels at some time. It only becomes a problem when you act out of anger to hurt yourself or others. Losing your temper is a bad habit and bad habits can be changed. The following tips will help you take the first steps to make that important change.





## TIPS FOR CONTROLLING THE TIGER WITHIN!

### 1. LEARN WHAT TRIGGERS YOUR ANGER.

Think what was the feeling you had just before you felt angry.

Was it frustration because you didn't get your own way?

Was it wanting to get even with someone who hurt you?

Was it feeling like you are small, unimportant and don't matter?

### 2. BECOME AWARE OF WHERE IN YOUR BODY YOU FEEL THOSE FEELINGS. THESE WILL

## BE THE WARNING SIGNS FOR YOU TO START TAKING CONTROL OF YOUR ANGER.

Is it in your head? Does it feel like your head is all confused?

Is it in your tummy? Do you feel a bit sick inside?

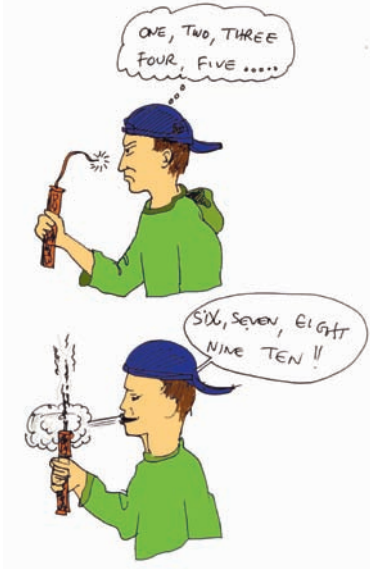
Is it in your chest? Do you feel your heart heavy?

### 3. HAVE A PLAN OF ACTION

As soon as the angry feeling rises within you, **STOP NOW AND CALM DOWN**. Even though you feel you want to hit out, now is the time to tell yourself that it will only make matters much worse.

Here's how to calm down:

- Talk inwardly to yourself, e.g. "I can handle this without getting mad"
- Or "I am staying calm and in control" or "I am going to stop myself from hurting that nerd by counting to ten!"
- Count slowly to ten.
- Take in several deep breaths and breathe out slowly.



- Leave the situation and go for a walk until you feel calm.



- Go to a place where you can let off steam in safety without harming anyone, e.g. thump a hard cushion,

- hit a punch bag for several minutes.
- Try not to slam doors, shout at, or argue with others.
- Decide to wait a while until you feel calm enough to deal with the difficulty.

## 4. REWARD YOURSELF IN SOME WAY WHEN YOU HAVE SUCCEEDED

Learning to control anger takes time and effort. Change will not happen suddenly. However when you have managed a situation without losing your temper, give yourself a pat on the back. Even better, get a supportive adult to help you while you are learning this important skill. Getting praise for success will feel good. Accept all the praise and encouragement you are given as this is not an easy task. The more you practice the easier it will become.

## 5. SORTING OUT THE PROBLEM THAT CAUSED THE ANGER IN THE FIRST PLACE.

Use "I" messages to let others know you have a

problem with them.

When you are mad with another person, your first reaction may be to blame the person, using language like "You always" or "You never...." This has the effect of making the other person feel defensive and even more angry with you. It is much more effective to tell the person how you feel about their behaviour and what you want done about it.

There are three steps involved

1. Be specific about how the other person's behaviour is making you feel. Begin with "I feel...." Or "I get..."

2. State the problem as you see it. No blaming, no name calling, no past history.

3. Say what it is you want to happen.

### EXAMPLE:

"I feel left out when I never get to decide what we will do at the weekend. I want to be allowed to choose some of the time."

Or.

"I get angry when I am called names. I want you to stop it."

Or

"I feel angry when you shout at me and I just want to shout back. Please speak calmly to me when you want to correct me"

Points to keep in mind.

- Bullying is a bad habit that you can change.
- Most people who bully have not thought about how their bullying affects others. Stopping to think about how you would feel if you were being bullied in this way is a good place to start.
- Be careful about the language you use when you speak to people or when you want something. Ask politely for things rather than demand or threaten. For example:

"Can I borrow your pen please?" instead of "Give me that -----pen or...."

"Is that seat free?" instead of "Move over"

- Try to be friendly with everyone. In particular try to include others who are being left out, eg. ask them to join in. Share things with them. Talk to them when you can.

- If you surround yourself with people who are calm and in control of themselves you will be less likely to find yourself in situations where you feel you need to bully.

- Life will become much more pleasant for you when you learn a new way to behave. For the sake of your future, try it!

I WANT THAT PEN !!



GET LOST !!



CAN I BORROW THAT NICE PEN PLEASE



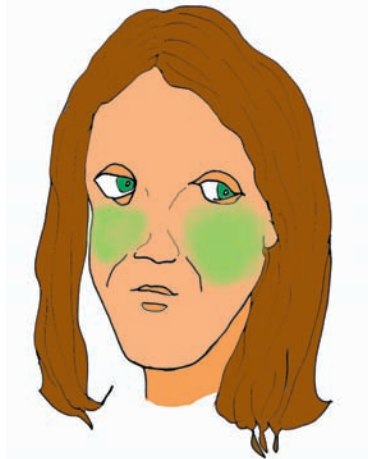
SURE! NO PROBLEM !!



## MASTERING THE GREEN MONSTER

### - DEALING WITH JEALOUSY

Feeling envious or jealous of another person who seems to have all the luck is a normal reaction. It only becomes a problem when you act out of jealousy to hurt others. You are not a bad person for feeling jealous. Everyone feels jealous at some point. The following tips will help you to deal with jealous feelings.



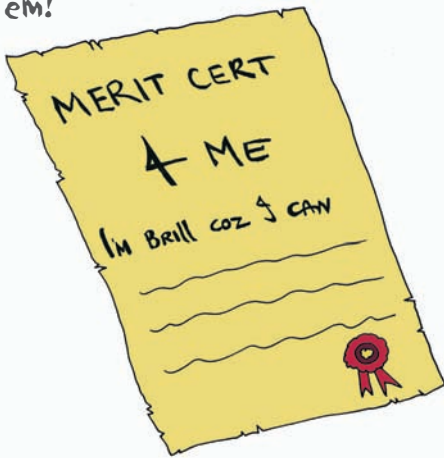
### TIPS FOR MASTERING THE GREEN MONSTER!

1. Admit to yourself that you feel jealous. E.g. "I am jealous of Mary because...." If you can admit to another sympathetic person they too can help you deal with these feelings.

2. Tell yourself "I am not the first or the only person in the world to feel jealous of someone else. It is normal. I'm ok!"

3. Admit to yourself how it feels to be jealous. E.g. "It makes me feel awful..." "I feel all eaten up inside by jealousy" or "When I feel jealous I want to do something to take her down a peg" or "When I feel jealous it makes me feel smaller and worse than Mary. But I know this is wrong thinking. I am not smaller than or less important than anyone else."

4. "I need to remind myself that I have many talents and many gifts, different from Mary's but just as important." Make a list of them!



5. "Humour helps me to deal with jealousy. I will laugh at myself!"

6. Most importantly, "I don't have to act on this feeling. In

fact I will not do anything to hurt Mary out of jealousy!"

As you can see all of the above is positive self-talk. It really will help you with difficult feelings to talk to yourself in this way.

When you have done all this self talking, your jealous feelings may not have magically disappeared, but you will have some control over them. Reward yourself for all progress and if you have been able to confide your feelings to a sympathetic person, get them to reward you as well! You are on to a winner!

Points to remember about jealousy.

- Admitting to yourself and another that you feel jealous immediately removes the power the feeling has over you.
- People who act out of jealousy often lack the skills to deal with difficulties in relationships. Learning to be assertive without being aggressive is important. The most useful trick in being assertive is to use "I" messages to let a person know how you feel. (See page 24 and 25 previous section).

## RELATIONAL BULLYING-WHAT IS IT?

Relational bullying is when a person in a friendship group deliberately sets out to exclude another member of the group or to damage that person's feelings of belonging to the friendship group. This is done through manipulating the members of the group to isolate the victim. It may be by spreading rumours, telling secrets, gossiping behind backs, pretending to be friends but subtly organising things so that the victim is excluded and left without any friends.



This behaviour is more common among girls but boys sometimes bully friends in this way too.

## WHAT TO DO ABOUT RELATIONAL BULLYING IF YOU ARE TARGETED

People who bully others in this way are usually attempting to control the group of friends and get their own way. They are often the leader in the group in the sense that they can get others to do as they wish. **This is bullying behaviour.** They may be acting out of jealousy of you or of others or they may be behaving in a way that they have learned from other unhappy people in their own lives.

If you are being bullied in this way, you will feel rejected and betrayed and quite distressed. Even though you may not want to talk about it to anyone, **it is important to talk to an understanding adult.** Keeping your feelings locked up inside can cause you to become even more distressed.

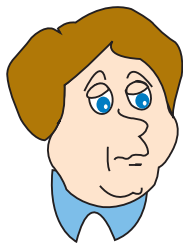
You will need to consider the nature of true friendship and realise that a person who behaves in this way is not a good friend. It is most important to have friends in

different areas of your life, e.g. in clubs outside school, in your neighbourhood, among relatives etc. When things go wrong at school you will have the safety of having other good friends. You might be thinking that the friends you have made in school are the most important part of your school life and that you could never manage without them. While friends are of great importance, it is the quality of the friendship that counts and you can and should be open to making better and more trustworthy friends.

## RELATIONAL BULLYING- ARE YOU A BYSTANDER?

Among groups of friends there are always people who hold more power than others. They may be the ones in the group who are the best looking or they may be the brightest or the funniest or the most popular.

When that person abuses that power by arranging to exclude a member of the group, they can only do so with the cooperation of the other members. If you stand



by and know that this is happening and you do nothing to stop it **then you too are bullying.**

It takes courage to stand up to a person who is manipulating friends in such a way that another person is being hurt. But if you do stand up for what you know to be right, you will feel proud of yourself and prove yourself to be a person of worth. What you must do is refuse to engage in back-biting about a friend and challenge others who do so. Choosing to remain friends with the isolated person takes great courage. It should not mean losing your friendship with the rest of the group. It will result in you being respected for the stand you take and will make all the difference to the person being bullied.

## RELATIONAL BULLYING- R U A QUEEN BEE?

If you are the person organising a campaign to isolate or exclude a person from your group then you are bullying. This kind of behaviour has serious effects especially on adolescent girls and not only on the victim. Research has shown that



getting your friends to isolate another person in the group.

If you bully in this way it is time to ask yourself why you need to hurt and exclude others. You may be jealous of them, in which case you will need to deal with these difficult emotions. (See Page 25 and 26) You may have learned to behave in this way since you were very young. If reading this is a wake up call for you then it is important that you talk to a teacher or a helpful adult who can direct you and help you change your behaviour.

people who engage in this kind of bullying have great difficulty making and keeping real friends. Their relationships are usually difficult even as adults and their "friends" remain friends only out of fear. They often go on to bully in this way in the workplace and sometimes get into trouble because of their behaviour. Most importantly, you must stop using these behaviours, gossiping maliciously about friends, arranging outings to exclude one person, abusive text messaging or notes, spreading rumours, telling secrets or deliberately



# PART THREE

## R U A BYSTANDER?

*Twelve to one:  
What chance had Angus?  
They surrounded him,  
Pulled off his coat and  
trousers, socks and shoes,  
And, wretched in his shirt,  
they hoisted him  
Into the huge wastepaper  
basket; then  
Poured ink and treacle on his  
head. With ropes  
They strung the basket up  
among the beams  
And as he soared I only saw  
his eyes  
Look through the slats at us  
who watched below*

John Betjeman

### TEST YOURSELF

1. Are you aware of students who are being constantly harassed by other students?

2. Do you stay silent when you see another person being bullied, physically, verbally or psychologically?



3. Are you afraid to intervene in case you may be next?

4. Have you ever encouraged a bully by laughing or cheering on bad behaviour?

5. When you see bullying, do you like it but turn the other way as if you haven't noticed?

6. Do you watch what happens but do not know how to help?

7. Are you afraid that if you do something it might make matters worse for the victim?

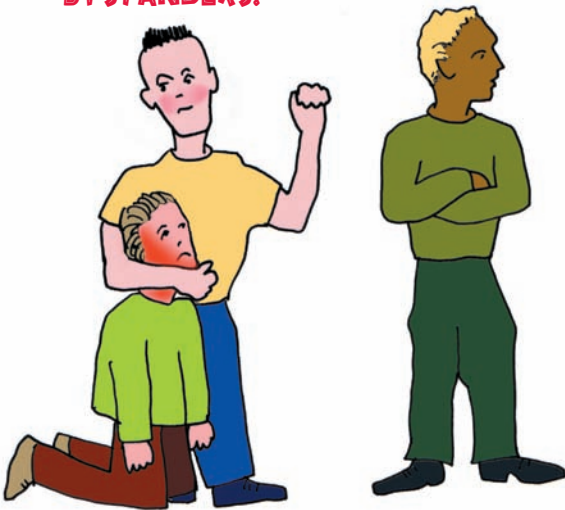
### 8. HAVE YOU USED ANY OF THE FOLLOWING EXCUSES NOT TO INTERVENE?

"The bully is my friend."  
"It's not my problem. This is

not my fight."  
"She is not my friend so why should I?"  
"He's a loser anyway."  
"He deserves to be bullied, he's asking for it, he had it coming."  
"He's a wimp. Bullying will toughen him up."  
"Who wants to be called a snitch or a rat?"  
"It's better to be in with the in-group than defend a loser."  
"It's too much trouble."

If you have answered yes to any of the questions then you are part of the supporting cast who aid and abet bullying.

## THERE ARE NO INNOCENT BYSTANDERS.



Doing nothing in the face of serious bullying is the same as egging on a bully. No one is left untouched by a bullying incident.

## WHAT CAN YOU DO?

### HAVE THE BACKBONE TO SAY

#### "STOP"

Standing up to a bully and telling them to stop takes moral strength and courage. Failing to do so allows a bully the permission of his peer group to harm another human being without feeling empathy, compassion or shame. If you find it too difficult to say "stop", at least don't join in.

### TELL AN ADULT

If you are afraid of getting hurt yourself, for example if there is physical bullying, the best thing to do is to get help from an adult who can stop the abuse. This is not "ratting". It is telling to be safe.

### DON'T JOIN IN

Bullies often depend on "henchmen" i.e. followers

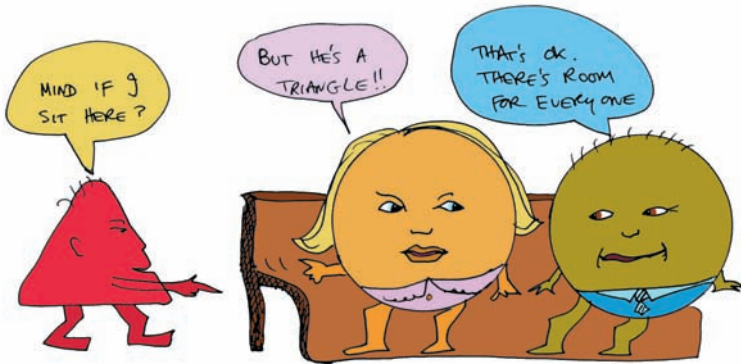
who will take an active part even though they may not have started the bullying. Henchmen are just as guilty as bullies of causing distress to others.

### **DON'T CHEER ON A BULLY**

When bystanders stand at the side and cheer on a bully, they lose a sense of

### **DO TRY TO INCLUDE PEOPLE WHO ARE BEING LEFT OUT**

Again it takes courage to take a stand that is different from the usual. Taking such a stand makes you feel proud of yourself and makes others proud to have you as a friend.

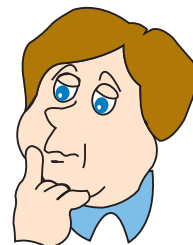


personal responsibility for the bullying. In fact if you cheer on a bully, you are as guilty as the bully.

### **DON'T BULLY THE BULLY**

You are not expected to get involved in a physical fight to stop a bully. This would only make matters worse. Getting help from an adult who can sort out matters is best.

### **REMEMBER ALL IT TAKES FOR EVIL TO THRIVE IS FOR GOOD PEOPLE TO DO NOTHING**



## USEFUL CONTACTS

Bernardos Tel 01-4530355  
Callsave 1850 222300  
[www.bernardos.ie](http://www.bernardos.ie)

Childline Tel 1800 666666  
[www.childline.ie](http://www.childline.ie)

ISPCC  
Tel. 01-6794944  
[www.ispcc.ie](http://www.ispcc.ie)

Ombudsman for children  
Tel.014757333  
[www.oco.ie](http://www.oco.ie)

Pavee Point Traveller's Centre  
Tel 01-8780255  
[www.paveepoint.ie](http://www.paveepoint.ie)

### Other useful web sites

[www.coolschoolbullyfree.ie](http://www.coolschoolbullyfree.ie)

[www.youthhealthinfo.com](http://www.youthhealthinfo.com)

[www.treoir.ie](http://www.treoir.ie)

[www.ifpa.ie](http://www.ifpa.ie)

[www.spunout.ie](http://www.spunout.ie)



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Hazel House,  
Kennedy Road,  
Na Váiní



Tel: 046 90 79350



0-9549791-1-7

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