

**Bullying means when one person, or a group of persons, targets another person with repeated direct or indirect negative actions over a period of time which are harmful to the target either emotionally or physically. A negative action occurs when a person knowingly inflicts , or attempts to inflict, physical or emotional injury or discomfort upon another person.**

*Bullying is a conflict between two or more children who are not friends and do not usually hang out together. The bully has more power and does not care about the target's feelings. The target is upset while the bully is calm and cool. The bully often blames the target.*

Students bully in five basic ways:

- physical aggression: spitting, tripping, pushing, shoving, etc.
- social alienation: gossiping, spreading rumors, excluding from the group, publicly humiliating, etc.
- verbal aggression: name calling, teasing, etc.
- intimidation: playing a dirty trick, public challenge to do something.
- sexual bullying - commenting on body parts, calling gay etc.

"Ha-Ha-Se" Targets can try HA HA SO for dealing with bullies.\* Not everyone works in every situation.

**H- Help-** *Seek help from peers and/or an adult.*

**A- Assert yourself-** *Look the bully in the eye and tell them to stop. Keep it short.*

*"I don't like it when you do that, please stop."*

**H- Humor-Respond with a remark to make the bully laugh.**

**A- Avoid-** *Walk away, stay with others, not alone.*

**S -Self-talk-***Put on a tape in your own mind that says nice things to yourself so the bully doesn't get to you.*

**O -Own it-** *Own the put-down (agree with it) to throw the bully off.*

**What not to do:** *Do NOT react emotionally. Don't show strong emotions in front of the bully which will excite the bully more.*

Answer the following questions on your own paper in complete sentences.

1. Write about a time at school or on the school bus in which you were bullied.
2. How does what you wrote fit this definition of bullying?
3. In what ways have you been bullied? Identify which type of bullying occurred.
4. Using an example of one of the times you were bullied, show how a target could use HA HA or SO:  
Which HA HA SO do you think would work best?  
Is there any HA HA SO you should not try in this case?
5. Who are the adults you trust and can turn to for help when you are bullied in school?
6. Are there other students in your school who might support you?