

Stop the Bully Now!

by Michelle Laliberte

Most of us know that bullying is when a person is repeatedly mean and hurtful toward someone else. Usually the "someone else" has trouble defending him- or herself. For example, a bully may yell at a kid, "You're stupid!" or something worse, and the kid runs away crying. That's what makes bullies feel good—when they get a reaction out of the person being bullied.

Some kids learn to bully because they themselves have been subject to mean, unfair treatment—sometimes by their own families. Whatever the reasons are, bullies can always choose to act better. It's never too late.

Whether you have been bullied or are a bully yourself, there are resources for help. You can always

talk to a parent, teacher or other responsible adult, but there's also help on the Internet. Try these sites for some helpful tips and suggestions.

Kids Health: What Kids Say About Bullying

<http://kidshealth.org/parent/emotions/behavior/bullies.html>

When you're a child, life can contain many wonderful experiences. But unfortunately, some children are experiencing a much different world, one in which they are being intimidated, harassed, threatened, or even harmed by a bully. Kids who are being bullied often experience low self-esteem, and even depression. By that same token, if kids who are bullies themselves don't get help, they often go on to have problems when they become adults.

How do you tell the difference between harmless ribbing and bullying? At the KidsHealth site, they've made it easy for you. There are actually five categories of bullying, with explanations about each one. You can also access articles that provide insight into why kids become bullies—and even how you can stand up to one.



Bullying Online
www.bullying.co.uk

Being bullied can be a very frightening—and even isolating—experience. But with Bullying Online, tips and suggestions are at your fingertips. Bullying Online is a registered charity set up since 2000 to tackle the issues of bullying. Here, you'll find bullying divided into various categories—racist bullying, student bullying, and even bullying where kids receive threats and abuse on their mobile phones. You'll also find ideas for school projects that focus on bully issues. Plus, if you have problems with a bully, you can fire off an e-mail and they will reply to your specific situation within 24 hours.

**I'm a Bully and Would Like
Some Help**
www.kidscape.org.uk

Are you yourself a bully? Have you ever asked yourself why you bully other people? At this site, you will be asked these kinds of questions in order to help you get control of yourself. You can get online access to the "Beat Bullying" leaflet for such tips as how to be assertive (rather than obnoxious) to get what you want. Suggestions like counting to ten and thinking before you speak can also prove beneficial. Of course, you can always walk away from whatever situation is causing you to be upset. It is also important to realize your own feelings to identify why you bully others. With this site's "You Can Beat Bullying" leaflet, ideas on dealing with low self-esteem are also available. This leaflet will also give you a good idea of what it feels like to be bullied.