

B.A.B.E. Program

(Buds Against Bullying Everywhere)

Children bully for many reasons. Some bully because they feel insecure. Picking on someone who seems emotionally or physically weaker provides a feeling of being more important, popular, or in control. In other cases, children bully because they simply don't know that it's unacceptable to pick on kids who are different because of size, looks, race, or religion.

Statistics –

- As many as 160,000 students stay home on any given day because they're afraid of being bullied.
- 1 out of 5 kids admits to being a bully, or doing some "Bullying."
- 43% fear harassment in the bathroom at school.
- 43% of kids have been bullied while online. 1 in 4 have had it happen more than once.

Types of Bullying:

Physical bullying, when someone uses physical force to hurt by hitting, pushing, shoving, kicking, pinching or holding them down. Physical bullying also includes taking or breaking a student's belongings.

Cyber bullying is bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites(such as FACEBOOK)and embarrassing pictures or videos.

Verbal bullying is when a someone uses words to hurt another. This includes threatening, taunting, intimidating, insulting, sarcasm, name-calling, teasing, slurs, put-downs and ridicule. It also includes hostile gestures such as making faces, staring, giving the evil eye, eye rolling and spitting.

Relational bullying occurs when someone disrupts another's relationships through leaving them out, gossiping, whispering and spreading rumors. It includes when they turn their back on another giving them the silent treatment.

Simple ways to address bullying:

- . Bullying usually happens in unsupervised areas, tell child to stay in group settings
 - Teach children that sometimes the best thing to do is leave the scene or walk towards an adult or crowd of people
 - Most children can't handle bullying on their own and need an adults help, so listen to children when they say they are being bullied and ask questions
 - Boost the child's self confidence – remind the child what a wonderful person they are