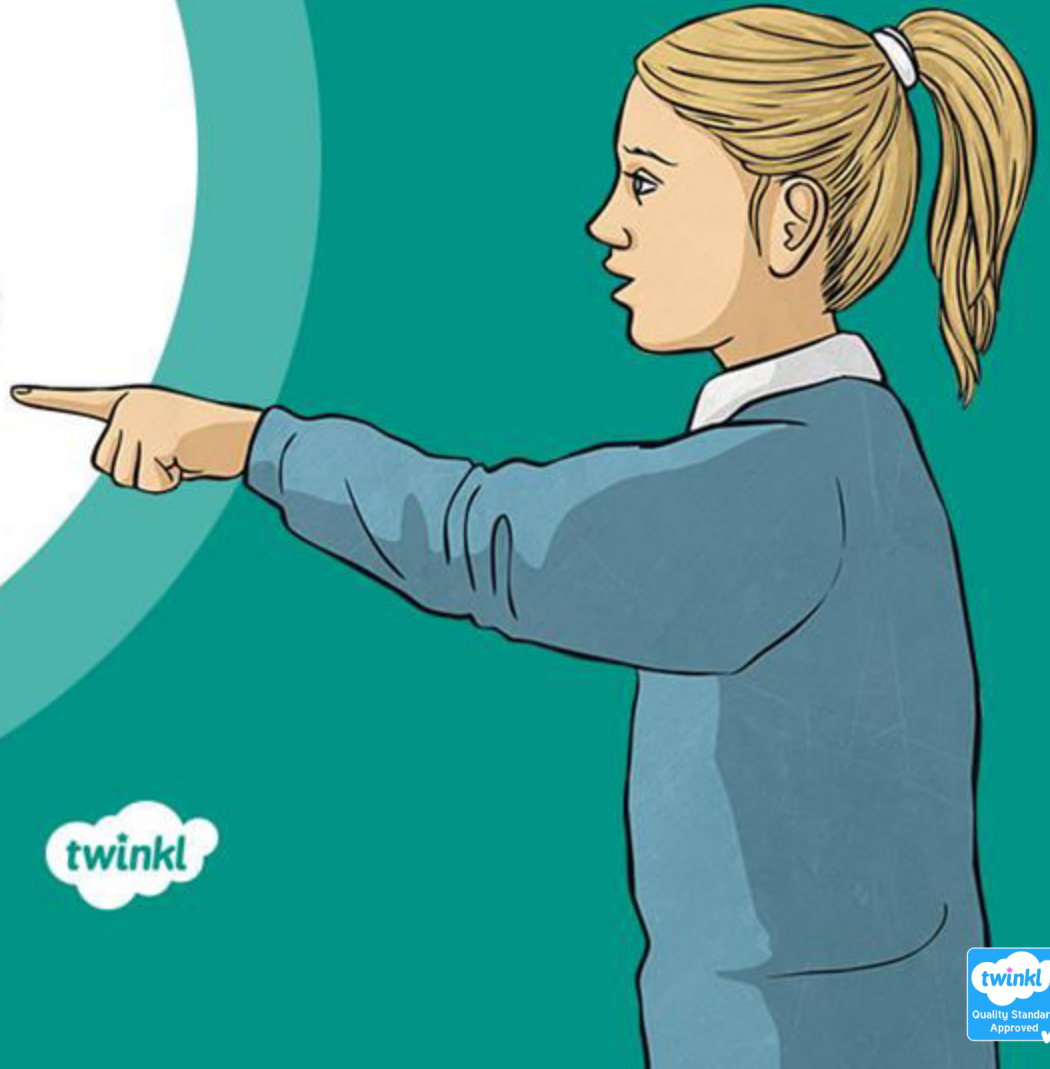


Mean, Rude or a Bully?



Rude People

Rude people do or say things that hurt people but they may have done it without thinking about what they are doing or considering the fact that it may hurt you in some way. They have not purposely wanted to hurt you or your feelings. Things like burping without covering their mouth, not waiting their turn, taking something you are using, touching your stuff or having poor manners are all examples of people being rude.




Mean People




Being mean is when people say or do something to hurt your feelings. Mean people have thought about what would hurt you before they did it. They often do mean things out of anger or because they think that if they make you look bad, they will look better than you, which really is not true at all.

This is a one off incident.

Bullying



Bullying is when someone says or does something hurtful on purpose and they do it again and again, with no sense of regret or remorse, even when they are told to stop or they can see that their victim is hurt or upset. Bullies enjoy seeing others feeling powerless and scared.



There are different kinds of bullying: physical, verbal, social (e.g. spreading rumors about the person or excluding them from a group) and cyberbullying.

Why Do People Bully?

- People who feel frustrated, hurt, angry or are having difficulty at home or in class can direct these negative feelings towards others by bullying them.
- Bullies often lack attention from friends, parents or teachers. They will bully you just to feel popular and be seen as 'tough' or 'cool' and in charge.
- Some children have learned to bully by copying behaviours from others, such as parents, brothers or sisters. They may have seen them getting their way by being angry or pushing other people around. Sometimes, bullies are the victim of bullying, themselves.



Why Do People Bully?

- Some people were never taught to be sensitive to other people's feelings and emotions when they were growing up. They may also have never been taught that bullying is unacceptable behavior.
- Watching a lot of violent movies, TV and video games can make a person want try out violent words or actions. The reason why violent movies and games have an age restriction on them is so that young people are discouraged from copying similar behaviors.



What should you do if you are being bullied?

- Remember it is never your fault if you are being bullied and it's okay to be upset about it.
- It is important that you tell someone about it. Talk to a teacher you trust or a family member OR you can always call Childline on 08 000 55 555.
- Keep a diary and write down all the details of what has been happening. Remember to include what happened, when it happened and who was involved. If the bullying is online, keep the evidence. Save any photos, videos, texts, e-mails or posts that show the bullying.
- Never take revenge on the bully! This is not the right thing to do. Also, you might end up getting in trouble or getting even more hurt.

What should you do if you are being bullied?

- Make sure that you have told the bully to stop what they are doing. It's a good idea to tell them how you feel, e.g. "Please stop saying that, you are making me feel very uncomfortable."
- Only spend time with people who make you feel good about yourself.
- Remember to always respect other people! You don't have to be friends with, or like everyone.
- Make it clear to people around you that you don't like it when people bully others. If you see someone else being bullied, encourage them to ask for help.

