



دليل الحماية والحد من التنمر
(عنف الأقران)



A Guide to Prevention & Protection
from Bullying





► What is bullying?

Bullying involves a person or a group repeatedly trying to harm someone they see as weaker or more vulnerable. Appearance and social status are the main reasons for bullying, but young people can be singled out because of their race or religion, or because they may be shy and introverted.

Bullying can involve direct attacks—hitting, threatening or intimidating, maliciously teasing and taunting, name-calling, stealing or damaging belongings, and making sexual remarks, or sexual assault. Bullying can also involve the subtler, indirect attacks of rumor-mongering or encouraging others to snub someone. New technology, such as text messaging, instant messaging, social networking websites, and the easy filming and online posting of videos, has introduced a new form of intimidation—cyberbullying—which is widespread on the Internet.

► Where can we find it?

-School bullying

School bullying occurs more frequently among boys than among girls. Teenage boys are more likely both to bully others and to be the targets of bullies. While both boys and girls say others bully them by making fun of the way they look or talk, boys are more likely to report being hit, shoved, or punched. Girls are more often the targets of rumors, sexual comments, as well as rejection or exclusion by a group of other girls. Students are most vulnerable to bullying during transition from elementary to junior high school and from junior to senior high school.

- Bullying outside school

Bullying can also occur outside school. It can happen to kids waiting for school buses, on school buses, in the neighborhood, and/or after school activities.

-Cyber bullying

Text messaging, social networking sites, blogs, email, instant messaging—all these are ways teens stay connected to each other and express who they are to the world. Cyberbullies send rumors, harassing or obscene messages, post private information on a public site, intentionally exclude someone from a chat room, or pretend to be someone else to try to embarrass a person (for example, by pretending to be a boy or girl who is romantically interested in the person).

Cyberbullying differs from traditional bullying in that it can be harder to escape. It can occur at any time of the day or night, and it can be much more public, since rude and obscene messages can be spread quickly. It also can be anonymous.

Teens are more vulnerable to sexual solicitations online if they send (not just post) private information to someone unknown, visit chat rooms, access pornography, or make sexual remarks online themselves.

► 13 Warning signs

- Damaged or missing clothing and belongings
- Unexplained cuts, bruises, or torn clothes
- Lack of friends
- Frequent claims of having lost pocket money, possessions, packed lunches, or snacks
- Fear of school or of leaving the house
- Avoidance of places, friends, family members, or activities teens once enjoyed
- Unusual routes to and from school or the bus stop
- Poor appetite, headaches, stomachaches
- Mood swings
- Trouble sleeping
- Lack of interest in schoolwork / deterioration in school performance
- Talk about suicide / death wishes
- Uncharacteristic aggression toward younger siblings or family members

► How bad could it be?

Some people may think that bullying is not a real problem, yet exploring its effects on teens might prove otherwise:

- Bullying can make teens feel stressed, sad, anxious, and afraid.
- Adolescent victims of bullying may not be able to concentrate in school, a problem that can lead to avoiding classes, sports, social situations, and deterioration in school performance.
- If the bullying continues for long periods of time, bullied teens can suffer from low self-esteem, low self-worth, and become isolated and withdrawn.
- In rare cases, adolescents may take drastic measures, such as carrying weapons for protection.

- One of the most common psychiatric disorders found in adolescents who are bullied is depression, an illness which, if left untreated, can interfere with their ability to function.
- Adolescents who continue to bully have a higher chance of getting involved in criminal behavior later in life.



How kids can handle it (Advice to Children & Teens)

► 1. Preventing a Run-In With a Bully

- Don't give the bully a chance. As much as you can, avoid the bully. You can't go into hiding or skip class, of course. But if you can take a different route and avoid him or her, do so.
- Stand tall and be brave. When you're scared of another person, you're probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. How does a brave person look and act? Stand tall and you'll send the message: "Don't mess with me." It's easier to feel brave when you feel good about yourself.
- Feel good about yourself. Nobody's perfect, but what can you do to look and feel your best? Maybe you'd like to be more fit. If so, maybe you'll decide to get more exercise, watch less TV, and eat healthier snacks. Or maybe you feel you look best when you shower in the morning before school. If so, you could decide to get up a little earlier so you can be clean and refreshed for the school day.
- Get a buddy (and be a buddy). Two is better than one if you're trying to avoid being bullied. Make a plan to walk with a friend or two on the way to school or recess or lunch or wherever you think you might meet the bully. Offer to do the same if a friend is having bully trouble. Get involved if you see bullying going on in your school - tell an adult, stick up for the kid being bullied, and tell the bully to stop.

► 2. If The Bully Says or Does Something to You

- Ignore the bully. If you can, try your best to ignore the bully's threats. Pretend you don't hear them and walk away quickly to a place of safety. Bullies want a big reaction to their teasing and meanness. Acting as if you don't notice and don't care is like giving no reaction at all, and this just might stop a bully's behavior.

- Stand up for yourself. Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Then walk away. Kids also can stand up for each other by telling a bully to stop teasing or scaring someone else, and then walk away together. If a bully wants you to do something that you don't want to do - say "no!" and walk away. If you do what a bully says to do, they will likely keep bullying you. Bullies tend to bully kids who don't stick up for themselves.

- Don't bully back. Don't hit, kick, or push back to deal with someone bullying you or your friends. Fighting back just satisfies a bully and it's dangerous, too, because someone could get hurt. You're also likely to get in trouble. It's best to stay with others, stay safe, and get help from an adult.

- Don't show your feelings. Plan ahead. How can you stop yourself from getting angry or showing you're upset? Try distracting yourself (For example counting backwards from 100, or spelling a word backwards) to keep your mind occupied until you are out of the situation and somewhere safe where you can show your feelings.

- Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and go and tell them what is happening to you. Teachers, principals, and parents can all help to stop bullying. Sometimes bullies stop as soon as a teacher finds out because they're afraid that they will be punished by parents. This is not tattling on someone who has done something small - bullying is wrong and it helps if everyone who gets bullied or sees someone being bullied speaks up.



How adults can help (Advice to Parents & Teachers)

► If the child/ teen is bullying others: What to do now?

- Tell your child calmly what they are accused of and ask for an explanation
- Ask the head teacher if your child is the only one accused of bullying
- Ask the head teacher what strategy he/she can introduce to deal with the problem
- Explain to the child that if he/she calls people names, deliberately hurts them or takes their friends away this is bullying and not fun
- Ask if supervision can be stepped up at the time the bullying is said to be happening
- Ask to be kept informed of further complaints or behavior problems

► If the child/ teen is being bullied:What to do now?

- SPEAK UP after a teen tells you about being bullied at school or elsewhere. Take his or her concerns seriously. Go to the school and talk to the teachers, coaches, and principal. Speak to the parents or adults in charge if a teen is being harassed by a peer or social clique.
- OBSERVE your own behavior. Adolescents look to adults for cues as to how to act, so practice being caring and empathetic, and controlling your aggressions. Avoid engaging in physical violence, harsh criticism, vendettas, and vicious emotional outbursts.

► When bullying invades your home: Cyberbullying.

- Stress to teens what is not safe to put on the web or give out to people they don't know: their full name, address, cell phone number, specific places they hang out, financial information, school, or anything else that would help someone locate them.
- Emphasize that in cyberspace, there's no such thing as an "erase" button—messages, photos, rants, and musings can and do hang around forever.
- Shut down a personal website or blog when the adolescent is subjected to bullying or flaming. If necessary, it is possible (to) get a new email address and instant-messaging (IM) identity.
- Make clear to young people what kinds of messages are harmful and inappropriate.
- Encourage teens not to respond to cyberbullying.
- Keep all computers out of teens' bedrooms so that computer activity can be monitored better. Best to keep in common areas although this is more challenging with mobile devices, laptops, etc.

► What can parents/ adults do long-term in order to help avoid bullying?

- Provide teens with problem solving and assertiveness training to assist them in dealing with difficult situations.
- Set a good example for children/ teens by teaching them how to solve problems without use of aggression and violence.
- Discuss violence seen in the media with teens, so that they learn to keep it in context.

The good news is that kids who are bullies can learn to change their behavior. Teachers, counselors, and parents can help. So can watching kids who treat others fairly and with respect. Bullies can change if they learn to use their power in positive ways. In the end, whether bullies decide to change their ways is up to them. Some bullies turn into great kids. Some bullies never learn.

But no one needs to put up with a bully's behavior. If you or someone you know is bothered by a bully, talk to someone you trust. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Tell someone about it and keep telling until something is done.



"نحن جيل التغيير , لا جيل التحقير"
عدنان الزهراني



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تصميم وإخراج

مشاري عبدالله

، مصور ومصمم جرافيكس

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► RESOURCES

◀ مصادر

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