

Maggie's Health Tips



Volume 2 September 2017

New school year – new bullies.

So you've been back at school for a month and the school bully found you. It's scary enough to start school and have to get used to new teachers, new classmates and new rules. Now, this bully is making your life harder. The same thing happened to my friend, Buckaroo. Find out how Splotch the Mad Tadpole bullied him and what he did to help Splotch in the book, *Splotch the Mad Tadpole Does A Whole Lot of Bullying*. The book is found on the Maggie's Kids Club page under the *Free Books* tab.

What is bullying?

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying feels awful. You feel like you can't stop it. Bullying can happen in person or online (sometimes called cyberbullying). It might be something other people can see or it might be hidden.

Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.

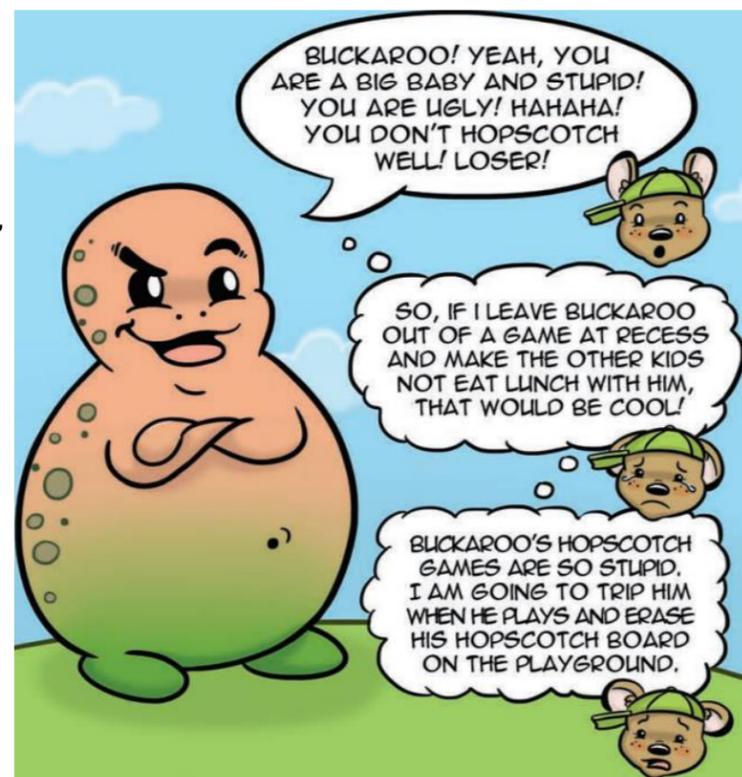
Bullying is not okay. You have the right to feel safe. If you don't feel safe, get help right now from your caregiver, teacher, or another adult who will listen to you!

Why does bullying happen?

It's never okay to be mean. It's never okay to hurt others. When people bully, it might be because:

- they think it's cool
- they get angry about something and then they take it out on someone else
- they are uncomfortable with people who are different from them
- they don't know how to get along with others
- they think it's funny to hurt people
- they are copying other people
- they think other people will laugh too.

Whatever the reason, there's no excuse for bullying.



If You Are Being Bullied...

Tell someone

Tell your caregiver, a grandparent, teacher, friend or someone else who you think will listen to you. Ask them to help you work out what to do.

Tell a teacher. It doesn't matter where it happens - in school, out of school or online - teachers want to stop bullying when they know about it.

If bullying is happening on your phone or the internet, keep messages and posts that hurt you or write down what happened and show an adult. Stay positive - be confident.

Think about positive things:

- what you like doing at school and away from school
- what you are good at
- the people who like you and care about you.

If it happens in person:

- Tell the other person "I don't like that." Use a strong, confident voice. Even if you don't feel strong and confident, fake it!
- Talk with the person who is bullying you (if you think it's a safe thing to do). Ask them if there is a problem you might be able to sort out together. If you feel too scared to do it alone, ask a friend to come with you.
- If possible, ignore the person bullying you. When they are ignored, kids who bully often lose interest. If that doesn't work, tell someone and ask for their help.
- Don't try to get back at the person who bullies you. It usually doesn't work, and you can end up in trouble too.
- Hang around people who help you feel good about yourself. Friends don't bully you. They care about you and are fun to be around.

If it happens on the phone or internet:

- Don't respond to the other person but keep the message or post to show someone when you are getting help.
- Ask for help to turn on a block so you don't get the bullying posts or texts.

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If you, or someone you're helping, has questions about Magnolia Health, you have the right to get help and information in your language at no cost.

To talk to an interpreter, call 1-866-912-6285 (TTY/TDD 1-877-725-7753). Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (TTY/TDD 1-877-725-7753). Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (TTY/TDD 1-877-725-7753).