

Do You Bully?

There is no one stereotype depicting someone who bullies. It can be anyone: the shy kid, the smart student, someone who is well-liked. Bullying is about behavior, not a label that the person wears. If you are bullying, it's time to stop. Know that your behavior is something you have the power to change. Read each of the following questions and check any boxes that you think might apply to you.

Interactive version online at: <https://www.pacerteensagainstbullying.org/bullying-defined/do-you-bully/>

- Some people deserve to be teased.
- Making fun of others doesn't hurt them.
- I enjoy feeling more powerful than others.
- I like making kids and adults do what I want.
- Getting a laugh when I hurt others makes me feel good.
- People push me around so I'm going to do it to others.
- I feel better about myself when I make others feel worse.
- If kids are afraid of me, they won't pick on me.
- I don't care if other people get hurt.
- Being mean is no big deal.
- I will do what it takes to fit in, even if it means doing something that I don't really want to do.
- It's okay if other kids are intimidated by me.
- People always respect someone who has power and control over others.
- I say and do what I want, and if others are hurt by it, that's too bad.
- It doesn't bother me when I see other kids getting picked on.

Recognize any of the signs? Kids bully for a lot of different reasons. It might be because of peer pressure, wanting to feel in control, fear, insecurity, not having positive adult role models, or even being bullied themselves.

If you recognize that you might be bullying, talking with an adult can make a difference. Seriously. It might be your parent or guardian, an aunt or uncle, the school social worker, a trusted teacher, the principal or school nurse. They can help you change bullying behavior — and help you deal with the reasons you do it.