

FOR GROWN-UPS: ABOUT IDENTITY-BASED BULLYING



Some children are targeted more frequently than others based on their identity.

"Research has shown that about 42 percent of students who reported being bullied at school indicated that the bullying was related to at least one of the following characteristics: **physical appearance (30%), race (10%), gender (8%), disability (7%), ethnicity (7%), religion (5%), and sexual orientation (4%).**" CDC, Youth Risk Behavior Surveillance System (YRBSS).

Identity-based bullying targets an aspect of who the child is, often focusing on a core part of how they see themselves.

Watch Cartoon Network's PSA with your child or students, then download the handout titled "For Kids: About Identity-Based Bullying"

REFLECT ON THE SCENARIOS

Exchange ideas about the scenarios in the PSA.

Did one story stand out to your child? Why?

Next, encourage them to complete the questions on page one of the handout.

When students help create solutions to their problems, they have a greater commitment to following through. You can help the children and teens in your life reimagine their world as a place without bullying, where all can safely learn, play and grow.

When talking about identity-based bullying with kids, it's important to make the point that this type of bullying often happens because of someone's negative perception (bias) toward the target's identity, not because of who the target is as an individual.

A person is not bullied because they have a disability, are from another country, or speak another language. That person is bullied because of someone's bias against that identity group.



DISCUSSION TIPS

Encourage kids to think about how it feels to be someone targeted by bullying, especially if it is about a part of their identity. Allow them to share their own unique point of view and talk through how they can be an ally. Some prompts include:

How do you think kids feel when they are bullied because of an aspect of who they are?

Is there something that you like about yourself that you wouldn't want others to joke about or make fun of?

What would you want to happen if someone were bullying you?



As you walk through the kids' handout, consider the following tips and prompts to encourage a productive discussion.



LEARN MORE ABOUT IDENTITIES THAT ARE FREQUENTLY TARGETED BY BULLYING. HERE ARE SOME CONVERSATION STARTERS:

What types of disabilities do you know about?

Do you know anyone who knows more than one language?

—
Where is that language spoken?

Do you know about holidays that are different from the ones you celebrate?

—
Why are they important?

Have you tried foods from other countries or cultures?

DISCUSS OTHER IDEAS TO PREVENT IDENTITY-BASED BULLYING:

Get to know people, instead of judging them.

Don't take part in name calling or teasing based on someone's identity.

Know that everyone has the right to feel safe and respected.

Avoid using words in conversation that insult an aspect of someone's identity.

When you see or experience bullying, tell a trusted adult, or help the person targeted tell an adult.

KEEP IN MIND:

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are always watching how adults manage stress and conflict, as well as how they treat others. (StopBullying.gov)



CHECK OUT THE ACTION GUIDES TO HELP KIDS REDRAW THEIR WORLD WITHOUT BULLYING.

 **PACER's National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/bullying

STOP BULLYING **SPEAK UP** 

