

Ask Professor Green Bear: Bullying- The Bully



Dear Professor Green Bear,
I am starting to realize that I am a bully.
I make fun of kids all the time and when
they look sad or cry, I just laugh and keep
making fun. I do not know how to stop.
-Stop me from being a Bully

DEAR STOP ME FROM BEING A BULLY,
FIRST, I AM PROUD OF YOU FOR RECOGNIZING YOUR BULLYING
BEHAVIOR AND WANTING TO STOP. SOME KIDS WHO BULLY THINK
THE WAY THEY ACT IS NO BIG DEAL OR IS FUNNY. I AM GLAD
YOU ARE SEEING IT IS NOT.

SOME KIDS BULLY BECAUSE THEY THINK IT WILL HELP THEM FIT
IN, OR GIVE THEM POWER OVER OTHER KIDS. OTHERS ARE BEING
BULLIED THEMSELVES AND DO NOT KNOW HOW TO FIT IN. FOLLOW
THE STEPS BELOW TO STOP YOUR BULLYING BEHAVIORS.

YOUR FRIEND,
PROFESSOR GREEN BEAR



No one deserves to be BULLIED!

STOP!

Stop any behaviors that could cause someone else harm- either physically or by hurting their feelings.

Remember

Everyone deserves to be RESPECTED!

Talk to a Grownup

To stop bullying behaviors, talk to a grownup like your caregivers or counselor. They can help you think of ways to respond to others positively.

Consequences

Always think of the consequences of your actions.

- If you make fun of someone, it could happen to you - kids might start making fun of you.
- Other kids will not want to play with you due to your behavior.
- You might be disciplined at school or face other consequences at home.