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 **Video #1 - Bullying is Psychological (STUDENT GUIDE)**

Joint studies done by the Department of Education and the FBI show a link between bullies and many school shooters. In fact, the Secret Service study found that **\_\_\_ \_\_\_ percent of shooters had been bullied, threatened, attacked or injured.**

Four word phrase: Hurt people, h\_\_\_\_\_\_\_\_ p\_\_\_\_\_\_\_\_\_\_\_\_\_.

When someone has been hurt, it’s highly likely that they may hurt another person in the same way, it’s not 100%, but if it’s their norm, it’s all they know. Some students have only learned how to resolve conflict through physical or emotional pain.

Students emulate what they see from others or what they receive themselves. People could be hurt an hour ago, yesterday or a year ago. If they haven’t talked their issues out, then they start to act out.

**“What students don’t talk out, they a\_\_\_\_\_\_\_\_ out.”** –Josh Shipp

Our brains are not fixed; they are highly adaptable and can learn new tricks.

Healthy Habits

The brain is not a muscle, but you can create some healthy habits that can help cope with pain that is associated with being bullied.

A healthy practice to implement is to v\_\_\_\_\_\_\_\_\_\_\_. Venting is releasing or transferring your emotions through words. Other examples that do not include talking: sports, drawing, painting, writing.

Here are some conversation statements to help start the venting process with someone you trust.

When he/she said \_\_\_\_\_\_\_, I felt \_\_\_\_\_\_\_\_\_\_\_\_\_.
Whenever he/she makes fun of me, I feel like \_\_\_\_\_\_\_\_\_\_\_\_\_ (giving up, going home, skipping school, hitting him/her).

**5 (keys) To dealing with bullies through venting**

1. A\_\_\_\_\_\_\_\_\_\_\_\_ - Don’t react right away (take time to analyze your current situation)
2. Assume the b\_\_\_\_\_\_ (Did they misinterpret what I said or did?)
3. Don’t take it p\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (What’s wrong with me, instead, they must be going through some hard stuff, ex. iceberg)
4. Act Upon Your F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Don’t bottle up your feelings, find a release (art, journal, sports)
5. Don’t talk to e\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about issue. Pick an individual you trust.

Say what you need to say. This way, you’re not trying to get affirmation from everyone you talk to. This can lead to feeling the pain over and over again, which is contrary to what venting is, which is releasing emotions.

These steps will help you cope with the emotions that can derive from being bullied.

Healthy practice tip: Ask a close friend to tell you 3-5 positive characteristics that you have. Remember those positive characteristics the next time you’re bullied.