

Teen 'Zine



focus on: **respect**

respect

Valuing opinions, feelings and actions of others.

Here are some ways to show respect:

- ▶ Deciding things together, not ordering
- ▶ Accepting the decisions others make for themselves
- ▶ Asking, not accusing, each other about rumors
- ▶ Feeling good about ourselves and our abilities
- ▶ Disagreeing without putdowns or threats
- ▶ Trying to understand others' feelings, even when we disagree with their ideas
- ▶ Expressing fears, instead of ownership, when jealous
- ▶ Hanging out and doing things together that each person enjoys
- ▶ Helping each other
- ▶ Really listening and trying to put ourselves in the other person's shoes



BULLY

Repeatedly attacks the same victim or victims verbally, emotionally, physically or sexually.

VICTIM

Is attacked again and again by the same bully or bullies.



Bullying: Who is Involved?



ALLY

Steps in to help the victim by asking the bully to stop, standing up for or encouraging the victim, telling a teacher, etc.

BYSTANDER

Watches the bullying but does not help, encourages the bully or cheers, gathers a crowd, etc.

WHERE DO YOU RANK?

a quiz about bullying

For each question, choose the answer that is closest to your own feelings. When you are finished, tally your score to determine if you are a **bully**, **victim**, **bystander** or **ally**...

1. How I feel about fear:

- a. I like it when people fear me.
- b. If one person is afraid of another, it really isn't any of my business.
- c. I'm really afraid of some of my classmates—and for good reason!
- d. No one should have to be afraid when they come to school.

2. How I feel about respect:

- a. Some people are just asking to be disrespected. They get what they deserve.
- b. I don't really care if my peers have respect for one another. I try to stay out of it.
- c. I get disrespected by some of my peers a lot.
- d. Everyone deserves respect, even if they dress or act in ways I think are weird.

3. How I feel about fighting:

- a. I've started fights or physically hurt people.
- b. I've watched fights happen.
- c. I've been hit, kicked, pushed or threatened by a classmate.
- d. I've tried to stop fights from happening.

4. How I feel about aggression:

- a. I think using aggression is a good way to get what you want.
- b. I'm not aggressive, but it's okay for some people to be that way.
- c. I have repeatedly been the target of someone's aggression.
- d. There are better ways than aggression to solve problems.

Scoring: Count how many a's, b's, c's and d's you scored. Compare your score to the answers below to determine if you're a bully, victim, bystander or ally.

1. Mostly a's: You are a bully. You have little respect for people and show it by using aggression, fighting and trying to make others afraid of you. You also lack confidence and try to make up for this by causing peers to feel bad about themselves. Bullying can have very serious consequences but it's never too late to ask for help from a friend or an adult.

2. Mostly b's: You are a bystander. You see bullying happen but you don't do anything about it. You might be afraid of becoming the victim yourself so you avoid speaking up to help anyone. Ask yourself: If the victim was my little brother/sister or a person I cared about, would I want someone to step in and help them?

3. Mostly c's: You are a victim. You are repeatedly attacked by the same bully or bullies. You don't deserve to be treated this way. It is not your fault. You can try to keep yourself safe by avoiding the bully or walking away when they approach you. You should also seriously consider telling an adult what is happening.

4. Mostly d's: You are an ally. You care about your peers and try to help them when you see bullying happen. You have enough confidence to ignore disrespectful peers who might call you names for stepping in. Being an ally takes a lot of bravery and strength. Everyone could use a friend like you!

TYPES OF BULLYING

Draw a line from each type of bullying to its correct description.

Verbal	Excluding, humiliating, tormenting, using racial or gender put-downs
Emotional	Inappropriate joking, unwanted touching, pulling clothes down or off
Physical	Hitting, kicking, pushing, biting, damaging property, stealing, etc.
Sexual	Insults, cursing, calling names, spreading rumors



what is harassment?

IT IS REPEATED OVER TIME, IS ONE-SIDED AND DOES NOT FEEL GOOD.

Examples of Harassment Include:

- ☛ Comments, jokes or gestures that make you uncomfortable
- ☛ Unwelcome touching or grabbing
- ☛ Inappropriate or hurtful remarks about gender
- ☛ Unwanted e-mail, internet and cell phone contact
- ☛ Flashing or mooning
- ☛ Rumors both written and verbal
- ☛ Name-calling

If you identify with any of the following statements, then you might be a victim of harassment. Seek support!

Someone at school repeatedly calls you names, says mean things about you behind your back, spreads rumors and teases you.

Someone has tried to physically hurt you by pushing, kicking, hitting or making rude gestures at you.

Someone has repeatedly left you out of group activities and has refused to talk with you or interact with you.

Someone has written a nasty message about you in a public place (bathroom stall door, on the internet or on school property).

Someone often treats you in a way that makes you feel uncomfortable and self-conscious.

Sometimes harassment isn't taken very seriously but if harassing activities like these are not put to a stop, they can lead to big consequences. Harassment is against the law. If you harass others, you are putting yourself in real danger. Think carefully about your actions toward and interactions with others.

Let's discuss

Ask your friends these questions and find out how they might handle different situations. Below you'll find responses from some of our friends.

Have you seen someone get harassed or bullied at school? If so, what did you do?

"Yes. Sometimes I would tell them to stop but sometimes I would do it too."
"Yeah, I told an adult and when they were my close friends, I helped them out."
"No."
"Yes. I told the [bullies] to stop."

Do you think that gossiping behind someone's back is a type of bullying?

"Yes, because talking behind your friend's back is rude."
"It depends on what you are talking about."
"It can be if it hurts someone's feelings."

What is the difference between flirting and harassment?

"Harassing is when someone tells you to stop. Flirting is telling a girl you like her and being nice."
"Flirting is when you joke around with people that you like and don't mean it but tell them you are just playing around. Bullying is like when you say something to hurt other people's feelings for a reason."
"Harassment gets on someone's nerves."

What would you do if a friend came to school with a weapon?

"I would tell a teacher even if they were my best friend because they could hurt somebody."
"Tell an adult and talk to my friend and tell them why bringing a weapon is wrong."
"Tell the teacher or principal as soon as I saw it."

ask sophie

Q:

Dear Sophie,
I'm a twelve year old girl who hates going to school. When I walk into the lunchroom, this table of girls gives me looks and whispers. When I try to sit with them they ignore me and act like what I say is stupid. They have also sent a bunch of mean IMs about me to other people at our school. Everybody says girls aren't bullies, but what can I do?

Amelia

A:

Dear Amelia,
Whoever told you that girls can't be bullies is wrong. Anybody can be a bully, no matter what age or gender. People can bully each other in a lot of different ways too. Name calling, saying nasty things about someone, spreading rumors, leaving people out of activities, ignoring people and constant teasing are all forms of bullying. Though it is not your fault they treat you this way, there are a few things you can do to deal with bullies. First, you might try to avoid them. This can be hard in a place like the lunchroom so you might also try to improve your body language—stand up straight and look them right in the eye. This shows you are confident. You can also use humor to point out how silly the situation is. And it never hurts to tell them, as loudly as you want, to stop picking on you. If that doesn't work, tell a parent or teacher.

Q:

Dear Sophie,
Someone has been posting mean messages on my MySpace page. The messages started off as teasing but have gotten nastier over time. Many times, they really hurt my feelings and scare me because the person seems to know a lot about me. What should I do?

Anonymous, Age 13

A:

Dear Anonymous,
MySpace can be a really cool place to connect with people. Unfortunately, it can also be mis-used, and it sounds like you are a victim of this mis-use. First, report this both to MySpace and to a trusted adult. Also, it never hurts to print out and save mean messages. This way you have a record. You can also try to raise the security level of your page by allowing people to enter only by invitation. Consider creating a new account and only tell a few of your closest friends. If the mean messages continue, take a break from the website.

Q:

Dear Sophie,
I hang out with 8 or so guys at school and we're not that popular. The other kids make fun of us and call us nerds no matter what we do. My friend "Nick" gets picked on more than the rest of us, and it gets to him really bad. He's talked about beating kids up and destroying them. I am not sure how serious he is. What should I do?

Anonymous Male, Age 11.

A:

Dear Anonymous,
Being constantly picked on can have a major effect on people. Even if "Nick" is not a violent kid, you are right to be worried. See if you can talk to "Nick" and find out what he means when he says those things. See how he would feel about talking to a school counselor or other adult about the way other kids are treating him. It might be a good idea to talk to a school counselor or other trusted adult on your own as well. Chances are they can do something to help "Nick" and change the situation. No one deserves to be picked on.

Respect others?!

RESPECT YOURSELF!

It's really hard to have healthy friendships and relationships when you don't have a healthy relationship with yourself.



Some quick tips:

Think about something you do really well—playing a certain video game, a creative hobby like drawing, writing or dance, or a personal thing like being a good listener—and take pride in it. Also think of things that you love to do—walking or hiking in the park, swimming, cycling or skateboarding. When you are feeling hard on yourself, turn to the things you do best and have the most fun doing.

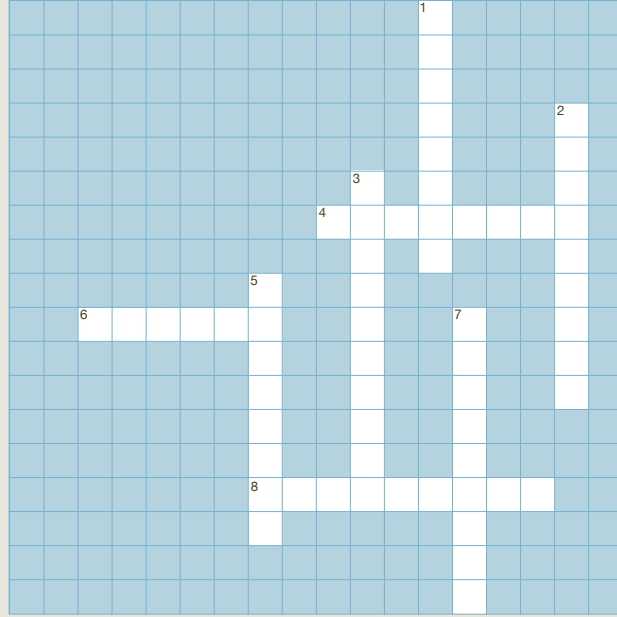
Even when you feel good about yourself, it doesn't mean that others won't make you feel bad, upset or angry. When they do, it is important to be as assertive as possible. This just means that you communicate your needs and feelings directly and honestly, without insulting or attacking the person who has upset you. When you assert yourself, you are bound to get better results.

Down

1. It is very important to listen to your _____.
2. When you communicate your needs directly, you are being _____.
3. Name calling is a form of _____.
5. Harassment is repeated and _____.
7. A person who watches bullying but does nothing is a _____.

Across

4. You can put off bullies by improving your body _____.
6. One way to show respect is to _____.
8. Using racial or gender put-downs is a form of _____ bullying.



Down: 1. Feelings, 2. Assertive, 3. Harassment, 5. Unwanted, 7. Bystander
Across: 4. Language, 6. Listen, 8. Emotional



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AND
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