

**BULLYING HURTS**  
Putting an end to bullying is everyone's job.

## Combat BULLYING:

Butterfield students have learned that it's everyone's job to put an end to bullying. Know your rights and responsibilities:

- **TO BE LEFT ALONE:** You have the right to tell a bully to "STOP!" or "Leave me alone!"
- **TO WALK AWAY:** You have the right to protect yourself by walking away from a bully.
- **TO HELP SOMEONE:** If you see someone bullying someone else, you have the responsibility not to help the bully. Do not join in the teasing or harassment.
- **TO TELL AN ADULT:** If you or a friend continue to be bothered by a bully, you have the responsibility to get help from an adult.
- **TO KEEP TRYING:** If one adult doesn't help you, be sure to find another adult who will.

# Speaking Up

Students learn to talk it out to put an end to bullying

**B**rittney, 10, of California, says she used to be a bully. She called other girls names or rolled her eyes at them. Sometimes, she would get into physical fights.

But bullying other kids made Brittney feel bad. She also did not like it when she was bullied.

"When I was bullied by [other] girls, I was called names," says Brittney. "I was mad."

Brittney is not alone. Bullying is a constant problem in U.S. schools. (See graph.)

Brittney, who attends Butterfield Elementary School in Moreno Valley, California, decided to get help through her school's anti-bullying program.

## Learning to CARE

At Brittney's school, kids learn to CARE. CARE stands for Conflict resolution, Anger management, Respect for self and other people, and Effective communication.

Kids also learn that everyone has a role to play to end bullying. Every student has rights and responsibilities (see box) concerning bullying.

School counselor Moti Irani runs the program. Brittney went to Ms.

Irani when she wanted to stop being a bully. Now, Brittney is able to talk over her problems and has made friends with girls she once bullied.

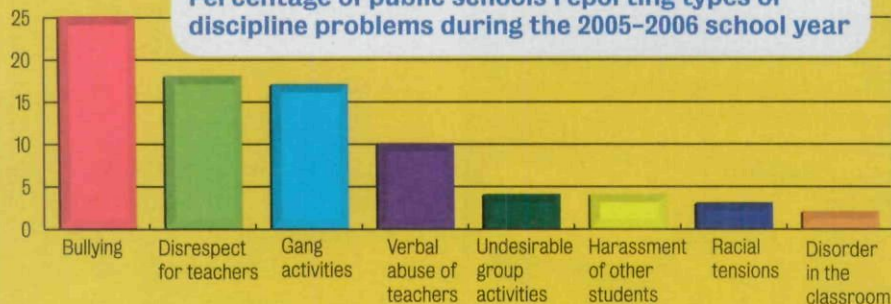
Brittney says talking makes a real difference. "Talking it out helped me to stop being a bully," she says. "In school, I also see other people telling each other not to bully."

Brittney's schoolmate, Juliana, 10, says putting an end to bullying is important. Kids who have been bullied "never forget," she says.

Another schoolmate, Taylor, 10, agrees. "When my friend gets bullied, I tell her to . . . ignore the bully," says Taylor. "I also tell an adult, so that he or she can help.

—Clarisel Gonzalez

Percentage of public schools reporting types of discipline problems during the 2005–2006 school year



U.S. DEPARTMENT OF EDUCATION, NATIONAL CENTER FOR EDUCATION STATISTICS, SCHOOL SURVEY ON CRIME AND SAFETY, DATA BASED ON RESPONSES FROM 83,200 SCHOOLS

## What's that word?

**resolution:** (reh-zo-loo-shuhn) *noun*. Success in dealing with a problem or a difficulty.

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