



ASPIRE PROGRAMS

A short excerpt from Back Off Bully.

Bullying types... that kids understand.

Physical

Hitting you, kicking you, pushing you, pulling your hair, throwing things at you, twisting your arms, pulling chairs away, flicking your ears or anything else that hurts you body.

Mental

Lying, making you change your mind, saying things that make you see yourself badly, blaming you for things, making you think about making mistakes, making you doubt yourself, telling you the you are ugly, dumb, uncoordinated or un-liked. Making fun of the way you look, your family, race, smell, the amount of money you have, the types of clothes you wear etc.

Social

Making fun of you in front of others, excluding you from groups, embarrassing you, not letting you sit where you want to, spreading rum ours, not letting you join in games, making fun of your friends, teasing you about the words you use or who you like, making faces at you or saying your name in a dumb voice, teasing you when you stand in front of class or try at anything.

Sexual

Making you look at pictures or parts of bodies you don't want to. Touching any part of your body in a way that you don't like or don't feel good about. Being asked or forced to touch other peoples bodies in a way that you don't want to. People lifting your skirt, pulling down your pants or touching any area usually covered by underwear. Kissing you if you don't want to. Talking to you about sex and different parts of men's and women's bodies when you don't want to. Telling you the things they want to do to your body or what they think of it.

Bullying styles... that kids understand.

HOT Bullying

This comes from the term 'Heat of the Moment.' This is when someone gets mad one day and does something mean but it is just a once off incident. It's a serious thing, maybe a fight or some horrible words said, but it is over in five minutes or a day. It's the kind of thing that you need a strategy for in the moment but not long term.

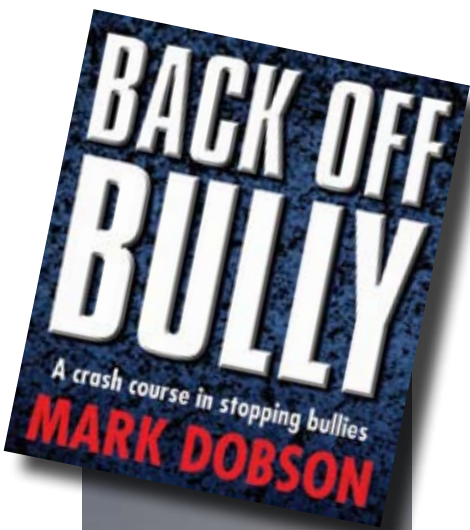
On Sight Bullying

'On Sight' bullying is when someone bullies you whenever they see you. They don't look for you, they just bully everyone around them so when you bump into them you become a possible target. It might be every time you bump into them at a bus stop or in a certain class. It's the kind of bullying that you know is going to happen before you get there, or the moment you see them.

Billy Cart Bullying

This type of bullying is when the teasing goes on for weeks or months. I call it 'Billy Cart' Bullying because it is the kind of bullying that, like a billy cart, someone starts pushing but eventually it stops when people get tired of it. It's very real and very common among girls. It is very intense at the start, but fades off until it stops completely and then everyone is friends again pretending it never happened.

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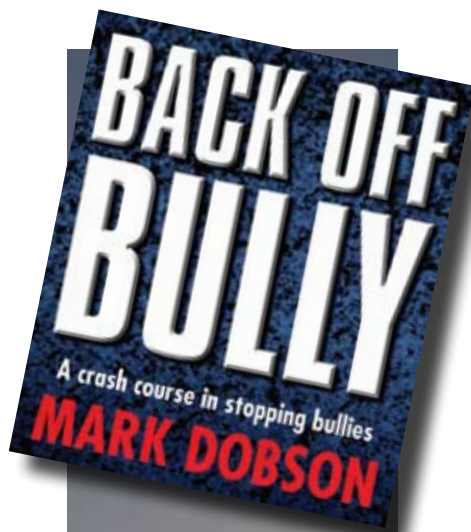


Back Off Bully

Back off Bully is a crash course in stopping bullies of any age. Whether it be exclusion or violence, teasing or theft, Dobbo steers away from the traditional advice and instead offers practical strategies in his typical light hearted style which feels like he is talking to you as you read.

\$12 + Postage





“Strategic bullying’ on the other hand is very manipulative.”

Concrete Bullying

Concrete Bullying is when it is permanently set into your life and is a daily occurrence. It is long term and there is no indication that it is going to stop. It is constant and involves everything from having things stolen, to being punched, to having rumours spread about you. Unlike on sight bullying, concrete bullying is an everyday thing and often the bully is looking for you. This can be at home, school or other places you go regularly.

Strategic Bullying

This type of bullying is very intense. This is when the bully has made very clear decisions to take away friends and other supportive people from you, so you feel like you have no one on your side. Unlike Billy cart Bullying; this bullying keeps going because the bully keeps pushing it by inventing more lies, gossip or public anger to keep you feeling sad. It’s not the same as concrete bullying, as in concrete bullying, it is thoughtless bullying, and the bully attacks you with words or actions directly. Strategic bullying on the other hand is very manipulative. The bully works out what is important to you gets to those situations or people first. Giving you no break from the bullying by involving as many of your friends or places you spend time at as possible. They really focus on trying to hurt you.

Knowing these categories exist means that we can start to explain to people and ourselves what is going on. For example you can ask...

Where is it happening?
HOME SCHOOL IN PUBLIC

What are they doing?
PHYSICAL MENTAL SOCIAL SEXUAL

What bullying style?
HOT ON SIGHT BILLYCART CONCRETE STRATEGIC

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