Splotch the Madpole

Keep on Bullying!

Bullying is cool!

Bullying isn’t cool. It hurts.

Bullies are no fun!

Does a whole lot of Bullying!

Proactive Parents/Guardians Guide

Written & Created by Michelle Bain
Your child has a problem at school. It isn’t math or reading or even the cafeteria food. It’s a bully. This booklet will help you teach your child about bullying and how to deal with it.

We’ll always have bullies, but knowing how to handle them can head off a bad scene before it starts and keep it from occurring again.

Hmm... I should do something...

What is bullying?

The 1828 Noah Webster Dictionary Defined the word bully as:

A noisy, blustering overbearing fellow, more distinguished for insolence and empty menaces, than for courage, and disposed to provoke quarrels.

It’s a shame that 185 years later we still have bullies. They can be found everywhere. and to make matters worse, they don’t necessarily outgrow it. Adult bullies can be found in the workplace and in everyday life, looking for fights, provoking quarrels and most likely teaching their kids the vile art of bullying.

In 1828 we didn’t have many resources for dealing with bullies. Today we do. The book *The Adventures of Boling & Sprockette: Splotch the Madpole Does a Whole Lot of Bullying!* teaches kids about bullies and how to handle the tactics of mean kids. This booklet will help you help your kids deal with bullying.

DISCLAIMER. This book provides general information about bullying and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual health issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns.
The Story of Bullying

In our story, The Adventures of Bolngg & Sprockette: Splotch the Madpole Does a Whole Lot of Bullying!, Buckaroo and his playground friends are bullied by Splotch. Splotch sees being mean and picking on kids as fun. He’s jealous of Buckaroo and the praise he gets from his friends.

Who should I have “Fun” with and pick on today?

Splotch gets even by name-calling and messing up Buckaroo’s hopscotch art.

Darby tells Buckaroo to tune out Splotch’s meanness and try to be nice to him. When Splotch realizes he’s had no friends to play with all summer and is then bullied himself, he accepts Buckaroo’s kindness and gives up his bullying ways.

Of course! I would be happy to have you as a friend!

Bullying Today

These days, we know more about bullying and why bullies act the way they do. Because of this, bullying is less tolerated than ever before.

Today bullying is defined as unwanted and aggressive actions among school children. This often happens again and again. Lasting mental problems can affect both the bullies and the bullied.

To be thought of as bullying, the actions must be forceful and involve:

- **A power struggle:** Kids who bully use their power—such as strength, access to embarrassing info or popularity—to control or harm others. Power struggles can change over time, even if they involve the same people.

- **A repeated pattern:** Bullying behaviors happen more than once or are likely to happen more than once.

Bullying Actions:

- Making threats
- Spreading rumors
- Physical or verbal attacks
- Keeping someone from a group on purpose
Three Types of Bullying

1. Verbal: saying or writing mean and hurtful things to a person
   Such as:
   - name-calling
   - teasing and taunting
   - threatening
   Get out of here. We don’t want girls to play. You don’t belong here!

2. Social: hurting a person’s reputation or relationships
   You’re a jerk, weird, and not a fast runner!
   Such as:
   - leaving someone out on purpose
   - telling other kids not to be friends with someone
   - spreading rumors
   - publicly embarrassing someone

3. Physical: hurting a person’s body or belongings
   Take that, Buckaroo!
   Such as:
   - hitting, kicking or punching
   - spitting, tripping or pushing
   - taking or breaking someone’s belongings

What Does a Bully Look Like?

Bullies can look like any person. They come in all shapes, sizes and colors. There are boy bullies and girl bullies. They’re in all school grade levels. They don’t have to be bigger or stronger than the kids they bully. It’s a power struggle that often comes from a need to be thought of as cool, powerful, strong and smart.

The main thing isn’t what a bully looks like, it’s what he says and does.

You are bad at basketball!
You don’t get to play!
You’re a big cry baby!
Your colors are weird!
You have no friends!
What’s the risk?

Q: Are certain kids more likely to become bullies than others?

A: Yes. On one side of the coin, there are those kids who are worried about having social power. Popularity is a top priority to them and they enjoy dominating others. On the other side of the coin, some bullies stay to themselves, have a low self-image, may be sad, gloomy and less involved in school events. These kids have a hard time dealing with the feelings of other kids.

Risk factors for bullies are kids who:
- Feel upset and angry a lot
- Have trouble at home
- Have parents who don’t get involved
- Don’t like the rules
- Think of fighting as a way to solve problems
- Have friends who are bullies

Q: Are certain kids more likely to be bullied than others?

A: Yes, again. Some bullies go after kids who seem different from others. Maybe it’s simply that they weigh too much or too little, wear glasses or different clothes, are new to the school or don’t have the things that other kids may have.

Risk factors for kids who are bullied:
- Being seen as weak
- Feeling sad or having a low self-image
- Not being as popular or having many friends
- Not fitting in or getting along with others
- Being seen as annoying

Just because a child shows these signs doesn’t mean they’ll be bullied. No two cases are the same and how a child handles these conflicts can help tell if they’re likely to be bullied or not.
**Bullying By the Numbers**

- **2.1 Million**
  Average number of bullies in American schools.

- **2.7 Million**
  Average number of kids bullied.

- **160,000**
  Average number of kids who miss school each day due to fear of being bullied.

- **1 in 7**
  Students in grades K-12 who are either bullies or victims.

- **56**
  Percent of students who have witnessed bullying at their schools.

- **71**
  Percent of kids who report bullying at their schools.

- **1 out of 20**
  Number of students who have seen a student with a gun at school.

- **2,820,000**
  Number of students who are attacked in high schools each month.

- **90**
  Percent of students in 4th through 8th grade who have said they were victims of bullying.

- **1 out of 10**
  Students drop out of school because of repeated bullying.

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**How to Handle Bullying**

Teach your kids to keep these ideas in mind for dealing with a bully. The U.S. Department of Health & Human Services’ website StopBullying.gov lists five tips for kids to deal with bullying.

1. **Befriend the bullied child**
   Kids to the rescue! Your child can help a bullied child by being his or her friend. The message here is “You’re not alone. I’m on your side.” Spending time with the bullied child talking or playing will make him or her feel welcome and normal.

   **What your child can do:**
   - ✔️ Listen and talk about what happened during the bullying event.
   - ✔️ Call the bullied kid on the phone to give support and a friendly ear to listen.
   - ✔️ If your child has a cell phone, he or she can send a text message to the bullied kid, saying what happened wasn’t cool and that they can talk about it later.
   - ✔️ Urge the bullied kid to talk to a trusted adult. Your child may know a teacher who can help.
2. Tell a trusted adult
Talking to a teacher, someone in the family or a coach can stop bullying. The grown-up may be able to stop the conflict, keep it from ever starting or just be there to listen to the kid being bullied.

**What your child can do:**
✔ Talk to a trusted adult or leave them a note.
✔ Tell a friend to hurry and find a grown-up.

3. Help the bullied person get away
Helping the bullied child flee the scene is a good way of dealing with what could become a danger. It’s vital for your child to stay safe and out of harm’s way.

**What your child can do:**
✔ Draw the bully away. His focus may be led to something else. If he or she isn’t getting noticed, the bully may stop.
✔ Make up an excuse to lead the bullied child away
✔ Go to an adult right away if the scene becomes violent.

4. Set a good model. Don’t bully others
Kids play a big part in showing others how to act. Letting everyone know that it’s not cool to bully will sway others not to do it. Taking part in anti-bullying programs can spread the message and get all of the kids involved.

**What your child can do:**
✔ Make anti-bullying posters.
✔ Talk with their friends and teachers about what bullying can do.

5. Don’t give the bully an audience
Instead of laughing or showing a bully his actions are ok, your child should let the bully know that the act isn’t entertaining. Without a crowd to play to, a bully will often get bored.

**What your child can do:**
✔ Walk away from a bully without paying any mind and supporting the bullying.
✔ Tell others, “I don’t think bullying is funny or entertaining.”
✔ Keep their distance from a bullying scene or find a trusted adult to tell.
Bullying can be more than saying mean and hurtful things.

Make sure your child knows to watch for these actions and how to react to them.

- Name calling
- Pushing or shoving
- Taking something that belongs to someone else
- Leaving someone out of a game or group

A child who knows what bullying looks like and how to deal with it will grow up to be a person who respects others. Teach respect now and it’ll be a part of their character forever.

So...

Resources

Stopbullying.gov

Pacer’s National Bullying Prevention Center®
pacer.org/bullying

Stomp Out Bullying™
stompoutbullying.org

Cartoon Network: Stop Bullying
cartoonnetwork.com/promos/stopbullying/index.html

Peacefirst
peacefirst.org

NEA: Bully Free: It Starts With Me
nea.org/home/neabullyfree.html

Character Counts!
charactercounts.org

MedlinePlus: Bullying
http://medlineplus.gov/bullying.html

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A guide to helping children understand the consequences of bullying!

Take that Buckaroo!

It’s far from a new problem but the recent focus on bullying is helping to point it out and deal with it in fresh ways. Learn how your kids can handle bullying with these topics:

- What is bullying?
- Types of Bullying
- Risk Factors
- Stats
- How to handle bullying
- Resources
- More

This book teaches kids how to work and play with respect and appreciation for one another. In a healthy and safe learning environment, there is never a place for bullying behavior.

Joseph L. Wright, MD, MPH
Senior Vice President, Community Affairs
Children’s National Medical Center
Professor of Pediatrics (Vice Chair), Emergency Medicinal and Health Policy
George Washington University Schools of Medicine and Public Health

Keep the planet healthy! This book was printed on recycled paper! Made in the USA

Illustrated by Fox hyon Smith

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