

THINGS TO REMEMBER

Hang out with your friends as much as possible – try not to become a loner. There is "Safety in Numbers." The more people the lesser the chance of being bullied.

Take a stand against the bully, and help others that are being bullied by telling the bully that their behavior is unacceptable and wrong.

Get help from a parent, teacher or law enforcement officer.

Don't look like a victim. Walk with confidence, make eye contact, and hold your head up high.

Play sports, join a club, get involved in youth activities at school or church.

Be there for friends and others that are being bullied by listening to their problems.

Most Important
"Don't Become A Bully."



The mission of the Palm Beach County Sheriff's Office Crime Prevention Unit is to help reduce crime in business and residential communities by working together in partnership and through various proactive strategies, techniques, and programs.

EMERGENCY - DIAL 911

Non-Emergency Numbers:

South County (561) 995-2800

North County (561) 688-3000

West County (561) 996-1670

For more information contact the
Palm Beach County Sheriff's Office
Crime Prevention Unit

1937 N Military Trail, Suite-Q
West Palm Beach, Florida 33409
(561) 688-3970

Email: CrimePrevention@pbso.org



BULLY PREVENTION



Bullying has been on the rise in the past four years. The information provided is to help teenagers and children from becoming potential victims.

Palm Beach County Sheriff's Office
Ric L. Bradshaw, Sheriff

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Florida State Statute 1006.147 defines "Bullying" as systematically and chronically inflicting physical hurt or psychological distress on one or more students and may involve the following: teasing; social exclusion; threats; intimidation; stalking; physical violence; theft; sexual, religious, or racial harassment; public humiliation; or destruction of property.

Sometimes bullies are dealing with difficult situations in their lives which cause them to take out their anger on others. Bullies don't realize how much it hurts others. Some know the pain they inflict because they have been bullied or abused themselves. This is normal behavior because their family life consists of anger, shouting and name calling. A bully has little or no self esteem.

Whatever the problem is in their life they lash out at others as a way of dealing with it. They need a victim; someone that is perceived as physically or emotionally weaker. By targeting this type of person they gain control, are accepted by others and feel important. Bullies come in all shapes, sizes and ages.



The following are some safety tips to follow:

Anger – Try not to show that you are angry. If you show that you are angry it will only make matters worse, and the bully will know that he or she has control over you.

Fighting Back – Avoid using physical force such as pushing, kicking, or hitting. This shows that you are angry. When you fight back using physical force, you can never be sure of what type of response you'll get from the bully. So play it safe and don't use physical force.



Walk Away – Stand tall, be confident and walk away, ignoring remarks that the bully makes. In order for a bully to be successful they need a reaction from you. By walking away, you are telling the bully that you don't care. If you do this enough sooner or later the bully will stop bothering you.



Humor – Using humor helps when you are faced with a situation where you can't walk away. Say something funny about yourself or tell a joke, sometimes this will throw them off guard and they will leave you alone. Remember not to make fun of the bully.

Support – Look to a parent, teacher, law enforcement officer, someone you can talk to about your fears and frustrations. There is always someone that can offer support in helping you deal with the problem. Don't hold it in hoping it will go away or the bully will stop, because that won't happen.

The Buddy System – Develop a group of friends that will help you and others take a stand against the bully. Remember the bully wants to be recognized and be in control of others. When gathering with friends or if you see someone being bullied, tell the bully that their behavior is unacceptable and that it is wrong to treat people that way. When you speak out against the bully, it gives others the confidence to do so and to take a stand too. "Remember to be careful and not become a bully yourself."