

MIDDLE SCHOOL is a time of rapid change

You're learning about yourselves.

You're learning to become
who you want to be.

You're learning to become
responsible and independent.

What kind of a kid are you now?

Are you-

Friendly?

Kind?

Smart?

Trustworthy?

A leader?

Athletic?

Funny?

Anxious?

Serious?

Honest?

Confident?

A follower?

Are you a good friend?

Friendship

Treat everyone in the way you would like to be treated.

Today's acquaintance could be tomorrow's best friend.

Say "Hi"Smile

Help your friends do the right thing,

Be the person you want others to value.

Friendship and respect - keys to your future

Friends don't let friends bully.

One kind act can make another person's day!

Being mean is NEVER okay.

Saying you are sorry does not mean you did not do it.

You are judged by your words and actions.

Treat people right and today's friends will be tomorrow's friends.

Friendship and responsibility.....

Who do you want to be?

Good friends
listen to each
other.



Good people don't put each other down
or hurt each other's feelings.

Be a good person.

Friendships and loyalties might change in Middle School.

So treat everyone with respect.



Beware of these traps!



- listening to gossip
- spreading rumors



BEWARE of “friends” who feels it necessary to tell you about a rumor.

Popularity?

- Realize that words can be harmful.
- Don't let others choose your friends.
- Don't talk behind people's backs.
- Don't start or spread gossip.

What is Bullying?

*It is repeated abuse that
can take three forms*

Physical

Verbal

Psychological/Emotional

The intent of a bully is to cause harm

- *Physically:* hitting, shoving, kicking, stealing, or damaging belongings with the intent to cause harm



- *Verbally:* threats, lying to cause trouble, name calling, sexual remarks with the intent to cause harm or hurt



- *Emotionally:* intimidation, social exclusion, spreading gossip with the intent to hurt





Bullying is not OK here.

This is our school!

WE HAVE A RIGHT TO:

- Feel safe
- Be treated fairly, and with respect.
- Be accepted for who we are.

If someone is teasing or bullying you.....

- Act confidently, tell the person to stop.
- Quickly and calmly walk away.
- Immediately tell a trusted adult.

Don't get physical or do what the person did to you!

Cyberbullying

- If you are being harassed online or texted.....
 - Ignore the person and block the messages.
 - Save the emails to help identify the person.
 - Tell your parents.
 - If threats are made, your parents might want to call the police.

BE SMART!

- Keep cell phones off and in your locker in school
- Only use cell phones for friendly communications
- Never forward a negative comment or inappropriate picture
- Report harassment
- Drop friends who you don't trust
- Never lend your cell phone



Speak up -Don't stand by

- If you see someone being teased or picked on.....
 - Don't join in or encourage the bully.
 - Do your best to calm the situation.
 - Offer your support to the kid being teased.
 - Tell an adult what is happening.

Be strong. Be yourself.

- Here are some positive strategies that you can use everywhere....

at home,

in the community,

and at school.

The more you practice using these strategies,
the stronger you will become.

Be resilient, be strong.....

- If someone is messing with you:
 - ✓ Use humor
 - ✓ Ignore it
 - ✓ Walk away
 - ✓ Stand up for others who need help
 - ✓ Get help

Nasty kids or bullies are only as powerful as you let them be.

Simple.. easy ..be yourself.....

Give compliments.

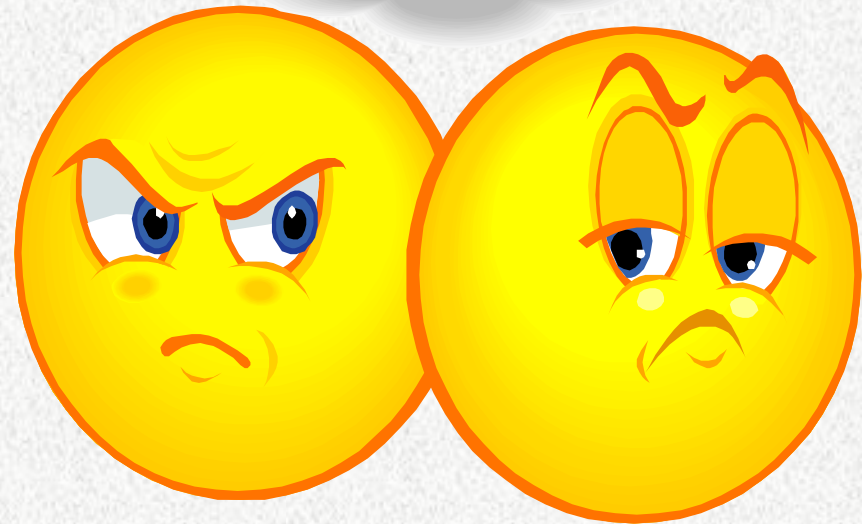
Be a friend to those who need one.

**Be the voice of reason-
encourage kindness.**

It's okay to disagree,

**But do so without hurting
each other.**

Once said, it can't be unsaid.



Keep in Mind

- Your behavior is a reflection of who YOU are.




- It is impossible to take back nastiness  once it's done!

Try to understand each other's feelings and moods.



Friendly people help others solve problems.



• Look for, 
find,



& fix problems!

How can **YOU** improve a situation ?



How might **YOU** be responsible for some of the messes you find yourself in ?