



Teacher's guide to accompany HRSA's *Stop Bullying Now!* TFK Extra! supplements.

TFK Extra!

A SUPPLEMENT TO TIME FOR KIDS

What do we know about bullying?

What is bullying?

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Typically, it is repeated over time. Bullying can take many forms, including:

- Hitting, kicking, shoving, and other physical kinds of bullying;
- Taunting, teasing, name-calling;
- Spreading rumors about others;
- Excluding or ignoring others in a mean way;
- Taking money or other belongings;
- Sending mean e-mails or notes.

Why should we be concerned about bullying?

1. Many children are involved in bullying and most are extremely worried about it.
2. Bullying can seriously affect the mental health, academic work, and physical health of children who are targeted. Children and youth who are bullied are more likely than other children to be depressed, lonely, anxious, have low self-esteem, report feeling unwell, and think about suicide. They also are more likely than other students to be absent from school.
3. Children who bully are more likely than other children to be involved in other disruptive and harmful behavior, including fighting, vandalism, truancy, and carrying of weapons.
4. Bullying can affect children who observe bullying going on around them—even if they aren't targeted themselves.
5. Bullying is a form of victimization or abuse, and it is wrong.

For more information about bullying and what you can do to help, visit the Educator's Corner of the *Stop Bullying Now!* website:

www.stopbullyingnow.hrsa.gov

About this Series

This comic book and teacher's guide were developed through a partnership between TIME for Kids and the Health Resources and Services Administration's Maternal & Child Health Bureau (U.S. Department of Health & Human Services). The Health Resources and Services Administration has supported the development of the National Bullying Prevention Campaign, which is the largest public information campaign in the U.S. ever to be devoted to the prevention of bullying among children and youth. Focused on "tweens" (children and youth aged 9-13), the campaign's message is, "Take a stand. Lend a hand. Stop Bullying Now!" Developed with the support of more than 70 partners (from numerous public, not-for-profit groups and several government agencies), the campaign has used public service announcements, a national teleconference, a highly publicized launch, and an interactive web site (www.stopbullyingnow.hrsa.gov) to help raise awareness about bullying and to direct children, youth, educators, and other adults to resources and strategies to help prevent bullying.

About the Comics

The comic episodes depict a wide variety of characters at a school who are involved in common forms of bullying. Some are bullied by their peers, while others initiate the bullying or readily join in when others bully. Still others are involved as bystanders, observing and sometimes helping out students who are bullied. There are two alternating story lines. In one storyline, K.B. Floofinatta, a new girl at school, experiences bullying from an "in" crowd of girls. With help from a caring teacher and a new friend, K.B. is able to successfully navigate her first days at a new school. In the second story line, Milton (a small, portly student who dreams of playing tuba in a rock band) is picked on by another student, Brick, and his sidekicks. For a while, Brick makes Milton's life miserable, but when Josh and some other students stand up to Brick and help Milton out, things begin to turn around. The first comic book includes episodes 1-4. Stay tuned for episodes 5-12, which will be coming in two additional comic books over the next two months!

If students have access to the internet at school or at home, they may enjoy viewing all 12 webisodes in "live action" at:
www.stopbullyingnow.hrsa.gov



Don't forget to download the class discussion questions. See page 2 for details!